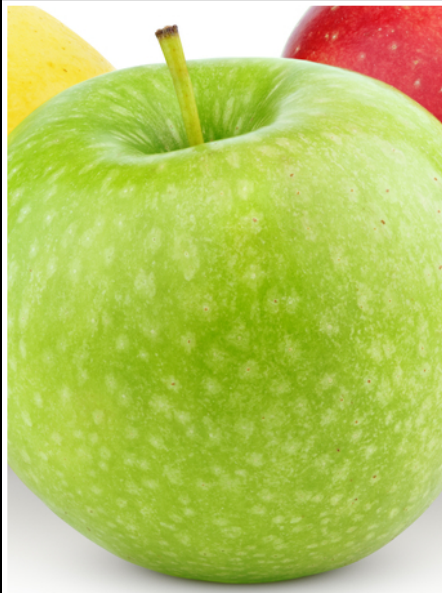


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 🛒 FootCare Clinic: *book app. @ recep* 1 9:30 🏊 Advanced Aquafit [P] 10:45 🚌 Lunch Outing to "The Jammery" in Lake Country *sign up* [BO] 1:00 🏊 Osteofit [T] 2:00 🏊 Go4Life Walking in the Pool [P] 7:00 🎮 Bingo! [CK]	10:00 ☀️ Go4Life: Chair Class - everyone welcome 2 1:00 😊 Women's Al-Anon Meeting [T] 2:15 🎨 <i>Meet Me At The MOMA Art Program -paint [CK]</i> 3:00 🎸 Ukulele Lessons (Beginner) [T] 3:45 🧠 Word Games [B] 6:30 🎵 CD Sing Along - everyone welcome [T]	8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 3 10:00 🛒 Sing for Your Life [T] 10:00 🛒 The Heritage Market & Food 4 U Catering: produce & baked goods for sale in the lobby [B] 1:30 🧠 Bridge Club [L] 1:30 🎮 Canasta Game - everyone welcome [T] 1:30 😊 Java Music [PDR] 2:00 🏊 Go4Life Walking in the Pool [P] 2:30 🎨 Food & Recreation Meeting [CK] 6:30 😊 Murdoch Mysteries Season 1 [T]	10:00 🚌 Kangaroo Farm Outing \$ *sign up* (Go4Life Walking Club) [BO] 4 10:00 🧠 Spanish Lessons [PDR] 1:00 🏊 Osteofit [T] 1:45 🎮 "\$Quarter Bingo" [CK] 4:00 🛒 Live Music with Bea 4-6pm [B] 5:30 🎬 Movie Outing: "Mamma Mia 2" at Encore Theater \$ *Sign up* [BO]	Fire Fighting Friday - see poster for details 5 8:00 🎨 Open Painting Group (8 am - 1pm) - bring your own piece to work on [CK] 9:30 🏊 Advanced Aquafit [P] 10:00 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO] 10:15 🚌 Shuttle Bus to Walmart *sign up* [BO] 2:00 🏊 Go4Life Walking in the Pool [P] 2:30 🛒 Happy Hour with Steve Juhasz [B] 3:30 🎸 Ukulele Lessons (Intermediate) [G]	9:30 🏊 Go4Life Walking Club - Resident Run [B] 6 10:15 🏊 Active Games [TL] 1:00 🧠 Crib Club - everyone welcome! [B] 1:30 🎮 Crafts with Kim [CK] 6:30 😊 Saturday Night at the Movies [T]
11:30 ☀️ Catholic Communion [L] 7 11:30 🎨 Thanksgiving Brunch Buffet *families welcome - please sign up at reception* [DR] 2:00 🧠 Let's Play Scrabble [L] 6:30 🎵 Sing Along With Albert - everyone welcome [B]	Thanksgiving 8 9:30 🏊 Advanced Aquafit [P] 2:00 🏊 Go4Life Walking in the Pool [P] 7:00 🎮 Bingo! [CK]	10:00 ☀️ Go4Life: Chair Class - everyone welcome 9 10:30 ☀️ Catholic Mass [L] 1:00 😊 Women's Al-Anon Meeting [PDR] 2:15 🎨 <i>Meet Me At The MOMA Art Program - lecture [CK]</i> 3:00 🎸 Ukulele Lessons (Beginner) [G] 3:45 🧠 Word Games [TL] 6:30 🎮 Ladies Spa Night with Kim [CK]	8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 10 10:00 🛒 Sing for Your Life [T] 10:00 🛒 The Heritage Market: produce & eggs for sale in the front lobby [B] 1:30 🧠 Bridge Club [L] 1:30 🎮 Canasta Game - everyone welcome [T] 1:30 😊 Java Music [PDR] 2:00 🏊 Go4Life Walking in the Pool [P] 6:30 😊 Murdoch Mysteries Season 1 [T]	10:00 🚌 Bus to West Kelowna Museum \$ *sign up* (Go4Life Walking Club) [BO] 11 10:00 🎨 Happy Hookers Meeting [CK] 10:00 🧠 Spanish Lessons [PDR] 1:00 🏊 Osteofit [T] 1:15 😊 Chicken Soup for the Soul Stories [L] 1:30 🚌 Shopping to