



INSPIRED
SENIOR LIVING

Sep 23 – 29, 2024

Lake Bonavista Village



Monday 23	Tuesday 24	Wednesday 25	Thursday 26	Friday 27	Saturday 28	Sunday 29
9:00 Daily Fit (WEL)	9:00 Daily Fit (WEL)	9:00 Daily Fit (WEL)	9:00 Daily Fit (WEL)	9:00 Daily Fit (WEL)	9:00 Daily Fit (WEL)	10:15 Catholic Service (CHA)
10:00 Aqua Fit (SWI)	9:30 Shopping/Banking: Deerfoot Meadows - Dollarama, Walmart, Superstore, Michaels, etc.... (LOB)	10:00 Resident Discussion (DIN)	9:45 Sit and Be Fit (WEL)	9:30 Shopping/Banking: Shawnessy (LOB)	9:45 Sit and Be Fit (WEL)	1:00 Classic Movie Matinee - "The Importance of Being Earnest" (1h 34m) (WIL)
10:30 Brain Fitness (ACT)		10:30 Go 4 Life Walk and Talk (LOB)	10:30 Fit Minds (ACT)	10:00 Aqua Fit (SWI)	10:45 Aqua Fit (SWI)	1:30 Craft with Sierra & Presley: Colouring (ACT)
1:00 Bingo (ACT)	9:45 Sit and Be Fit (WEL)	11:30 Resident Birthday Lunch: By Invite Only (BIS)	1:00 Larissa the Seamstress (GAR)	10:00 Seated Yoga with Teacher Lorraine (WEL)	1:15 Bridge Club (GAM)	2:00 Documentary Series: - "Animal: Dolphins" (44m) (FIR)
1:00 MOMA Art Lecture: Jacques Joseph Tissot - French Painter and Illustrator (LIB)	10:30 Colouring & Company (ACT)	1:00 Bingo (ACT)	1:30 Casual Cribbage - No Sign Up Required (GAM)	10:30 Go 4 Life Walk and Talk (LOB)	1:15 Movie Matinee: Bank of Dave (WIL)	3:00 Chapel Service (CHA)
1:15 Bridge Club (GAM)	1:00 Knitting Club (ACT)	1:15 Bridge Club (GAM)	2:00 Seated Tai Chi (WEL)	1:00 Shopping/Banking: Promenade or South Centre (LOB)	1:30 Horse Races (ACT)	6:15 Choice Games with Sierra and Presley: Shuffleboard (GAM)
3:00 Monday Meditation (ACT)	1:00 Outing: Glenbow at the Edison - Takao Tanabe Art Exhibition (LOB)	1:15 Movie Matinee: Bank of Dave (WIL)	3:30 Travelogue: "Central Turkey" (WIL)	2:00 Painting with Alex - Museum of Modern Art (ACT)	3:00 Weekend Trivia (ACT)	
6:00 Canasta & Choice Games (FIR)	1:15 Education Session: Superfoods - Pear (LIB)	3:15 Java Music Club (FIR)	6:00 Whist (GAM)	3:00 Happy Hour (BIS)	6:00 Canasta (FIR)	
	2:00 Drum Fit - Music and Movement (WIL)	6:00 Cribbage (GAM)		6:00 Cribbage (GAM)		
	3:00 Social Sipping - Cranberry Spritzer (BIS)			6:30 Sandwich Making with Unity and Wellness Society (ACT)		
	7:00 Entertainment: Joel Spire - Pianist with 50s/60s upbeat tunes! (DIN)					

Don't Forget to Donate to our Staff Alzheimer's Walk/Run Fundraiser!

SUNDAY
SEPT
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World Alzheimer's Month



Locations Legend

2nd Floor Activity Room (ACT)	1st Floor Wild Rose Room (WIL)
1st Floor Wellness Centre (WEL)	1st Floor Swimming Pool (SWI)
3rd Floor Games Room (GAM)	1st Floor Bistro (BIS)
1st Floor Lobby (LOB)	2nd Floor Library (LIB)
4th Floor Fireplace Lounge (FIR)	1st Floor Dining Room (DIN)
	1st Floor Chapel (CHA)
	1st Floor Garden Lounge (GAR)