

Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9	Saturday 10	Sunday 11
Weekly Activity Challenge Due Date: Tom Turkey Takes a "RIB-ing" (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 Grasslands Shopping (V) 2:00 Fit Minds in Harbour House (HAR) 2:00 Bingo *Double Payout* (P) 2:30 TD Bank (V) 3:00 Southland Mall (V) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	Active Aging Week (EB) 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 BMO/CIBC Banks (V) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Co-op Grocery Store (V) 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 Grasslands Shopping (V) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Dale & Company (B)	Active Aging Week (EB) 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 Co-op Grocery Store (V) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Royal & Scotia Banks (V) 3:00 Conexus Credit Union (V) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Active Aging Week (EB) 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) 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 Grasslands Shopping (V) 2:00 Catholic Mass (P) 2:00 October Jeopardy (E) 2:30 Southland Mall/Sobeys Liquor Store (V) 3:00 Dining Services Town Hall (P) 6:30 Netflix Documentary: Turning Point: Generation 9/11 (P)	Active Aging Week (EB) 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) 11:00 Shopping Vendor: Sharon Baldry Fall Craft/Decor Sale (11 AM - 2 PM) (F) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Sing-Along with Joan & Leone (B) 3:15 Fireside Hot Chocolate Social with Yeva (F) 6:30 Movie Night (Feel-Good): 9 to 5 (P) 	Active Aging Week (EB) 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) 

<u>Locations Legend</u> Prairie Schooner (P) Entire Building (EB) Van Service (V) Bistro (B) Fireplace Lounge (F) Wascana Way - 3rd FL. (W) Heritage House (HER) Education Room - 2nd Fl. (E) Harbour House (HAR) Breakfast Nook (BN) Waiting Area (WAI) In Suite (IS) Private Dining Room (PD) Library (LB) Pool Hall Lounge (PHL) Dining Room (D)	CountryLiving “Family and friends with grins ear to ear will gather together—Thanksgiving is near!” —Sheri Wall, I Am Thankful 	<u>News</u> Active Aging Week: celebrates older adults and promoting healthy, active lifestyles. Join us for Canfitpro exercises, chair yoga, or DrumFIT this week. Have any questions about any of the classes? Speak with Jolene to learn more. Shopping Vendors: The Nut Man is here on Tuesday from 2:30-3:30 p.m. in the Waiting Area and Sharon Baldry will be here on Saturday from 11:00 a.m. - 2:00 p.m. in the Fireplace Lounge with her fall craft and decor sale. Outings: We still have spaces available for our final outing of the season to the Regina Farmer's Market as well as our scenic drive through the Lumsden Valley and stop at Lincoln Gardens. Sign up in the library if you are interested. Thanksgiving Celebration Dinner: this Sunday, join us for a sit down traditional turkey dinner with all the fixings in lieu of our monthly buffet. This is the complimentary meal for apartment residents. Through the Eyes Photography Project: Scott Petersmeyer has sent the finalized edited portraits to Jolene and you will receive complimentary 4x6 copies of each portrait. If you would like additional copies, or to have them emailed to you and/or family members, please see Jolene.	<u>Calendar Legend</u> Outing Special Program Sign up Required * Theme Day Signature Program Highlight
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