

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="display: flex; flex-direction: column; align-items: center; justify-content: center;"> Emotional Intellectual Physical Purposeful Social Spiritual </div>	<p>9:00 🌿 Daily Fit [Wellness Centre] 1</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>10:30 😊 Java Music Club [Fireplace Lounge]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 😊 Movie Matinee: And Then There Were None [Wild Rose Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Education Session: Super Foods [Bistro]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>7:00 🧠 Scrabble [Fireplace Lounge]</p>	<p>FLU SHOTS - 8a.m. - 12p.m. 1st Floor Wellness Centre 2</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>12:45 🧠 Ukulele Beginner Class [Wellness Centre]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>1:45 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 ☀️ McDougall United Church Service [Chapel]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</p> <p>7:15 🎭 Entertainment Night- Red Skelton Comedy Show [Dining Room]</p>	<p>9:00 🌿 Daily Fit MOVED to 3rd Floor [Games Room] 3</p> <p>10:00 🌿 Aqua Fit CANCELLED [Swimming Pool]</p> <p>10:00 🌿 Ping Pong CANCELLED [Wellness Centre]</p> <p>10:30 🧠 Meet the Chef [Bistro]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🎭 Laughter Yoga MOVED to 1st Floor Garden Lounge [Garden Lounge]</p> <p>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:45 🍵 Tasty Tea [Bistro]</p> <p>3:30 😊 Piano Prelude [Dining Room]</p> <p>6:30 🎭 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 4</p> <p>9:30 🎭 Outing: Rosebud Theatre</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:30 🎭 Canasta & Choice Games [Fireplace Lounge]</p> <p>2:00 🎭 Entertainment - Crystal Bells, Choir [Dining Room]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 5</p> <p>9:30 🧠 Shopping/Banking: South Centre or Promenade</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🧠 Shopping/Banking: Deer Run, Shopper's Drug Mart, Walmart, Co-op, RBC, CIBC etc.....</p> <p>1:15 😊 CHOIR: Meet in Chapel for warm up! [Chapel]</p> <p>2:00 😊 Thanksgiving Sing-a-Long with the Choir [Dining Room]</p> <p>3:00 🎭 Happy Hour [Bistro]</p> <p>6:30 🎭 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night - "The Polka King" [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 6</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:15 🧠 Lighthearted Trivia [Library]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:15 🌿 Water Walking & Aqua Fit [Swimming Pool]</p> <p>7:00 😊 Movie Night - "The Polka King" [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 7</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>Thanksgiving 8</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 9</p> <p>9:30 🧠 Hearing Aid Clinic - By Appointment Only [Library]</p> <p>10:00 🌿 Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>12:45 🧠 Ukulele Beginner Class [Wellness Centre]</p> <p>1:30 ☀️ Anglican Communion [Chapel]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>1:45 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</p> <p>7:15 😊 Entertainment Night - William Bjorn, Guitar & Vocals [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 10</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🎭 Laughter Yoga [Garden Lounge]</p> <p>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:30 😊 Piano Prelude [Dining Room]</p> <p>6:30 🎭 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 11</p> <p>9:30 🧠 Shopping/Banking: South Centre</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:00 🎭 Outing: Grey Eagle Casino</p> <p>1:00 🎭 Seamstress [Garden Lounge]</p> <p>1:00 🧠 Shopping/Banking: Southland Walmart & BMO</p> <p>1:30 🎭 Canasta & Choice Games [Fireplace Lounge]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 12</p> <p>9:30 🧠 Shopping/Banking: Promenade</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:15 ☀️ Catholic Mass [Chapel]</p> <p>10:45 🎭 Outing: SAIT's Highwood Dining Room (16 Resident Seats)</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>2:15 🧠 Shopping: London Drugs, Winners, Home Sense or Dollar Tree</p> <p>3:00 🎭 Happy Hour - with MLA Richard Gotfried [Bistro]</p> <p>6:30 🎭 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 13</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:15 🧠 Lighthearted Trivia [Library]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:15 🌿 Water Walking & Aqua Fit [Swimming Pool]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 14</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 15</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>10:30 😊 Java Music Club [Fireplace Lounge]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Book Club [Library]</p> <p>2:00 🧠 Education Session: Super Foods [Bistro]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 16</p> <p>10:00 🌿 Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>12:45 🧠 Ukulele Beginner Class [Wellness Centre]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>1:45 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</p> <p>7:15 😊 Entertainment Night- Elvis Presley [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 17</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>12:00 🎭 Men's Luncheon [Bistro]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🎭 Laughter Yoga [Garden Lounge]</p> <p>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:30 😊 Piano Prelude [Dining Room]</p> <p>6:30 🎭 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 18</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:15 🎭 Outing: Canmore - Lunch at Tank 310 at the Grizzly Paw Soda & Beer Brewing Company</p> <p>1:30 🎭 Canasta & Choice Games [Fireplace Lounge]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 19</p> <p>9:30 🧠 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc...</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🎭 Outing: Country Drive</p> <p>1:30 😊 Choir Practice [Chapel]</p> <p>3:00 🎭 Happy Hour [Bistro]</p> <p>6:30 🎭 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>ANNUAL FALL CRAFT & BAKE SALE 9:30a.m. - 2p.m. 20</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 21</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 22</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>10:30 😊 Java Music Club [Fireplace Lounge]</p> <p>11:00 🎭 The Nutman [Lobby]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Education Session: Super Foods [Bistro]</p> <p>6:30 🐾 Horse Racing [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 23</p> <p>10:00 🌿 Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>12:45 🧠 Ukulele Beginner Class [Wellness Centre]</p> <p>1:30 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>1:45 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</p> <p>7:15 😊 Entertainment Night - Waltzing Matilda Guitar/Vocals Duo [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 24</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🌿 Laughter Yoga [Garden Lounge]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:30 😊 Piano Prelude [Dining Room]</p> <p>6:30 🎲 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 25</p> <p>9:30 🏪 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:45 🍽️ Outing: Lunch at High River's Train Car Dining - The Whistle Stop, Drive to Follow</p> <p>1:00 🧵 Seamstress [Garden Lounge]</p> <p>1:30 🎲 Canasta & Choice Games [Fireplace Lounge]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 26</p> <p>9:30 🏪 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏪 Shopping/Banking: South Centre</p> <p>1:30 😊 Choir Practice [Chapel]</p> <p>3:00 🍷 Happy Hour [Bistro]</p> <p>6:30 🎲 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 27</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:15 🧠 Lighthearted Trivia [Library]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:15 🌿 Water Walking & Aqua Fit [Swimming Pool]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p> <p>7:00 🌿 Sandwich Making for those Less Fortunate [Activity Room]</p>

