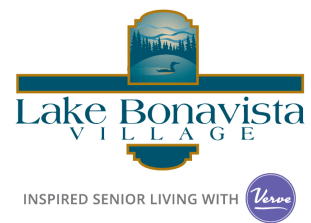






INSPIRED SENIOR LIVING

September 2023

Lake Bonavista Village



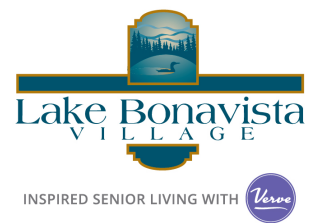
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>World Alzheimer's Month</p>		 <p>Grandparent's Day</p>				
					<p>9:00 Daily Fit (WEL) 1</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 2</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Top Gun (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) 3</p> <p>1:00 Classic Movie Matinee - "My Girl" (WIL)</p> <p>1:30 Craft with Sierra: Coffee Mug Painting (WEL)</p> <p>2:00 Documentary Series: - "Secrets Of The Elephants - Desert (45m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (ACT)</p>	<p>1:00 Bingo (ACT) 4</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 5</p> <p>9:30 Shopping/Banking: Southland Walmart (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:00 Shopping/Banking: Promenade or South Center (LOB)</p> <p>3:00 Social Sipping - Orange Creamsicle (BIS)</p> <p>7:00 Entertainment: Stella Chow's Bohemian Music (DIN)</p>	<p>9:00 Daily Fit (WEL) 6</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: The Notebook (WIL)</p> <p>2:00 Sit & Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 7</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Outdoor Games and Ice Cream: Bean Bag Toss (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Portugal's Heartland" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) 8</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:15 Catholic Mass (CHA)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>12:00 Outing: Grey Eagle Casino (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 9</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: The Notebook (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p>Grandparents Day! 10</p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "Forsaken" (WIL)</p> <p>2:30 Craft with Sierra: Water Colour Fall Tree Paintings (ACT)</p> <p>3:00 Chapel Service (CHA)</p>	<p>9:00 Daily Fit (WEL) 11</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 MOMA: Abstract Art Trivia and Presentation (WIL)</p> <p>2:00 Book Club with Shelagh (LIB)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 12</p> <p>9:30 Shopping/Banking: Shawnessy Walmart, Michaels, BMO etc. (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>11:30 Outing: Lunch at Star Belly Restaurant (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Pear (LIB)</p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Sparkling Pear Punch (BIS)</p> <p>7:00 Entertainment: Byron Smith (DIN)</p>	<p>9:00 Daily Fit (WEL) 13</p> <p>10:00 Meet the Chef (BIS)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: A Man Of Action (WIL)</p> <p>2:00 Sit and Be Fit (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) 14</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:00 Larissa the Seamstress (GAR)</p> <p>1:30 Crab Apple Picking (LOB)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: ""Italy's Great Hill Towns" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) 15</p> <p>9:30 Shopping/Banking: Promenade (LOB)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:00 Outing: Lunch at Water's Edge Pub in Priddis (LOB)</p> <p>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>Open House: 1:30 - 3:30 16</p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>6:00 Canasta (FIR)</p>



