

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>9:00 🌿 Daily Fit [Wellness Centre] 1</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🎨 Colouring & Company [Activity Room]</p> <p>1:00 🌿 Gardening Club - WRAP UP * DRESS WARM* WEATHER PERMITTED [Garden Lounge]</p> <p>1:00 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 🎸 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Art With Harmeet [Activity Room]</p> <p>2:00 ☀️ McDougall United Church Service [Chapel]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 🎭 Entertainment Night: Boyd Nichols, keyboard & vocals [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 2</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 👨‍🍳 Meet the Chef [Bistro]</p> <p>10:00 🏓 Ping Pong [Wellness Centre]</p> <p>1:15 🎨 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>2:15 🌿 Super Foods [Bistro]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎮 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 3</p> <p>9:30 🚗 Outing: Canmore Lunch At Murrieta's & Outdoor Market Shopping to Follow</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:00 🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Chapel]</p> <p>1:00 🛒 Voter Registration [Lobby]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</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] 4</p> <p>9:30 🛒 Shopping/Banking: Shawnessy Wal-mart, Micheal's, Winners, Nygard, Co-op, BMO, CIBC etc..</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🛒 Shopping/Banking: South Centre or Promenade</p> <p>3:00 🌿 Happy Hour [Bistro]</p> <p>6:30 🎮 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night - "Aladdin" [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 5</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night - "Aladdin" [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 6</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] 7</p> <p>9:00 🛒 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>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:15 🚗 Outing: Lunch at Red Lobster</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>1:30 🚗 Outing: Country Drive</p> <p>2:00 📖 Book Club [Library]</p> <p>2:30 🌿 Tasty Tea [Bistro]</p> <p>6:30 🌿 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 8</p> <p>9:30 🛒 Hearing Aid Clinic - By Appointment Only [Library]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🎨 Colouring & Company [Activity Room]</p> <p>1:00 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 ☀️ Anglican Communion [Chapel]</p> <p>1:30 🎮 Choice Games with Chrystina [Garden Lounge]</p> <p>1:30 🎸 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Art With Harmeet [Activity Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 🎭 Entertainment Night: Harmonica's Tableau [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 9</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🏓 Ping Pong [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 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎮 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 10</p> <p>9:45 🚗 Outing: Rosebud Theatre</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:00 🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Chapel]</p> <p>1:00 🛒 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</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] 11</p> <p>9:30 🛒 Shopping/Banking: South Centre or Promenade</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:15 ☀️ Catholic Mass [Chapel]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🛒 Shopping: Costco, Dollarama, Wal-mart at Deerfoot Meadows</p> <p>1:30 😊 Meditation [Wild Rose Room]</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] 12</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 13</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 14</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>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 15</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🎨 Colouring & Company [Activity Room]</p> <p>1:00 🧶 Knitters for Needy [Activity Room]</p> <p>1:30 🎮 Choice Games with Chrystina [Garden Lounge]</p> <p>1:30 🎸 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Art With Harmeet [Activity Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 🎭 Entertainment Night: Rick Kelly performing East Coast Rock & Country [Dining Room]</p>	<p>8:30 🧠 Influenza Immunization Clinic-Influenza Vaccinations for Residents and Staff [Wellness Centre] 16</p> <p>1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎮 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 17</p> <p>9:00 🛒 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:30 🚗 Outing: High River for Lunch at Evelyn's Memory Lane Cafe & Visit the Museum of the Highwood</p> <p>1:00 🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Chapel]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</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] 18</p> <p>9:00 🛒 Shopping/Banking: Shawnessy Wal-mart, Micheal's, Winners, Nygard, Co-op, BMO, CIBC etc..