

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month		 Thanksgiving		Breast Cancer Awareness Month Global Diversity Awareness Month 1 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Resident Forum (W) 3:00 Happy Hour (P) 6:30 Artfull Enrichment: Frank Sinatra Music Bingo (P) 7:00 Crokinole (BN) 7:30 Apple Cider, Music, & Tunes on the Patio with Yeva (CP)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Robyn (LB) 1:15 Who Am I? Guessing Game (P) 2:00 Entertainment: Jim Woytuik (B) 4:30 Living Loving Local Dinner: Squash & Pumpkin (4:30-6:15 PM) (D) 6:30 Artfull Enrichment Trivia: Famous Sitcoms (P) 7:30 Rider Game: CGY @ SSK (Bar is Open 7:30 - 8:30 PM) (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 3 10:30 Chair Yoga with Sacha Wolfson (P) 11:00 Lunch Outing with Yeva to Greko's Restaurant & Steakhouse* (V) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment: Harvest Bingo (P) 3:15 Artfull Enrichment Expedition Presentation with Yeva: Thailand (P) 6:30 Netflix Documentary: Bogart Life Comes in Flashes (P)
National Cinnamon Bun Day 4 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:45 Sunday Fun-Day Outing with Len: Government House High Tea* (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Comedy): The Pink Panther (P)	Weekly Activity Challenge Due Date: Tom Turkey Takes a "RIB-ing" (P) 5 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Fit Minds in Harbour House (HAR) 2:00 Bingo *Double Payout* (P) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	Active Aging Week (EB) 6 National Taco Day 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Dale & Company (B)	Active Aging Week (EB) 7 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Active Aging Week (EB) 8 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Entertainment: The Silvertones (B) 3:00 Happy Hour feat. Pumpkin Rum-Tinis (P) 7:00 Crokinole (BN) 7:00 Entertainment: Marilyn Phillips (B)	Active Aging Week (EB) 9 Massage Therapy Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Yeva (LB) 1:35 Rosary (P) 2:00 Catholic Mass (P) 2:00 October Jeopardy (E) 3:00 Dining Services Town Hall (P) 6:30 Netflix Documentary: Turning Point: Generation 9/11 (P)	Active Aging Week (EB) 10 9:45 Outing with Yeva to Regina Farmer's Market* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Sing-Along with Joan & Leone (B) 3:15 S'mores Social (CP) 6:30 Movie Night (Feel-Good): 9 to 5 (P)
Active Aging Week (EB) 11 Thanksgiving Sunday 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Sunday Fun-Day Outing with Len: Lumsden Valley Scenic Drive & Lincoln Gardens* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 4:30 Thanksgiving Celebration Dinner (4:30 - 6:15 PM) (D) 6:30 Movie Night (Drama): Max (P)	Active Aging Week (EB) 12 Thanksgiving Monday No Van Service Today (V) No Can Fit Pro Exercises Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 11:00 Rider Game: SSK @ MTL (P) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	Footcare Today Weekly Activity Challenge Due Date: Thanksgiving Dinner Search and Solve (P) 13 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:00 Brain Games (Resident-led) (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Cribbage Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: SRW Trio (B)	National Dessert Day 14 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:45 National Dessert Day Social (B) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 15 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Entertainment: Boomtown (B) 3:00 Happy Hour (P) 6:30 Wine & Paint Night: Van Gough's Sunflowers (P) 7:00 Crokinole (BN)	National Managers Appreciation Day 16 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 2:00 Artfull Enrichment Trivia: Famous Famous Inventors and Inventions (E) 2:00 Wellness Clinic: What is a Stroke & Blood Pressure Checks (P) 3:00 Interdenominational Church Service (B) 6:30 Movie Night (Emotional): The Four Seasons (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 17 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Artfull Enrichment: Paper Pumpkin Craft (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:00 Rider Game: MTL @ SSK (P) 6:30 Concert Movie Night: André Rieu Live in Dresden (Wedding at the Opera) (P)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 18 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Sunday