INSPIRED SENIOR LIVING

September 2023

Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Montford" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: - "Secrets Of The Elephants - Asia (37m)" (FIR) 3:00 Chapel Service (CHA) 6:15 Craft with Sierra: Pressed Flower Lanterns (ACT)</p>	<p>18</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 Hearing Aid Clinic - Drop In Service Welcome (GAR) 1:15 Bridge Club (GAM) 1:30 Line Dancing with Gayle (WEL) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)</p>	<p>19</p> <p>9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Shawnessy - Walmart, COOP, Dollarama with VALUE VILLAGE/London Drugs (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 1:00 Knitting Club (ACT) 1:00 Outing: Scenic Drive with Jeff (LOB) 1:30 McDougall United Communion Service (CHA) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Pink Lemonade (BIS) 7:00 Entertainment: ELVIS SHOW! (DIN)</p>	<p>20</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Go 4 Life Walk and Talk (LOB) 11:30 Men's Luncheon (BIS) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Dig (WIL) 1:30 Garden Club (GB) 1:30 Resident Council Meeting - Members Only (PRI) 2:00 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM)</p>	<p>21</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:15 Financial Talk with Jordan and Monib (WIL) 1:15 Financial Talk with Jordan and Monib (WIL) 1:30 Choice Games with Life Enrichment: Scrabble (GAM) 2:00 Seated Tai Chi (WEL) 2:30 Tech Talk - Help with Technology (LIB) 3:30 Travelogue: "European Festivals - Volume 1" (WIL) 6:00 Whist (GAM)</p>	<p>22</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:00 Shopping/Banking: Promenade or South Centre (LOB) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Shopping/Banking: Deerfoot Meadows - Dollarama, Walmart, Superstore, Michaels, etc.... (LOB) 1:30 Garden Club (GB) 2:00 Painting with Alex - Museum of Modern Art (ACT) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM)</p>	<p>23</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Dig (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)</p>
<p>24</p> <p>10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Indian Horse" (WIL) 1:30 Craft with Sierra: Pressed Flower Lanterns (ACT) 2:00 Documentary Series: - "Growing up Animal - A Baby Sea Lion's Story (54 min)" (FIR) 3:00 Chapel Service (CHA) 6:15 Wii Games: Bowling and Ice Cream (ACT)</p>	<p>25</p> <p>9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Artfull Enrichment: Autumn and Fall Art Interactive Presentation (LIB) 1:30 Movie Matinee with Shelagh (WIL) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)</p>	<p>26</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:00 Outing: Canmore for Lunch and Tour of Fireweed Glass Studio (LOB) 10:30 Colouring & Company (ACT) 1:00 Knitting Club (ACT) 1:15 Education Session: Superfoods - Corn (LIB) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Apple Pie Mocktail (BIS) 7:00 Entertainment: Prairie Mountain Fiddlers (DIN)</p>	<p>27</p> <p>9:00 Daily Fit (WEL) 10:00 Resident Discussion (DIN) 10:00 Aqua Fit (SWI) 10:30 Health Education - Eye Health (WIL) 10:30 Go 4 Life Walk and Talk (LOB) 11:30 Resident Birthday Lunch: By Invite Only (BIS) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Walk (WIL) 1:30 Garden Club (GB) 2:00 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM)</p>	<p>28</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Larissa the Seamstress (GAR) 2:00 Seated Tai Chi (WEL) 2:30 Name That Tune with Resident Dave Bruneau (ACT) 3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA) 3:30 Travelogue: "European Festivals - Volume 2" (WIL) 6:00 Whist (GAM)</p>	<p>29</p> <p>9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade or South Centre (Tentative) (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 11:30 Outing: Bragg Creek - Lunch at the Korner Kitchen (LOB) 1:30 Garden Club (GB) 2:00 Painting with Alex - MOMA Art Class (ACT) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM)</p>	<p>30</p> <p>9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Walk (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)</p>

Be Social

Locations Legend

- 1st Floor Wellness Centre (WEL)
- 2nd Floor Activity Room (ACT)
- 3rd Floor Games Room (GAM)
- 1st Floor Lobby (LOB)
- 1st Floor Wild Rose Room (WIL)
- 4th Floor Fireplace Lounge (FIR)
- 1st Floor Swimming Pool (SWI)

- 1st Floor Chapel (CHA)
- 1st Floor Bistro (BIS)
- Garden Beds (GB)
- 2nd Floor Library (LIB)
- 1st Floor Dining Room (DIN)
- 1st Floor Garden Lounge (GAR)
- Putting Green (PG)
- 1st Floor Private Dining Room (PRI)

Calendar Legend

- Outing
- Special Program
- Living, Loving, Local
- Signature Program