</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🛒 Shopping/Banking: South Centre</p> <p>1:30 😊 Meditation [Wild Rose Room]</p> <p>2:00 😊 LBV Fall Ukulele Concert [Dining Room]</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] 19</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 20</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] 21</p> <p>9:30 🚶 Shopping/Banking: Promenade</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🚗 Outing: Lunch at OMO Teppan Restaurant</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🗳️ Election Day - LBV Polling Station [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:15 🚶 Shopping/Banking: Southland Walmart/BMO</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 22</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:00 🚶 Knitters for Needy [Activity Room]</p> <p>1:30 🎮 Choice Games with Chrystina [Garden Lounge]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🧠 Art With Harmeet [Activity Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night: Elvis! [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 23</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>11:30 🍷 Men's Luncheon [Bistro]</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 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎮 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 24</p> <p>9:00 🚗 Outing: Stoney Nakota Casino in Kananaskis</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:00 🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Chapel]</p> <p>1:00 🧠 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</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>7:00 🎭 Entertainment: Foothills Philharmonic & Vocal Jazz Performance [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 25</p> <p>9:00 🚶 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>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>11:00 🚗 Outing: Highwood Dining Room at SAIT</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>3:00 🍷 Happy Hour [Bistro]</p> <p>6:30 🎮 Cribbage [Games Room]</p> <p>6:30 🚶 Sandwich Making for the Needy [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>Annual Fall Craft & Bake Sale 9:30am - 2p.m. 26</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 27</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] 28</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>1:30 😊 Movie Matinee with Shelagh [Wild Rose Room]</p> <p>2:30 🍵 Tasty Tea [Bistro]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 29</p> <p>9:00 🗳️ Resident Council Meeting [Private Dining Room]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:00 🚶 Knitters for Needy [Activity Room]</p> <p>1:30 🎮 Choice Games with Chrystina [Garden Lounge]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🧠 Art With Harmeet [Activity Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Marti Antonini, Impersonator, pianist & vocals [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 30</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:00 🚶 Resident Discussion [Dining Room]</p> <p>12:00 🚶 Resident Birthday Lunch by Invite Only [Bistro]</p> <p>1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🎮 Cribbage [Games Room]</p>	<p>Halloween 31</p> <p>9:00 🌿 Daily Fit [Wellness Centre]</p> <p>9:00 🚶 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:45 🚗 Outing: Langdon Firehouse Grill & Tour of the Sweetsmith Candy Co.</p> <p>1:00 🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:30 🎭 Halloween Festivities with Children from the Community [Dining Room]</p> <p>3:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p style="font-size: 2em; margin: 0;">😊 Emotional</p> <p style="font-size: 2em; margin: 0;">🧠 Intellectual</p> <p style="font-size: 2em; margin: 0;">🚶 Outing</p> <p style="font-size: 2em; margin: 0;">🌿 Physical</p> <p style="font-size: 2em; margin: 0;">🚶 Purposeful</p> <p style="font-size: 2em; margin: 0;">🎮 Social</p> <p style="font-size: 2em; margin: 0;">☀️ Spiritual</p> <p style="font-size: 2em; margin: 0;">🛒 Vendor</p> <p style="font-size: 3em; margin: 10px 0 0 0;">LIVING LOVING LOCAL</p> <p style="font-size: 3em; margin: 10px 0 0 0;">APPLES</p>	

Outings

3 - Canmore Market & Lunch at Murrieta's

7 - Lunch at Red Lobster

10 - Rosebud Theatre

17 - Lunch at Evelyn's Memory Lane Cafe & Tour of The Museum of the Highwood, High River

21 - Lunch at OMO Teppan Restaurant

24 - Stoney Nakota Casino

25 - Lunch at SAIT's Highwood Live Classroom

31 - Lunch at Firehouse Grill in Langdon followed by a tour of the Sweetsmith Candy

Special Days

-Yom Kippur Begins at Sundown
October 8 -
Thanksgiving
October 14
-Sweetest Day
October 19 -
-Halloween
October 31



Tidbits

Birthstone: Opal
Flower: Calendula

What's Lucky This Month!

Lucky Colors: Orange and Burgundy
Lucky Days: Tuesday and Saturday
Lucky Numbers: 3 and 9
Lucky Letters: O and C
Lucky Plant: Pumpkin