



INSPIRED SENIOR LIVING

# November 2023

## Lake Bonavista Village



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>National Family Caregivers Month</b></p>						
			<p>9:00 Daily Fit (WEL) <b>1</b></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 Second Best Exotic Marigold Hotel (WIL)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>2</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Scrabble (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Lisbon" Replay (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>3</b></p> <p>9:30 Shopping/Banking: South Centre or 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>12:00 Outing: Elbow River Casino (LOB)</p> <p>2:00 Painting with Alex - Museum of Modern Art (ACT)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>4</b></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 Second Best Exotic Marigold Hotel (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) <b>5</b></p> <p>1:00 Classic Movie Matinee - "All Quiet on the Western Front" (2h 28m) (WIL)</p> <p>1:30 Craft with Sierra &amp; Presley: Remembrance Day Butterfly (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: The Chihuahua and the Chicken (45m)" (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) <b>6</b></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>1:00 MOMA Art Lecture (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>2:00 Book Club with Shelagh (LIB)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) <b>7</b></p> <p>9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Costco, Walmart, Superstore, Michaels etc.... (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>11:30 Lunch Outing: Montana's BBQ &amp; Bar (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Tomato (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Harmonica's Tableau Group (DIN)</p>	<p>9:00 Daily Fit (WEL) <b>8</b></p> <p>10:00 Meet the Chef (BIS)</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: Quartet (WIL)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>9</b></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: "Naples and Pompeii" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>10</b></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>1:00 "Field of Crosses in Remembrance" Scenic Drive (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>1:00 Remembrance Day Service - 10:30 A.M. (DIN) <b>11</b></p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Quartet (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) <b>12</b></p> <p>1:00 Classic Movie Matinee - "Good Will Hunting" (2h 6m) (WIL)</p> <p>1:30 Craft with Nicolle: Wooden Picture Frames (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Love at First Sight (44m)" (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) <b>13</b></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>3:00 Monday Meditation (ACT)</p> <p>3:30 Line Dancing with Gayle (WEL)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL) <b>14</b></p> <p>9:30 Shopping/Banking: London Drugs, Winners, Home Sense or Dollar Tree (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>12:45 Outing: Tuut'ina Cultural Museum (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Hot Toddy Mocktail (BIS)</p> <p>7:00 Entertainment: Linda Kitchin (DIN)</p>	<p>9:00 Daily Fit (WEL) <b>15</b></p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>11:30 Men's Luncheon (BIS)</p> <p>12:00 Virtual Verve Seminar: Fall Prevention (WIL)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Calendar Girls (WIL)</p> <p>1:30 Resident Council Meeting - Members Only (PRI)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>16</b></p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Scrabble (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Rick Steves' Best of the Alps - 55 minutes" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>17</b></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>11:30 Lunch Outing: Big Rock Inn Chinese Food Buffet in Okotoks (LOB)</p> <p>2:00 Painting with Alex - Museum of Modern Art (ACT)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL) <b>18</b></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: Calendar Girls (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>19</b></p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "The Bucket List" (1h 37m) (WIL)</p> <p>1:30 Craft with Nicolle: Fall Art (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: The Tale of the Cockatoo and the Kitty Cat (44m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>4:00 Grey Cup Viewing Party (BIS)</p>	<p><b>20</b></p> <p>9:00 Daily Fit (WEL)</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>1:00 Hearing Aid Clinic - Drop In Service Welcome (GAR)</p> <p>1:00 Vendor: Executive Jewels (LOB)</p> <p>1:00 MOMA Art Lecture (LIB)</p> <p>1:15 Bridge Club (GAM)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta &amp; Choice Games (FIR)</p>	<p><b>21</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>9:45 Shopping/Banking: Southland Walmart &amp; Boutique Shopping at Glenmore Landing (LOB)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:00 Shopping/Banking: South Centre or Promenade (LOB)</p> <p>1:15 Education Session: Superfoods - Brazil Nuts (LIB)</p> <p>1:30 McDougall United Communion Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping (BIS)</p> <p>7:00 Entertainment: Calgary Multicultural Choir (DIN)</p>	<p><b>22</b></p> <p>9:00 Daily Fit (WEL)</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: High Society (WIL)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>23</b></p> <p>9:00 Daily Fit (WEL)</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>2:30 Name That Tune with Resident Dave Bruneau (ACT)</p> <p>3:00 Catholic Rosary/Divine Mercy Prayer - St. Bonaventure Pastoral Care (CHA)</p> <p>3:30 Travelogue: "England's Bath and York" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p><b>24</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:00 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>12:30 Outing: Spruce Meadows International Christmas Market (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>25</b></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>1:15 Movie Matinee: High Society (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>
<p><b>26</b></p> <p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "Little Women-2019" (2h 14m) (WIL)</p> <p>1:30 Craft with Sierra &amp; Presley: Snow Globes (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Doggy Deerest (44m)" (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Wii Games: Bowling and Ice Cream (WIL)</p>	<p><b>27</b></p> <p>9:00 Daily Fit (WEL)</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 &amp; Choice Games (FIR)</p>	<p><b>28</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:00 Shopping/Banking: Promenade (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring &amp; Company (ACT)</p> <p>11:00 Outing: Lunch at Secret Galley in Airdrie followed by visit to Where On Earth Antique Mall (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Ginger Peach Tea (BIS)</p> <p>7:00 Entertainment: Calgary Korean Canadian Choir (DIN)</p>	<p><b>29</b></p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Resident Discussion (DIN)</p> <p>10:00 Aqua Fit (SWI)</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: Grumpy Old Men (WIL)</p> <p>2:00 Seated Gentle Movement - New Class! (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p><b>30</b></p> <p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Scrabble (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:00 Diversity Education: Ethnicity and Immigration in Canada (DIN)</p> <p>3:30 Travelogue: "England's Cornwall" (WIL)</p> <p>6:00 Whist (GAM)</p>		

**SUNDAY**  
**NOV 12**

## Diwali

# Be Grateful

### Locations Legend

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

### Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program