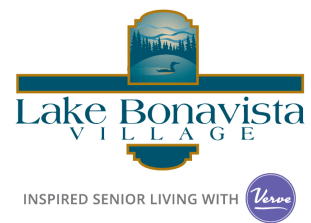




INSPIRED SENIOR LIVING

January 2024

Lake Bonavista Village



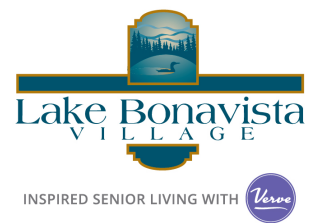
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|--|
| | <p>10:00 Bible Study with Reverend Margaret Hogarth (FIR) 1</p> <p>1:00 Bingo - Resident Run, Caller Lorraine T (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>6:00 Canasta & Choice Games (FIR)</p> | <p>9:00 Daily Fit (WEL) 2</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>1:00 Outing: Scenic Drive with Jeff (LOB)</p> <p>1:15 Education Session: Superfoods - Carrots (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Hot Blueberry Tea (BIS)</p> <p>7:00 Entertainment: Craig West - Fiddler, Guitar and Upbeat Music (DIN)</p> | <p>9:00 Daily Fit (WEL) 3</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 Secret of Roan Inish (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) 4</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: "Scotland's Highlands" (WIL)</p> <p>6:00 Whist (GAM)</p> | <p>9:00 Daily Fit (WEL) 5</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>11:30 World Junior Ice Hockey Championship Game (WIL)</p> <p>11:30 Lunch Outing: Cheesecake Cafe (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) 6</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 Secret of Roan Inish (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) 7</p> <p>1:00 Classic Movie Matinee - "Top Gun Maverick" (h m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Coffee Filter Snowflakes (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Hero Cat" (44m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games: Pool (WIL)</p> | <p>9:00 Daily Fit (WEL) 8</p> <p>9:30 "The Importance of Humor" - Presentation by Dr. Nathanson (BIS)</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>2:00 Book Club with Shelagh (LIB)</p> <p>2:30 Artfull Enrichment Trivia: Who Am I? Artist Edition (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) 9</p> <p>9:30 Shopping/Banking: London Drugs, Winners, Homesense, Dollar Tree (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 Centre (LOB)</p> <p>1:30 Anglican Church Service (CHA)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Mimosa Mocktail (BIS)</p> <p>7:00 Entertainment: Debra Power: (DIN)</p> | <p>9:00 Daily Fit (WEL) 10</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: 12 Angry Men (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) 11</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:00 Eco Medical Walker Service Clinic - Drop In Service (GAR)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Choice Games with Life Enrichment: Cribbage Learn and Play (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Glasgow and Scottish Passions" (WIL)</p> <p>6:00 Whist (GAM)</p> | <p>9:00 Daily Fit (WEL) 12</p> <p>9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Walmart, Superstore, Michaels, etc.... (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: Deerfoot Inn 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) 13</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: 12 Angry Men (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) 14</p> <p>1:00 Classic Movie Matinee - "The Miracle Club" (1h 30m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Resin Snowflakes (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: Duck, Duck, Cat" (44m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games with Sierra and Presley: Scrabble (WIL)</p> | <p>National Hat Day: Join us in wearing your fun hats! 15</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>10:00 Michelle The Clothing Lady (MAI)</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 MOMA Art Lecture: Jean Paul Riopelle (LIB)</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) 16</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>11:00 Lunch Outing: Paul's Pizza in Airdrie (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:15 Education Session: Superfoods - Beans & Lentils (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 - Raspberry Kiwi Spritzer (BIS)</p> <p>7:30 Entertainment: Heather Thirsk - Gospel, Elvis, Polka (DIN)</p> | <p>9:00 Daily Fit (WEL) 17</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>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Greyfriars Bobby (WIL)</p> <p>1:30 Resident Council Meeting - Members Only (PRI)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) 18</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: "Germany's Desden and Leipzig" (WIL)</p> <p>6:00 Whist (GAM)</p> | <p>9:00 Daily Fit (WEL) 19</p> <p>9:30 Shopping/Banking: Promenade or South Centre (Tentative) (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: Shawnessy (LOB)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) 20</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: Greyfriars Bobby (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p> |



INSPIRED SENIOR LIVING

January 2024

Lake Bonavista Village



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|--|---|---|--|---|--|--|--|
| <p>10:15 Catholic Service (CHA) 21</p> <p>1:00 Classic Movie Matinee - "Back To The Future" (1h 56m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Sock Snowman (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: The Fox and the Hound" (43m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games: Shuffleboard (WIL)</p> | <p>9:00 Daily Fit (WEL) 22</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 & Choice Games (FIR)</p> | <p>9:00 Daily Fit (WEL) 23</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:00 Outing: Studio Bell - National Music Centre Self-guided Tour (LOB)</p> <p>10:30 Colouring & Company (ACT)</p> <p>1:00 Knitting Club (ACT)</p> <p>1:30 Shopping/Banking: Promenade & South Centre (LOB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Hot Hibiscus & Orange Tea (BIS)</p> <p>7:00 Entertainment: TBD (DIN)</p> | <p>9:00 Daily Fit (WEL) 24</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: Elizabeth: The Golden Age (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p> | <p>9:00 Daily Fit (WEL) 25</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 Steve's Andalucia: The Best of Southern Spain" - 55 Minutes (WIL)</p> <p>6:00 Whist (GAM)</p> | <p>9:00 Daily Fit (WEL) 26</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: Ducks On The Roof Sportsbar in Cochrane (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>7:00 Sandwich Making with Unity and Wellness Society (ACT)</p> | <p>9:00 Daily Fit (WEL) 27</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: Elizabeth: The Golden Age (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) 28</p> <p>1:00 Classic Movie Matinee - "Yes Day" (1h 29m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Pumpkin Gnome (ACT)</p> <p>2:00 Documentary Series: - "Unlikely Animal Friends: A Pig and his Pooch" (43m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games: Shuffleboard (WIL)</p> | <p>9:00 Daily Fit (WEL) 29</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: Stan Douglas - Canadian Photographer and Installation artist (LIB)</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>6:00 Canasta & Choice Games (FIR)</p> | <p>9:00 Daily Fit (WEL) 30</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>1:00 Shopping/Banking: Shawnessy (LOB)</p> <p>1:15 Education Session: Superfoods - Yogurt (LIB)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - National Hot Chocolate Day - Tasting and Treats (BIS)</p> <p>7:00 Entertainment: Robbie Burns Night with Burns Society of Calgary (DIN)</p> | <p>9:00 Daily Fit (WEL) 31</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: Gosford Park (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p> | | | | |

MONDAY
JAN 15

Martin Luther King Jr. Day

Be your best self

Locations Legend

| | |
|----------------------------------|-------------------------------------|
| 1st Floor Wellness Centre (WEL) | 1st Floor Swimming Pool (SWI) |
| 2nd Floor Activity Room (ACT) | 1st Floor Bistro (BIS) |
| 3rd Floor Games Room (GAM) | 1st Floor Chapel (CHA) |
| 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 Main Street (MAI) |
| | 1st Floor Private Dining Room (PRI) |

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program