



INSPIRED SENIOR LIVING

# December 2023

## The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>Monday</b> <b>DEC 25</b> <b>Christmas Day</b></p>	 <p><b>Sunday</b> <b>DEC 31</b> <b>New Years Eve</b></p>					
<p>9:00 In-Suite Seated Fitness (398) <b>3</b></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 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>4</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>10:00 <b>Banking Outing (MIL)</b></p> <p>12:30 <b>Shopping Trip to North Hill Mall (MIL)</b></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) <b>5</b></p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 <b>Go4Life Walking Group (MIL)</b></p> <p>10:30 <b>Hearing Aid Clinic (LIB)</b></p> <p>11:00 <b>Vendor Table: Esther's Cards (LB)</b></p> <p>1:30 <b>Art Class with Alex (A)</b></p> <p>2:00 <b>Bistro Karaoke! (B)</b></p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>6</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>10:30 Coffee &amp; Chat w/ LE (2)</p> <p>2:00 <b>Student Farewell Hot Chocolate Social (D)</b></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 &amp; Be Fit (A) <b>7</b></p> <p>9:30 Stand &amp; Be Fit (A)</p> <p>1:00 <b>Outing: Sunridge Mall and Thrift Store Shopping (MIL)</b></p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Knit One Chat Two (LIB)</p> <p>4:15 <b>Living Loving Local Dinner (D)</b></p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>8</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Education Session: Goals of Care (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 <b>Team Trivia Happy Hour! (B)</b></p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) <b>9</b></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 <b>Shower Crooners Sing Along! (L)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) <b>10</b></p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>11:15 <b>December Holiday Brunch (D)</b></p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>11</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>10:00 <b>Banking Outing (MIL)</b></p> <p>10:30 <b>St. Maria Goretti Children's Choir (D)</b></p> <p>12:30 <b>Shopping Trip to Walmart &amp; Dollarama (MIL)</b></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) <b>12</b></p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba with Virginia (A)</p> <p>10:30 <b>Catholic Mass (L)</b></p> <p>1:30 <b>Artful Enrichment: Card-Making (A)</b></p> <p>2:00 <b>Bistro Karaoke! (B)</b></p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>13</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>10:30 <b>Meet w/ the Chef (L)</b></p> <p>2:00 <b>Resident Pie Social (A)</b></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 &amp; Be Fit (A) <b>14</b></p> <p>9:30 Stand &amp; Be Fit (A)</p> <p>1:30 <b>CO-OP Walker Clinic (WRR)</b></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) <b>15</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 <b>Java Music Club: Christmas Carols with Sharon! (L)</b></p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 <b>Community Christmas Party! (D)</b></p> <p>6:30 Mahjong (Sign-up Required) (A)</p> <p>6:30 <b>Outing: Christmas Lights Tour (MIL)</b></p>	<p>8:45 Morning Yoga (A) <b>16</b></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 <b>Bingo! (A)</b></p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 In-Suite Seated Fitness (398) <b>17</b></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 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>18</b></p> <p>9:30 Sit &amp; 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>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba with Virginia (A) <b>19</b></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 Christmas Karaoke! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit &amp; Be Fit (A) <b>20</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>10:30 Coffee &amp; Chat w/ Glen (2)</p> <p>2:00 Monthly Resident Birthday Party w/ Entertainment: Jimmy Brooks (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 &amp; Be Fit (A) <b>21</b></p> <p>9:30 Stand &amp; Be Fit (A)</p> <p>2:00 Quiet Moments Bible Study (L)</p> <p>3:00 Special Presentation: Peter's Christmas Concert Recordings (L)</p> <p>6:30 Outing: Christmas Lights Tour (MIL)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) <b>22</b></p> <p>9:30 DrumFit (A)</p> <p>10:30 Book Club: Christmas Storytelling (LIB)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Ugly Christmas Sweater 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) <b>23</b></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: Resident's Choice (WRR)</p>
<p><b>Christmas Eve 24</b></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>2:30 New puzzles on the Fit Minds board! (A)</p> <p>4:15 Christmas Eve Candlelight Dinner (D)</p>	<p><b>Christmas Day 25</b></p> <p>1:15 Movie Matinee: The Sound of Music (WRR)</p> <p>4:15 The Lodge Christmas Dinner (D)</p> <p>7:00 Monday Night Documentary: The Tudor's 12 Days of Christmas (398)</p>	<p><b>Boxing Day 26</b></p>	<p>8:45 Sit &amp; Be Fit (A) <b>27</b></p> <p>9:30 Sit &amp; Be Fit (A)</p> <p>2:00 New Resident Welcome Party w/ Entertainment: Cornelia Sutherland (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 &amp; Be Fit (A) <b>28</b></p> <p>9:30 Foot Care Clinic (WRR)</p> <p>9:30 Stand &amp; Be Fit (A)</p> <p>10:30 Resident Forum (L)</p> <p>1:00 Outing: Cochrane Drive and Guy's Bakery (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) <b>29</b></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>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) <b>30</b></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: Resident's Choice (WRR)</p>
<p><b>New Years Eve 31</b></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>2:30 New puzzles on the Fit Minds board! (A)</p> <p>4:15 New Year's Eve Dinner (D)</p> <p>7:00 New Years Eve Party with Wild Rose (D)</p>				<p><b>Locations Legend</b></p> <p>Activity Room (A)</p> <p>Wild Rose Room (WRR)</p> <p>Meet in Lobby (MIL)</p> <p>In Suite (398)</p> <p>Dining Room (D)</p> <p>3rd Floor Loft (L)</p> <p>Bistro (B)</p> <p>Library (2nd Floor) (LIB)</p> <p>2nd Fl Lounge (2)</p> <p>Lobby (LB)</p>		<p><b>Calendar Legend</b></p> <p>Outing</p> <p>Special Program</p> <p>Living, Loving, Local</p> <p>Signature Program</p> <p>Highlight</p>