

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 ☀️ Catholic Service [Chapel] 1</p> <p>1:30 😊 Classic Movie Matinee - "North by Northwest" [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p style="color: blue; font-weight: bold;">Labor Day 2</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p> <p>7:00 🎬 Movie Night - "Biggest Little Farm"</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 3</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>2:00 ☀️ McDougall United Church Service [Chapel]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - William Bjorn, Ol' Western Guitar & Vocals [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 4</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🍷 Meet the Chef [Bistro]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🧠 Indigenous Art With Harmeet [Activity Room]</p> <p>2:00 🐾 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🐾 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 5</p> <p>9:30 🏪 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>11:00 🌿 Outing: Spruce Meadows "The Masters" - Lunch Available For Purchase</p> <p>1:00 🐾 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 6</p> <p>9:30 🏪 Shopping/Banking: South Centre</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏪 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>3:00 🐾 Happy Hour [Bistro]</p> <p>6:30 🐾 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night - "My Sister's Keeper" [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 7</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night - "My Sister's Keeper" [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 8</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 9</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>11:00 🎭 The Nutman [Lobby]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 10</p> <p>9:30 🏪 Hearing Aid Clinic - By Appointment Only [Library]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 ☀️ Anglican Communion [Chapel]</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Victor Navos, Renowned Vegas Impersonator [Dining Room]</p>	<p style="color: red; font-weight: bold;">CRAB APPLE PICKING - Meet at 9:30am Bistro 11</p> <p>9:00 🌿 Daily Fit [Wellness Centre]</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</p> <p>2:00 🐾 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio]</p> <p>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🐾 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 12</p> <p>9:30 🌿 Outing: Lunch in Kananaskis Hotel via the Scenic Highwood Pass</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>1:00 🐾 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:00 🧠 Seamstress [Garden Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 13</p> <p>9:30 🏪 Shopping/Banking: Shawnessy Wal-mart, Micheal's, Winners, Nygard, Co-op, BMO, CIBC etc..</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:15 ☀️ Catholic Mass [Chapel]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏪 Shopping/Banking: South Centre</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>3:00 🐾 Happy Hour [Bistro]</p> <p>6:30 🐾 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 14</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:30 🌿 Sit & Be Fit [Wellness Centre]</p> <p>2:30 🧠 Lighthearted Trivia [Activity Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>
<p>9:30 ☀️ Catholic Service [Chapel] 15</p> <p>1:30 😊 Classic Movie Matinee [Wild Rose Room]</p> <p>3:00 ☀️ Chapel Service [Chapel]</p> <p>6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 16</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:30 🧠 Brain Fitness [Activity Room]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>6:30 🐎 Horse Racing [Activity Room]</p> <p>6:30 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 17</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>10:00 🌿 Seated Yoga [Wellness Centre]</p> <p>10:30 🧠 Colouring & Company [Activity Room]</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>1:30 🧠 Knitters for Needy [Activity Room]</p> <p>1:30 🧠 Ukulele Circle [Wellness Centre]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>7:15 😊 Entertainment Night - Octoberfest with Dewayne Fettig [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 18</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>11:30 🍷 Men's Luncheon [Bistro]</p> <p>1:15 🧠 Art Lecture - Calgary Public Art Displays [Activity Room]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>2:00 🐾 Outdoor Games followed by Ice Cream on the Patio! [Dining Room Patio]</p> <p>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</p> <p>3:15 😊 Piano Prelude with Dara Yourss [Dining Room]</p> <p>6:30 🐾 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 19</p> <p>9:00 