Orchard Park Mall *sign up at reception* [TL] 1:45 🎮 "\$Quarter Bingo" [CK] 3:15 😊 Hand Massages with Kim [CK] 6:30 🎮 Games Night [CK]	8:00 🎨 Open Painting Group (8 am - 1pm) - bring your own piece to work on [CK] 12 9:30 🏊 Advanced Aquafit [P] 9:30 🛒 Free Walker Clinic with Advanced Mobility 9:30-11:30 [B] 2:00 🏊 Go4Life Walking in the Pool [P] 2:30 🛒 Happy Hour with Ray Volk [B] 3:30 🎸 Ukulele Lessons (Intermediate) [G]	9:30 🏊 Go4Life Walking Club - Resident Run [B] 13 1:00 🧠 Crib Club - everyone welcome! [B] 6:30 😊 Saturday Night at the Movies [T]
11:30 ☀️ Catholic Communion [L] 14 2:00 🧠 Let's Play Scrabble [L] 6:30 🎮 Sing Along With Albert - everyone welcome [B]	9:30 🏊 Advanced Aquafit [P] 15 1:00 🏊 Osteofit [T] 2:00 🏊 Go4Life Walking in the Pool [P] 3:30 🛒 Connect Hearing Clinic [B] 7:00 🎮 Bingo! [CK]	10:00 ☀️ Go4Life: Chair Class - everyone welcome 16 1:00 😊 Women's Al-Anon Meeting [T] 2:30 🛒 Birthday Party with Rolland [B] 3:00 🎸 Ukulele Lessons (Beginner) [T] 3:45 🧠 Word Games [B] 6:30 🏊 Carpet Bowling [TL]	8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 17 10:00 🛒 Sing for Your Life [T] 10:00 🛒 The Heritage Market: produce & eggs for sale in the front lobby [B] 1:30 🧠 Bridge Club [L] 1:30 🎮 Canasta Game - everyone welcome [T] 1:30 😊 Java Music [PDR] 2:00 🏊 Go4Life Walking in the Pool [P] 6:30 😊 Murdoch Mysteries Season 1 [T]	10:00 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO] 18 10:00 🧠 Spanish Lessons [PDR] 10:15 🚌 Shuttle Bus to Walmart *sign up* [BO] 1:00 🏊 Osteofit [T] 1:45 🎮 "\$Quarter Bingo" [CK] 3:15 🏊 Go4Life: Chair Class [G] 4:00 🛒 Live Music with Bea 4-6pm [B] 6:30 🎮 Apple Cider Social [CK]	8:00 🎨 Open Painting Group (8 am - 1pm) - bring your own piece to work on [CK] 19 9:30 🏊 Advanced Aquafit [P] 2:00 🏊 Go4Life Walking in the Pool [P] 2:30 🛒 Happy Hour with Kenn Kardish [B] 3:30 🎸 Ukulele Lessons (Intermediate) [G] 4:30 🎮 LLL Dinner featuring Apples [DR]	9:30 🏊 Go4Life Walking Club - Resident Run [B] 20 10:15 🎨 News & Views: conversation & coffee group [CK] 1:00 🧠 Crib Club - everyone welcome! [B] 1:30 🎨 Meet Me At The MOMA Art Program - paint [CK] 6:30 😊 Saturday Night at the Movies [T]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 ☀ Catholic Communion [L] 21</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>6:30 🐾 Sing Along With Albert - everyone welcome [B]</p>	<p>9:30 🌿 Advanced Aquafit [P] 22</p> <p>1:00 🌿 Osteofit [T]</p> <p>2:00 🌿 Go4Life Walking in the Pool [P]</p> <p>7:00 🐾 Bingo! [CK]</p>	<p>1:00 😊 Women's Al-Anon Meeting [T] 23</p> <p>2:15 🌞 <i>Meet Me At The MOMA Art Program - lecture [CK]</i></p> <p>3:00 🎵 Ukulele Lessons (Beginner) [T]</p> <p>3:30 🧠 Word Games [B]</p> <p>6:30 🐾 Decorating for Halloween - everyone invited (drinks served) [OP]</p>	<p>8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 24</p> <p>10:00 🛒 Sing for Your Life [T]</p> <p>10:00 🛒 The Heritage Market: produce & eggs for sale in the