

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 1</p> <p>1:30 😊 Classic Movie Matinee - "Buttons: A Christmas Tale" [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] 2</p> <p>9:30 🚗 Shopping/Banking: Deer Run</p> <p>10:00 🏊 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🚗 Outing: Lunch at Black Diamond Bar and Grill followed by Scenic Drive Home</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>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>7:15 🎷 Vivo Jazz Christmas Concert [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 3</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 🧘 Mini Manicures with Susan [Activity Room]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Christmas Card Making [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 [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 4</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>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] 5</p> <p>9:30 🚗 Outing: Cross Iron Mills and/or Century Downs Casino</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 [Fireplace Lounge]</p> <p>1:00 🧠 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🎭 Entertainment - Christmas in the D-Key by Doris Daley</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 🍽️ Sandwich Making for the Needy [Activity Room]</p>	<p style="color: red; text-align: center;">Festive Fridays: Wear Your Holiday Sweaters</p> <p style="text-align: right; font-size: 2em;">6</p> <p>9:00 🏃 Daily Fit [Wellness Centre]</p> <p>9:30 🚗 Shopping/Banking: Shawnessy Walmart, Michaels, BMO, Nygard etc</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: Granary Road Lunch & Christmas Market</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:30 😊 Mindful 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] 7</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] 8</p> <p>1:30 😊 Classic Movie Matinee - "An Old Fashioned Christmas" [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] 9</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>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:15 🍽️ Christmas Carols with April [Dining Room Patio]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 10</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>1:30 ☀️ Anglican Communion [Chapel]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Christmas Card Making [Activity Room]</p> <p>3:00 🏃 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night: G.O.L.D Men's Group [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 11</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>1:30 🧠 Quiddler - With Strathcona Students [Fireplace Lounge]</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] 12</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 [Fireplace Lounge]</p> <p>1:30 🎲 Reindeer Races [Dining Room]</p> <p>1:30 🚗 Shopping/Banking: South Center or Promenade</p> <p>2:00 🏊 Shuffleboard [Games Room]</p> <p>3:00 🏃 Sit & Be Fit [Wellness Centre]</p> <p>6:00 🚗 Outing: Christmas Lights Tour #1</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p style="color: red; text-align: center;">Festive Fridays: Wear Your Holiday Sweaters</p> <p style="text-align: right; font-size: 2em;">13</p> <p>9:00 🏃 Daily Fit [Wellness Centre]</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>10:15 ☀️ Catholic Mass [Chapel]</p> <p>11:15 🚗 Outing: Lunch at Dutch Pfanntastic Pannenkoek Haus</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:30 😊 Mindful 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] 14</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 🎭 Christmas in the Village [Activity Room]</p> <p>3:15 🧠 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] 15</p> <p>1:30 😊 Classic Movie Matinee - "A Christmas Carol" [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] 16</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>2:30 🎨 Christmas Card Making [Activity Room]</p> <p>3:00 🍵 Tasty Tea [Bistro]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p style="color: green; text-align: center;">Christmas Gala Dinner - No Guests</p> <p style="text-align: right; font-size: 2em;">17</p> <p>9:00 🏃 Daily Fit [Wellness Centre]</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>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🎨 Christmas Card Making [Activity Room]</p> <p>3:00 🏃 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night: