

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY 1
						<p>9:15 Church (LL)</p> <p>2:00 Trivia Sunday with (LL) Andrea</p> <p>2:00- Open Billiards on the 4:00 4th Floor</p> <p>6:30 Limited TV Series: (T) <i>Chimp Empire</i>, Ep. 1 & 2 of 4, 2023</p>
2	3	4	5	6	7	8
<p>Foot Care with Nancy</p> <p>9:30 Fitness: Standing</p> <p>10:15 Fitness: Sit & Stand</p> <p>11:00 Fitness: Seated</p> <p>11:00 Program Feedback (LL) Meeting with Karly</p> <p>3:00 Improv Comedy (T) Performance and Workshop</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 7, Ep. 4, 5, & 6</p>	<p>Dental Hygienist</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>11:00 Picnic & Walk at Inglewood Bird Sanctuary</p> <p>2:00 Music Appreciation (T) with Mark: New Orleans Jazz</p> <p>6:30 TV Series: <i>The Empress</i>, Episode 1 & 2</p>	<p>9:30 Fitness: Standing</p> <p>10:15 Fitness: Sit & Stand</p> <p>11:00 Fitness: Seated</p> <p>1:30 Alzheimer's' Walk around the Neighbourhood with Reception to Follow</p> <p>4:00 BYOB (LL)</p> <p>6:30 Film: <i>Hamilton Part 1</i>, (T) 2020, Musical</p>	<p>9:00 Hair Salon</p> <p>9:30 Fitness: Balance</p> <p>10:30 Shopping to IGA/Shoppers</p> <p>1:30 Town Hall (T)</p> <p>6:30 Sing Along with Jim (LL) and Laurie</p>	<p>9:30 Fitness: Standing</p> <p>10:15 Fitness: Sit & Stand</p> <p>11:00 Fitness: Seated</p> <p>10:00 Outing to the Rosebud Theatre</p> <p>1:00 Complimentary Blood (LL) Pressure Clinic</p> <p>1:30 RN Advocacy (T) Presentation</p> <p>3:00 Resident Choir (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>84 Charing Cross Road</i>, 1987, Drama</p>	<p>11:00 Travelogues: (T) <i>America's National Parks – Grand Canyon & Yosemite</i>, 2022</p> <p>1:30 Cribbage & Bridge (LL)</p> <p>2:30 Creative Workshop: (S) <i>Hard Candy Sculptures Part 1</i></p> <p>4:00 BYOB (LL)</p> <p>6:30 Film: <i>Hamilton Part 2</i>, (T) 2020, Musical</p>	<p>9:15 Church (LL)</p> <p>1:30 Harp Concert with (LL) Gianetta Baril</p> <p>2:00- Open Billiards on the 4:00 4th Floor</p> <p>6:30 Limited TV Series: (T) <i>Chimp Empire</i>, Ep. 3 & 4 of 4, 2023</p>
9	10	11	12	13	14	15
<p>Thanksgiving No Exercise Classes</p> <p>11:00 Documentary: <i>The Pixar Story</i>, 2007 (T)</p> <p>1:30 Painting Workshop: (S) <i>Fall Still Life</i></p> <p>3:00 Trivia with Andrea (LL)</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 7, Ep. 7, 8, & 9</p>	<p>Hearing Clinic</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>11:30 Lunch Outing to the Danish Club</p> <p>3:00 Music Appreciation (T) with Jill: Beethoven's "Ode to Joy" Symphony</p> <p>6:30 TV Series: <i>The Empress</i>, Episode 3 & 4</p>	<p>9:30 Fitness: Standing</p> <p>10:15 Fitness: Sit & Stand</p> <p>11:00 Fitness: Seated</p> <p>1:30 Alberta Ballet (T) Presentation – Introduction to Ballet with Paul Chambers</p> <p>4:00 BYOB (LL)</p> <p>6:30 Film: <i>Jojo Rabbit</i>, (T) 2019, Comedy/Drama</p>	<p>9:00- Influenza Clinic in the Lower Level</p> <p>9:00 Hair Salon</p> <p>10:30 Shopping to IGA/Shoppers</p> <p>1:00 Knit & Knatter Club (S)</p> <p>2:00 History of Disney (T) Talk with Ryan</p> <p>6:30 Documentary: <i>The Most Magical Story on Earth: 50 Years of Walt Disney World</i>, 2021</p>	<p>9:30 Fitness: Standing</p> <p>10:15 Fitness: Sit & Stand</p> <p>11:00 Fitness: Seated</p> <p>1:30 Carpet Bowling (LL)</p> <p>3:00 Resident Choir (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>Fiddler on the Roof Part 1</i>, 1971, Musical</p>	<p>11:00 Travelogues: (T) <i>America's National Parks – Big Bend & Badlands</i>, 2022</p> <p>1:30 Cribbage & Bridge (LL)</p> <p>4:00 BYOB (LL)</p> <p>5:00 Dinner Concert with Singer/Guitarist Jeff Pedora</p> <p>6:30 Film & Trivia with (T) Laurie: <i>Fiddler on the Roof Part 2</i>, 1971, Musical</p>	<p>9:15 Church (LL)</p> <p>2:00 Trivia Sunday with (LL) Andrea</p> <p>2:00- Open Billiards on the 4:00 4th Floor</p> <p>6:30 TV Series: <i>Dolly Parton's Heartstrings Episode 1</i>, 2019</p>

MONDAY 16	TUESDAY 17	WEDNESDAY 18	THURSDAY 19	FRIDAY 20	SATURDAY 21	SUNDAY 22
