



INSPIRED SENIOR LIVING

# November 2023

## The Concorde

THE CONCORDE  
RETIREMENT COMMUNITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
--------	--------	---------	-----------	----------	--------	----------



SATURDAY  
NOV 11

### Remembrance Day



SUNDAY  
NOV 12

### Diwali

9:00 Go4Life Walking (LOB) **1**  
 9:30 Seated Cardio (AR)  
 10:00 Tymely Mobile Fashions (L)  
 10:30 Roll O' Trump (AR)  
 2:00 Bingo (AR)  
 3:00 Language Club (BIS)

9:00 Go4Life Walking (LOB) **2**  
 9:00 Shopping Shuttle \*Sign Up (LOB)  
 9:00 COVID Vaccine (AR)  
 1:30 Bible Study - John 1:35-51 (BIS)  
 6:00 NEW Evening Games (L)  
 6:15 Robbie's Vintage Variety Show (L)

National Sandwich Day **3**  
 9:00 Go4Life Walking (LOB)  
 9:30 Drumfit (AR)  
 10:00 Yearning for Yarn Club (L)  
 10:30 Mind Games (AR)  
 1:00 Can Institute for the Blind (AR)  
 2:00 Music with Sax Among Friends (L)  
 3:00 Happy Hour in the Bistro (BIS)

9:00 Go4Life Walking (LOB) **4**  
 10:00 Manicures (AR)  
 2:00 Bingo! (AR)  
 3:30 Card Games (AR)

9:30 Go4Life Walking (LOB) **5**  
 10:00 Sports in the Bistro (BIS)  
 10:30 NEW Yearning for Yarn Club (L)  
 11:00 Worship together!! (AR)  
 11:30 Sunday Night Movie (LOB)

8:30 Morning Inspirational/Devotic Readings (AR) **6**  
 9:00 Go4Life Walking (LOB)  
 9:30 Chair Exercises (AR)  
 10:00 Coffee Time in the Bistro (BIS)  
 1:30 Scenic Drive \*Sign up (LOB)  
 2:00 Bridge (AR)  
 3:30 NEW Darts in the Bistro (BIS)  
 4:00 Falls Prevention (AR)

9:00 Men's Coffee Group (L) **7**  
 9:30 Meet me at the Moma (AR)  
 10:30 Fit Minds (AR)  
 1:30 Java Music Club (AR)  
 2:00 Yearning for Yarn Club (L)  
 2:30 Timeline World History Documentaries (AR)  
 6:00 Rockin Robbie the DJ (L)

9:00 Go4Life Walking (LOB) **8**  
 9:30 Seated Cardio (AR)  
 10:30 Roll O' Trump (AR)  
 2:00 Bingo (AR)  
 3:00 Language Club (BIS)  
 3:30 Newcomers Meet & Greet (L)

9:00 Go4Life Walking (LOB) **9**  
 9:00 Shopping Shuttle \*Sign Up (LOB)  
 1:30 Bible Study - John 2:12-22 (AR)  
 2:00 Food Forum (AR)  
 3:30 Armchair Travel with Rick Steves (AR)  
 6:00 NEW Evening Games (L)

9:00 Go4Life Walking (LOB) **10**  
 9:30 Drumfit (AR)  
 10:00 Yearning for Yarn Club (L)  
 10:30 Mind Games: Jeopardy (AR)  
 2:00 Music with Sue Wolf (L)  
 3:00 Happy Hour in the Bistro (BIS)

Remembrance Day (BW) **11**  
 9:00 Go4Life Walking (LOB)  
 10:30 Remembrance Day Ceremony (L)  
 11:00 2 Minutes of Silence (L)  
 2:00 Bingo! (AR)  
 3:15 Meditation and Colouring (AR)  
 3:30 Card Games (AR)

9:30 Go4Life Walking (LOB) **12**  
 10:00 Sports in the Bistro (BIS)  
 10:30 NEW Yearning for Yarn Club (L)  
 11:00 Recorded Hymn Sing (AR)  
 11:30 Sunday Night Movie (LOB)

8:30 Morning Inspirational/Devotic Readings (AR) **13**  
 9:00 Go4Life Walking (LOB)  
 10:00 Coffee Time in the Bistro (BIS)  
 11:00 Avon with Sharon (L)  
 2:00 Bridge (AR)  
 3:30 NEW Darts in the Bistro (BIS)

9:00 Men's Coffee Group (L) **14**  
 9:30 Meet me at the Moma (AR)  
 10:30 Fit Minds (AR)  
 1:30 Java Music Club (AR)  
 2:00 Yearning for Yarn Club (L)  
 2:30 Timeline World History Documentaries (AR)  
 6:00 Rockin Robbie the DJ (L)

9:00 Go4Life Walking (LOB) **15**  
 9:30 Seated Cardio (AR)  
 10:30 Roll O' Trump (AR)  
 2:00 Bingo (AR)  
 3:00 Language Club (BIS)

9:00 Go4Life Walking (LOB) **16**  
 9:00 Shopping Shuttle \*Sign Up (LOB)  
 1:30 Bible Study - John 2:23-3:9 (AR)  
 2:00 Baking in the Country Kitchen (C)  
 3:30 Armchair Travel with Rick Steves (AR)  
 6:00 NEW Evening

9:00 Go4Life Walking (LOB) **17**  
 9:30 Drumfit (AR)  
 10:00 Yearning for Yarn Club (L)  
 10:30 Mind Games (AR)  
 2:00 Music with Destiny (L)  
 3:00 Happy Hour in the Bistro (BIS)

9:00 Go4Life Walking (LOB) **18**  
 10:00 Manicures (AR)  
 2:00 Bingo! (AR)  
 3:30 Card Games (AR)