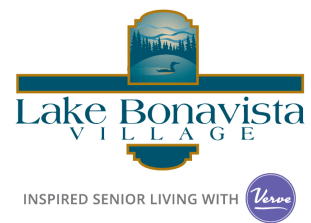




INSPIRED SENIOR LIVING

October 2023

Lake Bonavista Village



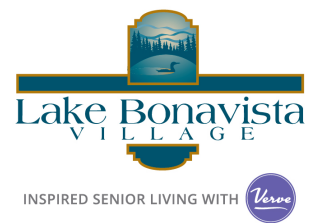
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Active Aging Week! (LOB) 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "News Of The World" (WIL) 1:30 Craft with Sierra & Presley: Pumpkin Gnome (ACT) 2:00 Documentary Series: - "Unlikely Animal Friends: Hello Kitty (46m)" (FIR) 3:00 Chapel Service (CHA) 6:15 Wii Games: Golf and Ice Cream (WIL)	2 Active Aging Week! (LOB) 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:00 Personal Touch Fashions - Shopping Vendor (MAI) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 2:00 Book Club with Shelagh (LIB) 3:00 Monday Meditation (ACT) 3:30 Line Dancing with Gayle (WEL) 6:00 Canasta & Choice Games (FIR)	3 Active Aging Week! (LOB) 9:00 Daily Fit (WEL) 9:30 Outing: Jubilations - Crockodile Rock - Elton John Show - Tickets Pre Purchased (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 1:00 Knitting Club (ACT) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Smoothie Tasting! (BIS) 7:00 Entertainment: Debrah Powers - Blues and Tunes - Pianist and Singer (DIN)	4 Active Aging Week! (LOB) 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: The Best Of Men (WIL) 2:00 Active Aging Week: Circles of Rhythm Drumming Circle (DIN) 6:00 Cribbage (GAM)	5 Active Aging Week! (LOB) 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:30 Active Aging Week: Jeopardy (ACT) 2:00 Seated Tai Chi (WEL) 3:00 Garden Club wrap up Party! (GB) 3:30 Travelogue: "Sicilian Delights" (WIL) 6:00 Whist (GAM)	6 Active Aging Week! (LOB) 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Shawnessy - Walmart, COOP, Dollarama Etc. (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 1:30 Outing: Glenbow at the Edison - 50 Years of Gathie Falk (LOB) 2:00 Painting with Alex - Museum of Modern Art (ACT) 3:00 Happy Hour - Active Aging Week Raffle Prize Draw (BIS) 6:00 Cribbage (GAM)	7 Active Aging Week! (LOB) 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 Best Of Men (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)
8 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Legends of the Fall" (WIL) 1:30 Craft with Sierra & Presley: Thankful Pumpkin (ACT) 2:00 Documentary Series: - "Unlikely Animal Friends: The Wild Bunch (46m)" (FIR) 3:00 Chapel Service (CHA) 6:15 Wii Games: Bowling and Ice Cream (WIL)	9 Happy Thanksgiving - No Group Programs (LOB) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 1:00 Bingo - Called by Dawson, Volunteer (ACT) 1:15 Bridge Club (GAM) 6:00 Canasta & Choice Games (FIR)	10 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Heritage Hill: London Drugs, Winners, Dollar Tree, Home Sense etc... (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 1:00 Knitting Club (ACT) 1:00 Shopping/Banking: Promenade or South Centre (LOB) 1:15 Education Session: Superfoods - Apple (LIB) 1:30 Anglican Church Service (CHA) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Grape Lime Ricky (BIS) 7:00 Entertainment: Lori Kole (DIN)	11 9:00 Daily Fit (WEL) 10:00 Meet the Chef (BIS) 10:00 Aqua Fit (SWI) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Waking Ned Devine (WIL) 2:00 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM)	12 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) 2:00 Senior's Fraud Prevention Presentation By Calgary City Police (WEL) 3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA) 3:30 Travelogue: "Athens and Side Trips" (WIL) 6:00 Whist (GAM)	13 Vaccine Clinic 9:30 Shopping/Banking: Shawnessy Walmart, Michaels, BMO etc. (LOB) 10:15 Catholic Mass (CHA) 12:00 Outing: Cash Casino (LOB) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM)	14 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: Waking Ned Devine (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)
15 10:15 Catholic Service (CHA) 1:00 Sunday Movie Matinee - "The Legend of Tarzan" (WIL) 1:30 Craft with Sierra & Presley: Sock Pumpkin (ACT) 2:00 Documentary Series: - "Unlikely Animal Friends: Dogs Gone Wild (46m)" (FIR) 3:00 Chapel Service (CHA) 6:15 Wii Games: Bowling and Ice Cream (WIL)	16 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) 3:00 Monday Meditation (ACT) 3:30 Line Dancing with Gayle (WEL) 6:00 Canasta & Choice Games (FIR)	17 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 11:00 Outing: William Watson Lodge with Larch Tree Drive (LOB) 1:00 Knitting Club (ACT) 1:30 McDougall United Communion Service (CHA) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Hot Toddy Mocktail (BIS) 7:00 Entertainment: Dwayne Fettig for Oktoberfest (DIN)	18 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: Ladies In Lavender (WIL) 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)	19 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 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: "Lisbon" (WIL) 6:00 Whist (GAM)	20 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 Bavarian Inn (LOB) 2:00 Painting with Alex - Museum of Modern Art (ACT) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM)	21 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: Ladies In Lavender (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)