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Creative Workshop: (S) Collaborative Peace Mural</p> <p>3:00 Calgary Herald (T) History Talk: Calgary – A City on the Move</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 7, Ep. 10, 11, & 12</p>	<p>10:00 Fitness: Stretch and Breathe</p> <p>1:30 Wilder (T) Institute/Calgary Zoo Talk</p> <p>2:30 October Birthday (LL) Party</p> <p>6:30 TV Series: <i>The Empress</i>, Episode 5 & 6</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>2:00 Peter at the Piano (LL)</p> <p>4:00 BYOB (LL)</p> <p>6:30 Film: <i>Tolkien</i>, 2019, (T) Biography</p>	<p>9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to Glenmore Landing</p> <p>1:00 Knit & Knatter Club (S)</p> <p>1:30 Creative Workshop: (S) Disney Through Watercolour</p> <p>6:30 Sing Along with Jim (LL) and Laurie</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:00 Lunchbox Theatre: Shakespeare & the Dark Lady</p> <p>3:00 Resident Choir (LL) 4:00- Special Monthly 7:00 Themed Dinner</p> <p>6:30 Film & Trivia with (T) Laurie: <i>Duel in the Sun Part 1</i>, 1946, Western/Drama</p>	<p>11:00 Travelogues: (T) <i>America's National Parks – Hawaii Volcanoes & Grand Tetons</i>, 2022/2023</p> <p>1:30 Cribbage & Bridge (LL)</p> <p>3:30 Oktoberfest Beer (LL) Party with Entertainers</p> <p>6:30 Film & Trivia with (T) Laurie: <i>Duel in the Sun Part 2</i>, 1946, Western/Drama</p>	<p>9:15 Church (LL)</p> <p>1:45 Civic Symphony: Beethoven 9th</p> <p>2:00 Trivia Sunday with (LL) Andrea</p> <p>6:30 Calgary Jazz Orchestra Concert: Tributes to Tony Bennett & Count Basie</p> <p>6:30 TV Series: <i>Dolly Parton's Heartstrings Episode 2</i>, 2019</p>
23	24	25	26	27	28	29
<p>Foot Care with Nancy</p> <p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Coffee & Current (LL) Events with Karly</p> <p>3:00 Tea with GG (S)</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 7, Ep. 13 & 14</p>	<p>10:00 Fitness: Stretch and Breathe</p> <p>10:30 Extended Shopping at The Italian Center</p> <p>2:00 Creative Feedback (S) Meeting with Meagan</p> <p>6:30 Film: <i>Hocus Pocus</i>, (T) 1993, Comedy/Fantasy</p>	<p>Advanced Foot Care Nurse</p> <p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>2:00 Music Appreciation (T) with Jill: <i>Musical World of Disney</i></p> <p>4:00 BYOB (LL)</p> <p>6:30 Documentary: <i>Mickey – The Story of a Mouse</i>, 2022</p>	<p>9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to IGA/Shoppers</p> <p>12:30 Alberta Ballet – <i>Sleeping Beauty Dress Rehearsal</i></p> <p>1:00 Knit & Knatter Club (S)</p> <p>6:30 Music on the BIG (T) Screen: <i>BBC Proms The Music of Disney on Broadway</i></p>	<p>9:15 CPO Dress Rehearsal 9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Creative Workshop: (S) Hard Candy Sculptures Part 2</p> <p>3:00 Resident Choir (LL)</p> <p>Film & Trivia with (T) Laurie: <i>Frida</i>, 2022, Romance/Drama</p>	<p>11:00 Travelogues: (T) <i>America's National Parks – Biscayne & Channel Islands</i>, 2022</p> <p>1:30 Cribbage & Bridge (LL)</p> <p>2:30 Clay Wheel (S) Demonstration</p> <p>4:00 BYOB (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>The Student Prince</i>, 1954, Musical/Romance</p>	<p>9:15 Church (LL)</p> <p>2:30 Calgary Music (LL) Academy String Students</p> <p>6:30 TV Series: <i>Dolly Parton's Heartstrings Episode 3</i>, 2019</p>
30	31	<p>(PD) = Private Dining Room on the Main Floor (LL) = Lower Level (T) = Theatre on the Lower Level (S) = Art Studio</p> <p>Hair Salon, Footcare, Hearing Clinic, Outings: Everyone attending these programs must sign up at Concierge.</p> <p>Fitness Classes: All Classes in the Fitness area. Fitness Classes are 30 minutes long. All programs are being operated on a first come/first served basis.</p> <p>Blue Programming: Special programs that will change on a month to month basis, including special events, musicians, speakers, performers, etc.</p> <p>Special Meals: These meals are planned outside of our typical rotational menu. Reminder to please make reservations for guests for these meals at least 24 hours in advance.</p> <p>***For more details about the programs please see the Community Connections Newsletter**</p>				
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:00 Worship Service with (T) Communion</p> <p>3:00 Creative Workshop: (S) Drawing Mickey Mouse</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 7, Ep. 15, 16, & 17</p>	<p>Halloween</p> <p>10:00 Fitness: Stretch and Breathe</p> <p>1:30 Halloween Themed (LL) Welcome Party – Costumes Encouraged!</p> <p>6:30 Film: <i>Hocus Pocus 2</i>, (T) 2022, Comedy/Fantasy</p>					