Christmas Gala with Silence In Between [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 18</p> <p>10:00 🏊 Aqua Fit [Swimming Pool]</p> <p>10:00 🏓 Ping Pong [Wellness Centre]</p> <p>11:30 🍽️ Resident Birthday Lunch [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>1:30 🧠 Quiddler - With Strathcona Students [Fireplace Lounge]</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>7:00 ☀️ Candlelight Service with McDougall Choir [Dining Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 19</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 [Fireplace Lounge]</p> <p>1:00 🛒 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>1:30 🚗 Shopping/Banking: Deer Run or Promenade</p> <p>2:00 🏊 Shuffleboard [Games Room]</p> <p>3:00 🏃 Sit & Be Fit [Wellness Centre]</p> <p>6:00 🚗 Outing: Christmas Lights Tour #2</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p style="color: red; text-align: center;">Festive Fridays: Wear Your Holiday Sweaters</p> <p style="text-align: right; font-size: 2em;">20</p> <p>9:00 🏃 Daily Fit [Wellness Centre]</p> <p>9:30 🚗 Outing: Lunch in Banff at Maclab Bistro followed by Scenic Drive</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 😊 Mindful 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] 21</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>2:00 🎭 Christmas Jazz Trio [Dining Room]</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>Christmas Brunch 11 am - 1:30 P.M. 22</p> <p>9:30 ☀️ Catholic Service [Chapel]</p> <p>1:30 😊 Classic Movie Matinee - "Meet Me in St. Louis" [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:00 🚌 Outing: Christmas Lights Tour #3</p> <p>6:30 😊 Sing-a-long w/Linda [Activity Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 23</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>2:30 🍵 Tasty Tea [Bistro]</p> <p>3:15 🍷 Christmas Carols with April [Dining Room Patio]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>Christmas Eve 24</p> <p>9:00 🏃 Daily Fit [Wellness Centre]</p> <p>10:30 🧑‍🎨 Colouring & Company [Activity Room]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 🍷 Christmas Eve Social with Eggnog and Treats [Bistro]</p> <p>7:00 🎬 Christmas Eve Movie Night - [Wild Rose Room]</p>	<p>Christmas Day 25</p> <p>1:30 😊 Christmas Day Movie [Wild Rose Room]</p>	<p>Boxing Day 26</p> <p>1:00 🧑‍🎮 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 😊 Java Music Club [Fireplace Lounge]</p> <p>2:00 🎬 Movie Matinee - [Wild Rose Room]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🏃 Daily Fit [Wellness Centre] 27</p> <p>9:30 🏪 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>11:00 🚌 Outing: Lunch at Famoso Neopolitan Pizzeria</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:30 😊 Mindful Meditation [Wild Rose Room]</p> <p>2:00 🏪 Shopping/Banking: Shawnessy</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] 28</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] 29</p> <p>1:30 😊 Classic Movie Matinee - "A Star Is Born" [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] 30</p> <p>9:30 🏪 Shopping/Banking: Deer Run</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>1:00 🚗 Country Drive</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] 31</p> <p>10:00 🏊 Seated Yoga [Wellness Centre]</p> <p>10:30 🧑‍🎨 Colouring & Company [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: Winter Craft [Activity Room]</p> <p>3:30 🍷 NYE Trivia and Treats [Bistro]</p> <p>7:15 😊 Entertainment Night and NYE Countdown: Dr. Z and the Boys! [Dining Room]</p>					<p style="font-size: 1.5em; margin: 0;">LIVING LOVING LOCAL</p> <p style="font-size: 1.5em; margin: 0;">CRANBERRIES</p>	

- 😊 Emotional
- 🧠 Intellectual
- 🚌 Outing
- 🏊 Physical
- 🎯 Purposeful
- 🧑‍🎮 Social
- ☀️ Spiritual
- 🛒 Vendor

Outings

2nd - Lunch at Black Diamond Grill and Bar with Scenic Drive

5th - Cross Iron Mills and Century Downs Casino

6th - Granary Rd. Christmas Market and Lunch

12th - Christmas Lights Tour #1

13th - Lunch at Dutch Pfanntastic Pannenkoek Haus

19th - Christmas Lights Tour #2

20th - Lunch in Banff's Maclab Bistro and Scenic Drive

22nd - Christmas Lights Tour #3

27th - Lunch at Neopolitan Pizzeria

The National Programme for Sport and Physical Activity for Older People

Tidbits

Birthstone: Turquoise
Flower: Narcissus

What's Lucky This Month!

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