



INSPIRED SENIOR LIVING

Sep 30 – Oct 6, 2024 Lake Bonavista Village



Monday 30	Tuesday 1	Wednesday 2	Thursday 3	Friday 4	Saturday 5	Sunday 6
<p>Orange Shirt Day</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Brain Fitness (ACT)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:30 Movie Matinee with Shelagh (WIL)</p> <p>3:00 Monday Meditation (ACT)</p> <p>6:00 Canasta & Choice Games (FIR)</p>	<p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Promenade or South Centre (LOB)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Colouring & Company (ACT)</p> <p>11:30 Outing: Mulligans Restaurant at Valley Ridge Golf Club (LOB)</p> <p>1:00 Knitting Club (ACT)</p> <p>2:00 Drum Fit - Music and Movement (WIL)</p> <p>3:00 Social Sipping - Mimosa Mocktail (BIS)</p> <p>7:00 Entertainment: Johnson Phillip - Folk, Jazz, Gospel and Elvis! (DIN)</p>	<p>Oktoberfest Buffet</p> <p>9:00 Daily Fit (WEL)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Bingo (ACT)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Downton Abby - A New Era (WIL)</p> <p>2:00 Seated Gentle Movement (WEL)</p> <p>3:15 Java Music Club (FIR)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:30 Fit Minds (ACT)</p> <p>1:30 Casual Cribbage - No Sign Up Required (GAM)</p> <p>2:00 Seated Tai Chi (WEL)</p> <p>2:00 Card Making with Sharon - MAX 8 People (ACT)</p> <p>2:30 Tech Talk - Help with Technology (LIB)</p> <p>3:30 Travelogue: "Eastern Turkey (2000)" (WIL)</p> <p>6:00 Whist (GAM)</p>	<p>9:00 Daily Fit (WEL)</p> <p>9:30 Shopping/Banking: Shawnessy (LOB)</p> <p>10:00 Seated Yoga with Teacher Lorraine (WEL)</p> <p>10:00 XSighting Optical Clinic: 10:00 - 2:00 (GAR)</p> <p>10:00 Aqua Fit (SWI)</p> <p>10:30 Go 4 Life Walk and Talk (LOB)</p> <p>1:00 Outing: Scenic Drive (LOB)</p> <p>2:00 Active Aging Week: Jeopardy (BIS)</p> <p>3:00 Happy Hour (BIS)</p> <p>6:00 Cribbage (GAM)</p>	<p>9:00 Daily Fit (WEL)</p> <p>9:45 Sit and Be Fit (WEL)</p> <p>10:45 Aqua Fit (SWI)</p> <p>1:15 Bridge Club (GAM)</p> <p>1:15 Movie Matinee: Downton Abby - A New Era (WIL)</p> <p>1:30 Horse Races (ACT)</p> <p>3:00 Weekend Trivia (ACT)</p> <p>6:00 Canasta (FIR)</p>	<p>10:15 Catholic Service (CHA)</p> <p>1:00 Classic Movie Matinee - "Mothers' Instinct" (1h 34m) (WIL)</p> <p>1:30 Craft with Sierra & Presley: Colouring (ACT)</p> <p>2:00 Documentary Series: - "Inside the Mind of a Cat" (1h 7m) (FIR)</p> <p>3:00 Chapel Service (CHA)</p> <p>6:15 Choice Games with Sierra and Presley: Shuffleboard (GAM)</p>

MONDAY
SEPT 30
Day for Truth and Reconciliation



Locations Legend

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