




INSPIRED SENIOR LIVING

October 2023

The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 In-Suite Seated Fitness (398) 1</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 Come check out the Fit Minds board for new weekly puzzles and brain teasers! (A)</p>	<p>8:45 Sit and Be Fit (A) 2</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Walmart & Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>	<p>8:45 STAND & Be Fit (A) 3</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 STAND & Be Fit (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit and Be Fit (A) 4</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ LE (2)</p> <p>2:00 UofC Balance Clinic Info Session (L)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) 5</p> <p>9:30 Sit and Be Fit (A)</p> <p>11:00 Outing: Century Downs Casino (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 6</p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) 7</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 4th Floor Gym Orientation Session</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 8</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>11:15 Thanksgiving Sunday Brunch (D)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 Come check out the Fit Minds board for new weekly puzzles and brain teasers! (A)</p>	<p>Thanksgiving Day 9</p> 	<p>8:45 Zumba with Virginia (A) 10</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Catholic Mass (L)</p> <p>1:30 Art Class with Alex (A)</p> <p>2:00 Bistro Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit and Be Fit (A) 11</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Meet w/ the Chef (L)</p> <p>2:00 Oktoberfest Party with Dwayne Fettig (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) 12</p> <p>9:30 Sit and Be Fit (A)</p> <p>1:30 Outing: Fall Colours Country Drive (MIL)</p> <p>1:30 CO-OP Walker Clinic (WRR)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>4:15 Living Loving Local Dinner (D)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 13</p> <p>9:30 DrumFit (A)</p> <p>10:30 Book Club & Storytelling (LIB)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) 14</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 Wii Games (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 15</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 Come check out the Fit Minds board for new weekly puzzles and brain teasers! (A)</p>	<p>8:45 Sit and Be Fit (A) 16</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>10:00 Dental Hygienist {Sign-up Required} (WRR)</p> <p>12:30 Shopping Trip to Superstore (Bowness) (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>	<p>8:45 Zumba with Virginia (A) 17</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit and Be Fit (A) 18</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ GM Glen (2)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) 19</p> <p>9:30 Sit and Be Fit (A)</p> <p>1:30 Outing: Monster Mini-Golf (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 20</p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) 21</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:30 Wii Games (A)</p> <p>2:00 Entertainment: Colin the Juggler! (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>





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<p>9:00 In-Suite Seated Fitness (398) 22</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 Come check out the Fit Minds board for new weekly puzzles and brain teasers! (A)</p>	<p>8:45 Sit and Be Fit (A) 23</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Market Mall (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p> <p>3:00 Hearing Aid Clinic (LIB)</p>	<p>8:45 Zumba with Virginia (A) 24</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>1:30 Art Class with Alex (A)</p> <p>2:00 Bistro Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit and Be Fit (A) 25</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ Izel (2)</p> <p>2:00 Monthly Resident Birthday Party with Entertainment: SoxNSax (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p> <p>7:00 The Lucy Show (398)</p>	<p>8:45 Sit and Be Fit (A) 26</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Resident Forum (L)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>2:30 Dubbin Family Showcase (B)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>6:30 Bingo! (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 27</p> <p>9:30 DrumFit (A)</p> <p>10:15 Special Guest Speaker: Deaf & Hear Alberta (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>7:00 Friday Night Documentary (398)</p>	<p>8:45 Morning Yoga (A) 28</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>10:15 Pumpkin Carving! (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 29</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 Come check out the Fit Minds board for new weekly puzzles and brain teasers! (A)</p>	<p>8:45 Sit and Be Fit (A) 30</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Walmart & Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p>	<p>Halloween 31</p> <p>8:45 Zumba with Virginia (A)</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 Go4Life Walking Group (MIL)</p> <p>12:30 Costume Catwalk (D)</p> <p>2:00 Costume Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>				



Be Grateful

Locations Legend		Calendar Legend
Activity Room (A)	Bistro (B)	Outing
Wild Rose Room (WRR)	Dining Room (D)	Special Program
Meet in Lobby (MIL)	Library (2nd Floor) (LIB)	Living, Loving, Local
In Suite (398)	2nd Fl Lounge (2)	Signature Program
3rd Floor Loft (L)	Gazebo (GAZ)	Highlight