

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.</p>	<p>LIVING LOVING LOCAL</p> <p>SALMON</p>	<p>😊 Emotional 🧠 Intellectual 🚗 Outing 👟 Physical 👤 Purposeful 👥 Social ☀️ Spiritual 🛒 Vendor</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 1</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</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 - "The Theory of Everything" [Wild Rose Room]</p>	<p>9:00 🏃 Weekend Exercises [Wellness Centre] 2</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>6:15 🎲 Canasta [Fireplace Lounge]</p> <p>7:00 😊 Movie Night - "The Theory of Everything" [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 3</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] 4</p> <p>9:15 🏪 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>11:00 🛒 The Nutman [Lobby]</p> <p>11:15 🚗 Outing: Lunch at the Cattle Baron</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 🚗 "Field of Crosses in Remembrance" Scenic 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] 5</p> <p>10:00 🚶 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🛒 Knitters for the Needy Sale [Lobby]</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 [Fireplace Lounge]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Art With Harmeet [Activity Room]</p> <p>2:00 😊 Entertainment: Memory Lane Fashion Show - 100+ years of Clothing Styles [Dining 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: Double Standard, Acoustic Duo</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 6</p> <p>10:00 🏊 Aqua Fit [Swimming Pool]</p> <p>10:00 🏊 Ping Pong [Wellness Centre]</p> <p>10:30 🎲 Early Grey Elementary Boys Choir [Dining Room]</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>2:15 🎲 Education Session: 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] 7</p> <p>9:15 🏪 Shopping/Banking: SouthCentre</p> <p>10:00 🍳 Meet the Chef *NOTE DATE CHANGE - THIS DAY ONLY** [Bistro]</p> <p>11:00 🚗 Outing: Lunch at Ferraro Italian in Airdrie Followed by Shopping at "Where On Earth Did You Get That?" Antique Mall</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] 8</p> <p>9:00 🏪 Shopping/Banking: 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>10:45 🚗 Lunch Box Theatre: In Flanders Fields</p> <p>1:00 🎲 Bingo [Activity Room]</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] 9</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>6:15 🎲 Canasta [Fireplace Lounge]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 10</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>Remembrance Day 11</p> <p>10:30 😊 Remembrance Day Service [Dining 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] 12</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 [Fireplace 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 - Bob Scherle Accordion [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 13</p> <p>10:00 🏊 Aqua Fit [Swimming Pool]</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 🎲 Education Session: 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] 14</p> <p>9:15 🏪 Shopping/Banking: Promenade or South Centre</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:00 🛒 Vendor: Shermin Jewelry [Lobby]</p> <p>1:00 🎲 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Chapel]</p> <p>1:00 🚗 Outing: Country Drive</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] 15</p> <p>9:15 🏪 Shopping: Southland Walmart/BMO</p> <p>10:00 🏊 Aqua Fit [Swimming Pool]</p> <p>10:00 🚶 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>11:15 🚗 Central Library Tour followed by Lunch @ Spolumbo's</p> <p>1:00 🎲 Bingo [Activity Room]</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] 16</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>6:15 🎲 Canasta [Fireplace Lounge]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 17</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] 18</p> <p>9:30 🚗 Outing: Edelwiess Village Shopping & Lunch</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🛒 The Nutman</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 🚗 Shopping/Banking: Shawnessy Wal-mart, Micheal's, Winners, Nygard, Co-op, BMO, CIBC etc..</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] 19</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 [Fireplace 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 - Fine Traditions, East Coast Celtic Music [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 20</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>2:15 🍽️ Education Session: 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] 21</p> <p>9:15 🚗 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>11:15 🚗 Outing: Big Rock Chinese Buffet - Okotoks</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 🚗 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc....</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] 22</p> <p>9:15 🚗 Shopping/Banking: South Centre</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>11:15 🚗 Outing: Deerfoot Casino</p> <p>1:00 🧠 Bingo [Activity Room]</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] 23</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>6:15 🎮 Canasta [Fireplace Lounge]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 24</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] 25</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🛒 Vendor: Executive Jewels [Lobby]</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] 26</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 [Fireplace 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 - Edna & The Boys, Dance Band [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 27</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>2:15 🍽️ Education Session: 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] 28</p> <p>9:15 🚗 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:45 🚗 Outing: Cochrane for Seafood Lunch at Schooner's on First, Scenic Drive Home</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] 29</p> <p>9:45 🚗 Outing: Spruce Meadows Christmas Market, Lunch Available</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>1:30 😊 Meditation [Wild Rose 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>9:00 🌿 Weekend Exercises [Wellness Centre] 30</p> <p>10:00 😊 Entertainment: Multi-Cultural Choir [Dining Room]</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>6:15 🎮 Canasta [Fireplace Lounge]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Outings

- 4th - Lunch at the Cattle Baron
- 4th - Field of Crosses Scenic Drive
- 7th - Lunch at Ferraro Italian in Airdrie Followed by Shopping at Where On Earth Did You Get That
- 8th - Lunch Box Theatre: In Flanders Fields
- 14th - Country Drive
- 15th - Tour of the Central Library followed by Lunch at Spolumbos
- 18th - Lunch & Shopping at Edelwiess Village
- 21st - Lunch at Big Rock Chinese Buffet Okotoks
- 22nd - Deerfoot Casino
- 28 - Schooner's Seafood in Cochrane



The National Programme for Sport and Physical Activity for Older People

Tidbits

*Birthstone: Yellow Topaz
Flower: Chrysanthemum*

What's Lucky This Month!

Lucky Colors: Purple
Lucky Days: Thursday
Lucky Numbers: 6 & 11
Lucky Letters: E & R

Special Days

Nov. 3rd - Time Change: Clocks Fall Back 1 hr

Nov. 11th - Remembrance Day