<p>9:30 ☀️ Catholic Service [Chapel] 28</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>

<p>9:00 🌿 Daily Fit [Wellness Centre] 29</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>10:30 😊 Java Music Club [Fireplace Lounge]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 😊 Movie Matinee with Shelagh [Wild Rose Room]</p> <p>2:00 🧠 Education Session: Super Foods [Bistro]</p> <p>6:30 🐾 Horse Racing [Activity Room]</p>

<p>9:00 🌿 Daily Fit [Wellness Centre] 30</p> <p>9:00 🏪 Resident Council Meeting [Private Dining Room]</p> <p>10:00 🌿 Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>12:45 🧠 Ukulele Beginner Class [Wellness Centre]</p> <p>1:30 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Quiddler [Fireplace Lounge]</p> <p>1:45 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</p> <p>7:15 😊 Entertainment Night - Barry Drieger, Guitar & Vocals [Dining Room]</p>
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<p>Halloween 31</p> <p>9:00 🌿 Daily Fit [Wellness Centre]</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:30 🏪 Resident Discussion [Dining Room]</p> <p>12:00 🏪 Resident Birthday Lunch by Invite Only [Bistro]</p> <p>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🌿 Laughter Yoga [Garden Lounge]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:30 😊 Piano Prelude [Dining Room]</p> <p>6:30 🎲 Cribbage [Games Room]</p>

LIVING LOVING LOCAL

Apples

OUTINGS

4th - Rosebud Theatre

11th - Grey Eagle Casino

12th - Highwood Dining Room at SAIT

18th - Canmore Lunch at the Grizzly Paw Soda & Beer Brewing Company

Overlooking the 3 Sisters Mountain

19th - Country Drive

25th - High River's Whistle Stop Dining Car with Drive to Follow

Lake Bonavista

VILLAGE

Tidbits

Flower of the Month – Calendula

Birthstone – Opal

What's Lucky in October

Lucky Colors: Orange and Burgundy

Lucky Days: Monday and Thursday

Lucky Numbers: 3 and 9

Lucky Letters: O and R

Lucky Plant: Pumpkin

Special Days

Thanksgiving
October 8

Boss's Day
October 16

Sweetest Day
October 20

Halloween
October 31

Go4Life.

Be active
4 ways
everyday!

ENDURANCE

STRENGTH

BALANCE

FLEXIBILITY

from the National Institute on Aging at NIH