



INSPIRED SENIOR LIVING

October 2023

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Go4Life Walking (LOB) 1</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 NEW Yearning for Yarn Club (L)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>National Day for Truth & Reconciliation 2</p> <p>8:00 Morning Inspirational/Devotional Readings (AR)</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</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) 3</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>National Taco Day 4</p> <p>9:00 Go4Life Walking (LOB)</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) 5</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 5:19-20 (AR)</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) 6</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>9:00 Go4Life Walking (LOB) 7</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>
<p>9:30 Go4Life Walking (LOB) 8</p> <p>10:30 Roll O' Trump (AR)</p> <p>11:30 Thanksgiving Lunch Buffet (DR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 NEW Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>Thanksgiving Holiday 9</p> <p>8:00 Morning Inspirational/Devotional Readings (AR)</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>11:00 Avon with Sharon (L)</p> <p>2:00 Bridge (AR)</p>	<p>World Mental Health Day 10</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>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 11</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) 12</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - Matt/John/Acts (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>9:00 Go4Life Walking (LOB) 13</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 Paul James (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p> <p>4:30 LLL Dinner - Squash (DR)</p>	<p>National Dessert Day 14</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) 15</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 NEW Yearning for Yarn Club (L)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>8:00 Morning Inspirational/Devotional Readings (AR) 16</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 (Keremeos) (LOB)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) 17</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) 18</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) 19</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - Matt/John/Acts (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) 20</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 Gord McLaren (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 21</p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>





INSPIRED SENIOR LIVING

October 2023

The Concorde

THE CONCORDE
RETIREMENT COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go4Life Walking (LOB) 22</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 NEW Yearning for Yarn Club (L)</p> <p>3:00 Worship together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>8:00 Morning Inspirational/Devotional Readings (AR) 23</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>9:00 Men's Coffee Group (L) 24</p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>11:30 Lunch Outing (C)</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) 25</p> <p>9:00 Hearing Life (BIS)</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) 26</p> <p>9:00 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - Matt/John/Acts (AR)</p> <p>2:00 Baking in the Country Kitchen (C)</p> <p>2:00 United Church Knitting Group (L)</p> <p>3:30 Armchair Travel with Rick Steves (AR)</p> <p>6:00 NEW Evening Games (L)</p> <p>6:30 The 80's Ladies in Concert!! (AR)</p>	<p>9:00 Go4Life Walking (LOB) 27</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 with Kyle Anderson (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Go4Life Walking (LOB) 28</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) 29</p> <p>10:30 Roll O' Trump (AR)</p> <p>2:00 Sports in the Bistro (BIS)</p> <p>2:00 NEW Yearning for Yarn Club (L)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>8:00 Morning Inspirational/Devotional Readings (AR) 30</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>Halloween 31</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 Halloween Party (L)</p> <p>2:30 NEW Timeline World History Documentaries (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	 <p>Breast Cancer Awareness Month</p>		 <p>TUESDAY OCT 31 Halloween</p>	

Calendar Legend

Outing
Special Program
Living, Loving, Local
Signature Program

Locations Legend

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

Community (C)
Resident Suite (RS)
Dining Room (DR)