




INSPIRED SENIOR LIVING

November 2023

The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			<p>8:45 Sit and Be Fit (A) 1</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ LE (2)</p> <p>2:00 Entertainment: Victor Navros (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 STAND and Be Fit (A) 2</p> <p>9:30 STAND and Be Fit (A)</p> <p>10:30 Foot Care Clinic (WRR)</p> <p>11:00 Outing: Studio Bell (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) 3</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 Team Trivia Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 4</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>10:30 Vendor: Personal Touch Fashions (WRR)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>Daylight Savings Ends 5</p> <p>9:00 In-Suite Seated Fitness (398)</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) 6</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to North Hill Mall (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>1:30 Tech Support (A)</p> <p>3:00 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba with Virginia 7</p> <p>(A)</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) 8</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Meet w/ the Chef (L)</p> <p>12:00 Virtually Verve: Stepping Towards Safety in Retirement Living (L)</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 STAND and Be Fit (A) 9</p> <p>9:30 STAND and Be Fit (A)</p> <p>1:00 Outing: The Aero Space Museum of Calgary (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 10</p> <p>9:30 DrumFit (A)</p> <p>10:30 Resident Ambassador Program Update (B)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>Remembrance Day 11</p> <p>8:30 Televised: National Remembrance Day Ceremony in Ottawa (RTR)</p> <p>10:30 Special Event: Ceremony of Remembrance (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 12</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) 13</p> <p>9:30 Sit and Be Fit (A)</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>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba with Virginia 14</p> <p>(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>10:30 Hearing Aid Clinic (LIB)</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) 15</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ 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 STAND and Be Fit (A) 16</p> <p>9:30 STAND and Be Fit (A)</p> <p>10:30 Outing: Banff Tour & Restaurant Lunch (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>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 17</p> <p>9:30 DrumFit (A)</p> <p>10:30 Special Presentation: Leona Lane's Concert Recordings (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 National Happy Hour Day! Entertainment: Jimmy Brooks (D)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 18</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>




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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 In-Suite Seated Fitness (398) 19</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) 20</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 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>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba with Virginia (A) 21</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) 22</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ Community Relations (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 STAND and Be Fit (A) 23</p> <p>9:30 STAND and Be Fit (A)</p> <p>10:30 Resident Forum (L)</p> <p>1:30 Outing: Calgary Farmer's Market (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 24</p> <p>9:30 DrumFit (A)</p> <p>10:30 Calgary Public Library Presentation (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 25</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: CC Line Dancers (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 26</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) 27</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>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba with Virginia (A) 28</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) 29</p> <p>9:30 Sit and Be Fit (A)</p> <p>10:30 Coffee & Chat w/ Shari (Housekeeping) (2)</p> <p>2:00 Monthly Resident Birthday Party with Entertainment: Murray Larsen (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 STAND and Be Fit (A) 30</p> <p>9:30 STAND and Be Fit (A)</p> <p>10:30 Foot Care Clinic (WRR)</p> <p>10:30 Outing: Ace Casino (MIL)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>7:00 In-Suite Tai Chi (398)</p>	 <p style="text-align: center;">Diwali</p>	



Be Grateful

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