




INSPIRED SENIOR LIVING

February 2023

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Locations Legend</p> <p>Skaha Activity Room (AR) Piano Lounge (L) Lobby (LOB) Bistro (BIS) Country Kitchen (CK) Dining Room (DR) Community (C) Building Wide (BW)</p>	<p>Black History Month</p>		<p>9:00 Go4Life Walking (LOB) 1</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>1:30 Shopping Shuttle *Sign Up* (LOB)</p> <p>2:00 Bingo (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>Groundhog Day 2</p> <p>9:00 Keen Pole and Go4Life Walking (LOB)</p> <p>2:30 Curling (AR)</p> <p>3:30 Gold Trails and Ghost Towns (AR)</p> <p>6:15 Robbie's Vintage Variety Show (L)</p>	<p>9:00 Go4Life Walking (LOB) 3</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (L)</p> <p>2:00 Music by Sue Wolf (L)</p> <p>3:15 Ladder Golf (AR)</p>	<p>National home made soup 4 day</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 News and Views (BIS)</p> <p>10:30 Manicures (AR)</p> <p>2:00 Bingo! (L)</p> <p>6:30 Cribbage Night (L)</p>
<p>9:30 Go4Life Walking (LOB) 5</p> <p>10:30 Roll O Trump (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Coffee Time in the Bistro (BIS)</p> <p>2:30 Stair Climbers (AR)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 6</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 SOEC Indoor Walking Track, Skaha Lake or Okanagan Lake *Sign up (LOB)</p> <p>2:00 Bridge (L)</p>	<p>9:00 Men's Coffee Group (L) 7</p> <p>9:30 Meet Me at the MOMA: Art Day! (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 8</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>2:00 Bingo (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Keen Pole and Go4Life Walking (LOB) 9</p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - Luke 23:1:31 (AR)</p> <p>2:00 Cooking with Syril (CK)</p> <p>2:30 Curling (AR)</p> <p>3:30 Gold Trails and Ghost Towns (AR)</p>	<p>9:00 Go4Life Walking (LOB) 10</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (L)</p> <p>2:00 Music by Kyle Anderson (L)</p> <p>3:15 Bocce Ball (AR)</p>	<p>9:00 Go4Life Walking (LOB) 11</p> <p>10:00 News and Views (BIS)</p> <p>10:30 Manicures (AR)</p> <p>2:00 Bingo! (L)</p> <p>6:30 Cribbage Night (L)</p>
<p>Super Bowl Sunday (BIS) 12</p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:30 Roll O Trump (AR)</p> <p>11:30 Sunday Brunch (DR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Coffee Time in the Bistro (BIS)</p> <p>2:30 Stair Climbers (AR)</p> <p>3:00 Worship get together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 13</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 SOEC Indoor Walking Track, Skaha Lake or Okanagan Lake *Sign up (LOB)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (L)</p>	<p>Valentines Day 14</p> <p>9:00 Men's Coffee Group (L)</p> <p>9:30 Meet Me at the MOMA: Art Day! (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 15</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>2:00 Bingo (L)</p> <p>2:00 Food Forum with our hardworking Chef Kim (L)</p> <p>3:00 Happy Hour in the Bistro (BIS)</p>	<p>9:00 Keen Pole and Go4Life Walking (LOB) 16</p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - Luke 23:32-56 (AR)</p> <p>2:30 Curling (AR)</p> <p>3:30 Gold Trails and Ghost Towns (AR)</p> <p>3:30 Newcomers Meet & Greet (L)</p>	<p>National Random acts of Kindness Day 17</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (L)</p> <p>2:00 Music by Gordon McLaren (L)</p> <p>3:15 Ladder Golf (AR)</p>	<p>9:00 Go4Life Walking (LOB) 18</p> <p>10:00 News and Views (BIS)</p> <p>10:30 Manicures (AR)</p> <p>2:00 Bingo! (L)</p> <p>6:30 Cribbage Night (L)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go4Life Walking (LOB) 19</p> <p>10:30 Roll O Trump (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Coffee Time in the Bistro (BIS)</p> <p>2:30 Stair Climbers (AR)</p> <p>3:00 Recorded Hymn Sing (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>Family Day Holiday, visit with you family 20</p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>2:00 Bridge (L)</p> <p>3:00 Movie and Popcorn (L)</p>	<p>Mardi Gras and Margaritas 21</p> <p>9:00 Men's Coffee Group (L)</p> <p>9:30 Meet Me at the MOMA: Art Day! (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) 22</p> <p>9:00 NexGen Hearing Clinic (BIS)</p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>11:00 Men's Lunch Outing (C)</p> <p>2:00 Bingo (L)</p> <p>3:00 Wine Tasting (BIS)</p>	<p>9:00 Keen Pole and Go4Life Walking (LOB) 23</p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:00 United Church Knitting Group (all residents welcome) (L)</p> <p>1:30 Bible Study - Luke 24:1-12 (AR)</p> <p>2:30 Scotties Cornish Curling (BW)</p> <p>3:30 Gold Trails and Ghost Towns (AR)</p>	<p>National Chili Day 24</p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (L)</p> <p>2:00 Music by Cloud Nine!!! (AR)</p> <p>3:15 Bocce Ball (AR)</p>	<p>9:00 Go4Life Walking (LOB) 25</p> <p>10:00 News and Views (BIS)</p> <p>10:30 Manicures (AR)</p> <p>2:00 Bingo! (L)</p> <p>6:30 Cribbage Night (L)</p>
<p>Scotties Tournament of Hearts (BIS) 26</p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:30 Roll O Trump (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Coffee Time in the Bistro (BIS)</p> <p>2:30 Stair Climbers (AR)</p> <p>3:00 Worship get together!! (AR)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) 27</p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:00 Resident Forum (AR)</p> <p>1:30 SOEC Indoor Walking Track, Skaha Lake or Okanagan Lake *Sign up (LOB)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (L)</p>	<p>9:00 Men's Coffee Group (L) 28</p> <p>9:30 Meet Me at the MOMA: Art Day! (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean & More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>				



- Locations Legend**
- Skaha Activity Room (AR)
 - Piano Lounge (L)
 - Lobby (LOB)
 - Bistro (BIS)
 - Country Kitchen (CK)
 - Dining Room (DR)
 - Community (C)
 - Building Wide (BW)