




INSPIRED
SENIOR LIVING

November 2022

The Concorde

THE CONCORDE
RETIREMENT COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>Locations Legend</u></p> <p>Piano Lounge Skaha Activity Room Lobby Bistro Back Courtyard weather permitting Building Wide Dining Room</p>		<p>9:00 Men's Coffee Group 1</p> <p>9:30 Putting Green Practice</p> <p>10:30 Fit Minds</p> <p>2:00 Yearning for Yarn Club</p> <p>3:30 Bookworms - Stuart McLean & More</p> <p>6:00 Rockin Robbie the DJ</p>	<p>9:00 Go4Life Walking 2</p> <p>9:30 Seated Yoga & Meditation Class</p> <p>10:30 Roll O Trump</p> <p>3:00 Happy Hour in the Bistro</p> <p>6:15 Shuffleboard boosts your mental wellness! Originating in England 1500's, it's a pleasurable pastime.</p>	<p>9:00 Keen Pole and Go4Life Walking 3</p> <p>9:15 Shopping Shuttle *Sign Up*</p> <p>1:30 Bible Study - Luke 17:20-37</p> <p>2:30 High Tea Social</p> <p>3:30 Gold Trails and Ghost Towns</p> <p>6:15 Robbie's Vintage Variety Show</p>	<p>9:30 Drumfit 4</p> <p>10:00 Yearning for Yarn Club</p> <p>2:00 Music by "Don Wade, Sax Among Friends"</p> <p>2:15 Christmas Craft Market Trade & Convention Centre *Sign up*</p> <p>3:30 Outdoor Walks in the Neighborhood</p> <p>4:30 Living Loving Local - Salmon</p> <p>6:30 Bingo</p>	<p>9:00 Go4Life Walking 5</p> <p>9:15 Pentiction Curling Classic *Sign Up*</p> <p>6:30 Cribbage Night</p>
<p>9:30 Go4Life Walking 6</p> <p>10:30 Roll O Trump</p> <p>2:00 Coffee & Cookies Social in the Bistro</p> <p>3:00 Worship get together!!</p> <p>6:30 Sunday Night Movie, Passing, Winner of Best Cinematography, Independent Spirit Award</p>	<p>9:00 Go4Life Walking 7</p> <p>9:30 Chair Exercises</p> <p>10:00 Coffee Time in the Bistro</p> <p>1:30 Scenic Drive *Sign Up*</p> <p>2:00 Bridge</p>	<p>9:00 Men's Coffee Group 8</p> <p>9:30 Putting Green Practice</p> <p>10:30 Fit Minds</p> <p>2:00 Food Forum with our hardworking Chef Kim</p> <p>3:00 Yearning for Yarn Club</p> <p>3:30 Bookworms - Stuart McLean & More</p> <p>6:00 Rockin Robbie the DJ</p>	<p>9:00 Go4Life Walking 9</p> <p>9:30 Seated Yoga & Meditation Class</p> <p>10:30 Roll O Trump</p> <p>3:00 Happy Hour in the Bistro</p> <p>6:15 Shuffleboard boosts your mental wellness! Originating in England 1500's, it's a pleasurable pastime.</p>	<p>9:00 Keen Pole and Go4Life Walking 10</p> <p>9:15 Shopping Shuttle *Sign Up*</p> <p>1:30 Bible Study - Luke 18:1-8</p> <p>3:30 Gold Trails and Ghost Towns</p>	<p>9:30 Drumfit 11</p> <p>10:00 Yearning for Yarn Club</p> <p>11:00 Remembrance Day Service</p> <p>2:00 Music by "Gord McLaren" please bring your own drinks!</p> <p>3:30 Outdoor Walks in the Neighborhood</p> <p>6:30 Bingo</p>	<p>9:00 Go4Life Walking 12</p> <p>6:30 Cribbage Night</p>
<p>9:30 Go4Life Walking 13</p> <p>10:30 Roll O Trump</p> <p>2:00 Coffee & Cookies Social in the Bistro</p> <p>3:00 Recorded Hymn Sing</p> <p>6:30 Sunday Night Movie, Musical Drama, tick, tick...BOOM, Golden Globe Winner, Best Actor</p>	<p>9:00 Go4Life Walking 14</p> <p>9:30 Chair Exercises</p> <p>10:00 Coffee Time in the Bistro</p> <p>11:00 Avon with Sharon</p> <p>1:30 Skaha Lake Independent Walk</p> <p>2:00 Bridge</p>	<p>9:00 Men's Coffee Group 15</p> <p>9:30 Putting Green Practice</p> <p>10:30 Fit Minds</p> <p>2:00 Yearning for Yarn Club</p> <p>3:30 Bookworms - Stuart McLean & More</p> <p>6:00 Rockin Robbie the</p>	<p>9:00 Go4Life Walking 16</p> <p>9:30 Seated Yoga & Meditation Class</p> <p>10:30 Roll O Trump</p> <p>3:00 Free Wine Tasting with Foolish Winery, Wine Available for purchase during Happy Hour in the Bistro</p> <p>6:15 Shuffleboard boosts your mental wellness! Originating in England 1500's, it's a pleasurable pastime.</p>	<p>9:00 Keen Pole and Go4Life Walking 17</p> <p>9:15 Shopping Shuttle *Sign Up*</p> <p>1:30 Bible Study - Luke 18:9-43</p> <p>3:30 Gold Trails and Ghost Towns</p> <p>6:15 Robbie's Vintage Variety Show</p>	<p>9:30 Drumfit 18</p> <p>10:00 Yearning for Yarn Club</p> <p>2:00 Music by "Cloud 9"</p> <p>3:30 Outdoor Walks in the Neighborhood</p> <p>6:15 Pentiction Vees *Sign Up*</p> <p>6:30 Bingo</p>	<p>9:00 Go4Life Walking 19</p> <p>10:00 Personal Touch Fashions. Clothes shopping right here!! 10 am to 2pm</p> <p>6:30 Cribbage Night</p>