Fun-Day Outing with Len: Scenic Drive Through the Qu'Appelle Valley* (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Classics): His Girl Friday (P)	Weekly Activity Challenge 19 Due Date: Costume Store Word Scramble (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 3:00 Fireside Chat with Chef Amy: All About Gluten! (F) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 20 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 12:00 New Resident Luncheon (By Invitation Only) (PD) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Country Fever (B)	National Pumpkin Cheesecake Day 21 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 12:00 Shopping Vendor: Even-Steven's Baking (12-3 PM) (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 2:45 Pumpkin Cheesecake Social (B) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 22 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Entertainment: Circle of Friends (B) 3:00 Happy Hour (P) 7:00 Crokinole (BN)	Gluten Free Day 23 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:35 Rosary (P) 2:00 Catholic Mass (P) 2:00 What Am I? Guessing Game (E) 4:30 Supper Outing with Yeva to The Keg* (V) 6:30 Concert Movie Night: Bee Gees (One Night Only 1997) (P) 6:45 Colouring & Conversation: Collaborative Jack-O-Latern (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 24 10:00 Artful Enrichment: Frankenstein Halloween Pot (E) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:00 Rider Game Watch Party: EDM @ SSK (Bar is Open) (P) 7:00 Children's Piano Recital (B)
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 25 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:00 Sunday Fun-Day Outing with Len: Over the Hill Orchards for Refreshments & Desserts* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Romance): Two Weeks Notice (P)	National Pumpkin Day: Wear Orange & Green Today (EB) 26 Weekly Activity Challenge Due Date: Pumpkin Patch Crossword (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Fit Minds in Harbour House (HAR) 2:00 Entertainment: Emily Dubois & Ray Bell (B) 6:45 Board Games & More! (P)	Footcare Today Flu & Covid Vaccinations (Refer To Your Scheduled Times) (P) 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds *Location Change Today* (E) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist Game *Location Change Today** (BN) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 3:00 Pumpkin Bowling (B) 6:30 Bingo *Rescheduled from Monday* (P)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 28 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 29 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 12:45 Outing with Yeva: Northern Reflections Fashion Show at Victoria Square Mall* (V) 1:30 Bible Study (All Faiths Welcome) (PD) 2:00 Piano Entertainment by Jeanette Cross (B) 3:00 90 Day Move In Happy Hour Celebration (P) 7:00 Crokinole (BN) 7:00 Entertainment: Timeless Tunes Trio (B)	Wear Orange & Black Attire Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 30 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 11:30 Shopping Vendor: Personal Touch Fashions (11:30 AM - 2:00 PM) (F) 1:00 Halloween Witch Hat Craft with Debra (HAR) 1:30 Artful Enrichment: Halloween Fact or Fiction (E) 2:00 Coffee Party with George Tsiklis, City Councilor for Ward 2 (B) 2:30 Halloween Social (HAR) 3:15 Monthly Birthday Party (P) 7:00 Entertainment: Jerry & the Attrics (B)	Halloween: Wear Your Costumes! Halloween Candy Jar Guess (RA) 31 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Artfull Enrichment: Halloween Trivia with Treats (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:30 Artfull Enrichment: Halloween Bingo (P) 3:00 Halloween Social feat. Halloween-themed Appetizers & Witches Brew (P) 6:30 Halloween Movie Night (Ominous/Mystery): Premonition (P)



Halloween

Be Celebrated

Locations Legend	
Prairie Schooner (P)	Private Dining Room (PD)
Entire Building (EB)	Library (LB)
Bistro (B)	Pool Hall Lounge (PHL)
Wascana Way - 3rd FL. (W)	In Suite (IS)
Fireplace Lounge (F)	Courtyard Patio (CP)
Education Room - 2nd Fl. (E)	Dining Room (D)
Heritage House (HER)	Waiting Area (WAI)
Breakfast Nook (BN)	HouseHolds (HH)
Harbour House (HAR)	Reception Area (RA)
Van Service (V)	

Calendar Legend

Outing

Special Program

Sign up Required *

Signature Program

Highlight