front lobby [B]</p> <p>1:30 🧠 Bridge Club [L]</p> <p>1:30 🧠 Canasta Game - everyone welcome [CK]</p> <p>1:30 😊 Java Music [PDR]</p> <p>1:30 🎨 New Resident Welcome [T]</p> <p>2:00 🌿 Go4Life Walking in the Pool [P]</p> <p>2:30 🎨 Resident Meeting [T]</p> <p>6:30 😊 Murdoch Mysteries Season 1 [T]</p>	<p>10:00 🧠 Spanish Lessons [PDR] 25</p> <p>1:00 🌿 Osteofit [T]</p> <p>1:45 🐾 "\$Quarter Bingo" [CK]</p> <p>2:00 🚌 Shuttle Bus to Save-On-Foods *sign up* [BO]</p> <p>2:15 🚌 Shuttle Bus to Walmart *sign up* [BO]</p> <p>6:30 🐾 Music Concert DVD Social [T]</p>	<p>No Happy Hour today - join us for our Halloween Party on Wednesday the 31st! 26</p> <p>8:00 🐾 Open Painting Group (8 am - 1pm) - bring your own piece to work on [CK]</p> <p>9:00 🛒 FootCare Clinic: *book app. @ recep*</p> <p>9:30 🌿 Advanced Aquafit [P]</p> <p>2:00 🌿 Go4Life Walking in the Pool [P]</p> <p>3:30 🎵 Ukulele Lessons (Intermediate) [G]</p> <p>7:00 🎨 Resident Council Meeting</p>	<p>9:30 🌿 Go4Life Walking Club - Resident Run [B] 27</p> <p>10:30 🐾 "You Be The Judge" Discussion Group [TL]</p> <p>12:30 🛒 Harp Presentation (12:30 - 1pm) [T]</p> <p>1:00 🎨 Baking with Apples [CK]</p> <p>1:00 🧠 Crib Club - everyone welcome! [B]</p> <p>6:30 😊 Saturday Night at the Movies [T]</p>
<p>11:30 ☀ Catholic Communion [L] 28</p> <p>2:00 🧠 Let's Play Scrabble [L]</p> <p>6:30 🐾 Sing Along With Albert - everyone welcome [B]</p>	<p>9:30 🌿 Advanced Aquafit [P] 29</p> <p>1:00 🌿 Osteofit [T]</p> <p>2:00 🚌 "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 🌿 Go4Life Walking in the Pool [P]</p> <p>7:00 🐾 Bingo! [CK]</p>	<p>9:45 🛒 NexGen Hearing Clinic [B] 30</p> <p>10:00 🌞 Go4Life: Chair Class - everyone welcome [G]</p> <p>1:00 😊 Women's Al-Anon Meeting [T]</p> <p>2:15 🌞 <i>Meet Me At The MOMA Art Program - paint [CK]</i></p> <p>3:00 🎵 Ukulele Lessons (Beginner) [G]</p> <p>3:15 🎨 Sign Up for Next Month's Activities [T]</p> <p>6:30 🐾 Social: Live Entertainment with Albert [B]</p>	<p>Halloween - Dress up today! 31</p> <p>8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK]</p> <p>10:00 🛒 Sing for Your Life [T]</p> <p>10:00 🛒 The Heritage Market: Last one of the season! [B]</p> <p>1:30 🧠 Bridge Club [L]</p> <p>1:30 🧠 Canasta Game - everyone welcome [T]</p> <p>1:30 😊 Java Music [PDR]</p> <p>2:00 🌿 Go4Life Walking in the Pool [P]</p> <p>2:30 🐾 Halloween Happy Hour with Felix Possak- Dress Up! [B]</p> <p>6:30 😊 Murdoch Mysteries Season 1 [T]</p>			



Join us in celebrating Apples - an Okanagan favorite during the month of October. Our feature dinner will be on Friday October 19th - families are welcome to join (sign up at reception).

"You may have a fresh start any moment you choose, for this thing that we call "failure" is not the falling down, but the staying down."

— Mary Pickford

Location Keys

Bistro	B
Bus Outing	BO
Country Kitchen	CK
Dining Room	DR
Gym	G
Library	L
Outside Patio	OP
Pool	P
Private Dining Room	PDR
The Lounge	TL
Theatre	T