INSPIRED SENIOR LIVING

October 2023

Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:15 Catholic Service (CHA) 22</p> <p>1:00 Sunday Movie Matinee - "Hocus Pocus" (WIL)</p> <p>1:30 Craft with Sierra & Presley: Resin Coasters (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Man's Other Best Friend (46m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (WIL)</p>	<p>9:00 Daily Fit (WEL) 23</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 MOMA Art Lecture (LIB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 24</p> <p>9:30 Shopping/Banking: Promenade (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>1:15 Education Session: Superfoods - Pumpkin (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Hot Apple Cider (BIS)</p> <p>7:00 Entertainment: Brain Yorke (DIN)</p>	<p>9:00 Daily Fit (WEL) 25</p> <p>10:00 Resident Discussion (DIN)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Resident Birthday Lunch: By Invite Only (BIS)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: The Best Exotic Marigold Hotel (WIL)</p> <p>1:30 Garden Club (GB)</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) 26</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>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: "The Majesty of Madrid" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) 27</p> <p>9:30 Shopping/Banking: Promenade or South Centre (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>1:30 Garden Club (GB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>10:00 Annual Fall Craft & Bake Sale 10am - 2pm (MAI) 28</p> <p>1:15 Bridge Club (GAM)</p> <p>6:00 Canasta (FIR)</p>
<p>10:15 Catholic Service (CHA) 29</p> <p>1:00 Sunday Movie Matinee - "Halloween Town" (WIL)</p> <p>1:30 Craft with Sierra & Presley: Pumpkins (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: All In The Family (47m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (WIL)</p>	<p>9:00 Daily Fit (WEL) 30</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>1:30 Movie Matinee with Shelagh (WIL)</p> <p>3:00 Monday Meditation (ACT)</p> <p>3:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) 31</p> <p>9:30 Shopping/Banking: Promenade (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>3:00 Social Sipping - Ginger Peach Tea (BIS)</p> <p>7:00 Entertainment: Paul Wood (DIN)</p>	 <p>Breast Cancer Awareness Month</p>		 <p>Global Diversity Awareness Month</p>	



Be Grateful

Locations Legend

1st Floor Wellness Centre (WEL)	1st Floor Swimming Pool (SWI)
2nd Floor Activity Room (ACT)	1st Floor Bistro (BIS)
1st Floor Lobby (LOB)	1st Floor Dining Room (DIN)
1st Floor Wild Rose Room (WIL)	2nd Floor Library (LIB)
3rd Floor Games Room (GAM)	Garden Beds (GB)
4th Floor Fireplace Lounge (FIR)	1st Floor Garden Lounge (GAR)
1st Floor Chapel (CHA)	1st Floor Main Street (MAI)
	1st Floor Private Dining Room (PRI)

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program