





INSPIRED SENIOR LIVING

September 2023

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>World Alzheimer's Month</p>	 <p>Grandparent's Day</p>					
<p>9:30 Go4Life Walking (LOB) 3</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 4</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) 5</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 6</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:00 Fifth Avenue Collection (L)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:00 NEW Language Club (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 7</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:00 Personal Touch Fashions (L)</p> <p>1:30 Bible Study - James 5:1-6 (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:15 Robbie's Vintage Variety Show (L)</p>	<p>9:00 Go4Life Walking (LOB) 1</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Destiny (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>International Bacon Day 2</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Meditation and Colouring (AR)</p> <p>3:30 Card Games (AR)</p>
<p>9:30 Go4Life Walking (LOB) 3</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 4</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) 5</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 6</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:00 Fifth Avenue Collection (L)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:00 NEW Language Club (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 7</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:00 Personal Touch Fashions (L)</p> <p>1:30 Bible Study - James 5:1-6 (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:15 Robbie's Vintage Variety Show (L)</p>	<p>Stand up to Cancer Day 8</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Candi S (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p> <p>4:30 LLL Dinner (DR)</p>	<p>9:00 Go4Life Walking (LOB) 9</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>
<p>Grandparent's Day 10</p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:00 Critteraid Open House (C)</p> <p>10:30 Roll O' Trump (AR)</p> <p>11:30 Sunday Brunch - Regular Dining Times (DR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 11</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>11:00 Avon with Sharon (L)</p> <p>1:30 Scenic Drive *Sign up* to Nk'mip Desert Museum (LOB)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) 12</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 13</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:00 NEW Language Club (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 14</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 5:7-11 (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p>	<p>9:00 Go4Life Walking (LOB) 15</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Rob Johnson (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>Eat an Apple Day 16</p> <p>Oktoberfest Starts</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Manicures (AR)</p> <p>1:00 Concorde Open House (BW)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Meditation and Colouring (AR)</p> <p>3:30 Card Games (AR)</p>



INSPIRED SENIOR LIVING

September 2023

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>Terry Fox Run Day</p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>18</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (AR)</p> <p>4:00 Falls Prevention (AR)</p>	<p>19</p> <p>Day of Mourning Queen Elizabeth</p> <p>9:00 Men's Coffee Group (L)</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>1:30 Trip to Kelowna Aircraft Museum (LOB)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>20</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:00 NEW Language Club (BIS)</p> <p>3:30 Newcomers Meet & Greet (L)</p>	<p>21</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 5:12 (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:00 NEW Evening Games (L)</p>	<p>22</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Cloud 9 (L)</p> <p>3:00 Happy Hour in the Bistro Oktoberfest (BIS)</p>	<p>23</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>
<p>24</p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>25</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Scenic Drive *Sign up - Oliver Wine Village (LOB)</p> <p>2:00 Bridge (AR)</p> <p>4:00 Falls Prevention (AR)</p>	<p>26</p> <p>9:00 Men's Coffee Group (L)</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>2:00 Resident Forum with Managers (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>27</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:00 Computer Training *Sign Up (RS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O' Trump (AR)</p> <p>11:30 Lunch Outing (C)</p> <p>2:00 Bingo (AR)</p> <p>3:00 NEW Language Club (BIS)</p>	<p>28</p> <p>National Strawberry Cream Pie Day</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 5:13-18 (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>2:00 United Church Knitting Group (L)</p> <p>3:00 Wine and Cheese Event (L)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:30 The 80's Ladies in Concert!! (AR)</p>	<p>29</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Birthday Party and Music with Su Wolfe (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>30</p> <p>Orange Shirt Day</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:15 Meditation and Colouring (AR)</p> <p>3:30 Card Games (AR)</p>



THURSDAY
SEP 28
National Strawberry Cream Pie Day

Be Social

Locations Legend

Skaha Activity Room (AR)
Lobby (LOB)
Piano Lounge (L)
Bistro (BIS)

Community (C)
Resident Suite (RS)
Dining Room (DR)
Building Wide (BW)

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program