🏪 Shopping/Banking: Promenade</p> <p>10:00 🧠 Health Education [Wild Rose Room]</p> <p>10:30 🌿 Outing: Marv's Classic Soda Shop Black Diamond for lunch, Shopping & Scenic Drive to Follow</p> <p>1:00 🐾 Canasta & Choice Games [Fireplace Lounge]</p> <p>1:15 🧠 Tech Talk - Help with Technology [Library]</p> <p>2:00 🌿 Shuffleboard [Games Room]</p> <p>3:00 🌿 Sit & Be Fit [Wellness Centre]</p> <p>6:30 🧠 Whist [Games Room]</p> <p>7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 20</p> <p>9:30 🏪 Shopping/Banking: South Centre</p> <p>10:00 🌿 Aqua Fit [Swimming Pool]</p> <p>10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre]</p> <p>1:00 🧠 Bingo [Activity Room]</p> <p>1:00 🏪 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.....</p> <p>1:30 🌿 Gardening Club [Garden Lounge]</p> <p>3:00 🐾 Happy Hour [Bistro]</p> <p>6:30 🐾 Cribbage [Games Room]</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 21</p> <p>10:00 🌿 Ping Pong [Wellness Centre]</p> <p>10:45 🌿 Water Walking [Swimming Pool]</p> <p>1:15 🧠 Bridge Club [Games Room]</p> <p>6:00 🌿 Outing: Old Time Family Dance & Dessert Auction Fundraiser in Turner Valley</p> <p>7:00 😊 Movie Night [Wild Rose Room]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	23 ACTIVE AGING WEEK 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛒 Shopping: London Drugs, Winners, Home Sense or Dollar Tree 10:00 🌊 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🎭 The Nutman [Lobby] 1:00 🎮 Bingo [Activity Room] 1:00 🚗 Outing: Fall Colours Country Drive 1:15 🎮 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🧠 JEOPARDY [Wellness Centre] 6:30 🐎 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	24 ACTIVE AGING WEEK 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🗳️ Resident Council Meeting [Private Dining Room] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 10:00 🧘 Seated Yoga [Wellness Centre] 10:30 🎨 Colouring & Company [Activity Room] 1:00 🧶 Knitters for Needy [Activity Room] 1:30 🎸 Ukulele Circle [Wellness Centre] 2:00 🧶 Fall Craft [Activity Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Waltzing Matilda, Guitar & Vocal Duo [Dining Room]	25 ACTIVE AGING WEEK 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌊 Aqua Fit [Swimming Pool] 10:00 🏓 Ping Pong [Wellness Centre] 10:00 🗳️ Resident Discussion [Dining Room] 12:00 🗳️ Resident Birthday Lunch by Invite Only [Bistro] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:00 🏊 Staff/Resident Water Pong Tournament [Dining Room] 3:15 😊 Piano Prelude with Dara Yourrs [Dining Room] 6:30 🎮 Cribbage [Games Room]	26 ACTIVE AGING WEEK 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🚗 Outing: Banff - Lunch at the Old Spaghetti Factory 10:00 ☀️ Meditation [Wild Rose Room] 1:00 🎮 Canasta & Choice Games [Fireplace Lounge] 1:00 🧵 Seamstress [Garden Lounge] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 🥁 Circles of Rhythm Drum Circle [Dining Room] 2:00 🎮 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🎮 Bingo-Resident Run [Activity Room]	27 ACTIVE AGING WEEK 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🌿 Gardening Club [Garden Lounge] 9:30 🛒 Shopping/Banking: Promenade 10:00 🌊 Aquatic Volleyball & Bistro Smoothies to Follow [Swimming Pool] 10:00 🌿 Go 4 Life Walk n' Talk [Wellness Centre] 11:00 🚗 Outing: Cash Casino with free soup & sandwich lunch 1:00 🎮 Bingo [Activity Room] 2:30 🎮 "FUN FRIDAY" Draws & Happy Hour [Bistro] 6:30 🎮 Cribbage [Games Room] 6:30 🛒 Sandwich Making for the Needy [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]	28 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🏓 Ping Pong [Wellness Centre] 10:45 🌊 Water Walking [Swimming Pool] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Activity Room] 7:00 😊 Movie Night [Wild Rose Room]
29 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	30 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌊 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🎮 Bingo [Activity Room] 1:15 🎮 Bridge Club [Games Room] 1:15 🧠 Tech Talk - Help with Technology [Library] 2:00 😊 Book Club [Library] 6:30 🐎 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	Emotional Intellectual Physical Purposeful Social Spiritual	LIVING LOVING LOCAL CORN	Special Days 2nd - Labour Day 8th - Grandparents Day 21st - Octoberfest Begins 23rd - Autumnal Equinox		

Outings

5th—Spruce Meadows “The Masters”
 12th—Lunch At Kananaskis Hotel via the Wildlife Passage of the Highwood Pass
 19th—Marv’s Classic Soda Shop in Black Diamond
 23rd—Fall Colours Country Drive
 26th—Banff with lunch at the Old Spaghetti Factory
 27th—Cash Casino, free lunch!

INSPIRED SENIOR LIVING

Tidbits

Birthstone: Sapphire
 Flower: Aster

What’s Lucky This Month!

Lucky Colour: Gold
 Lucky Numbers: 4
 Lucky Letters: A
 Lucky Days: Thursday