



MONDAY	TUESDAY	WEDNESDAY 1	THURSDAY 2	FRIDAY 3	SATURDAY 4	SUNDAY 5
		9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:00 Creative Feedback Meeting with Meagan 2:00 Blues Singer Tim (LL) Williams 4:00 BYOB (LL) 6:30 Film: <i>After the Sunset</i> , 2004, Suspense/Action	9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to IGA/Shoppers 1:30 Town Hall (T) 6:30 Sing Along with (LL) Laurie & Jim	9:00 CPO Open Rehearsal 9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 1:00 Complimentary Blood (LL) Pressure Clinic 1:30 Creative Workshop: (S) Hard Candy Sculptures Part 2 3:00 Resident Choir (LL) 6:30 Film & Trivia with (T) Laurie: <i>Amadeus Part 1</i> , 1984 Drama/Hisorical	11:00 Travelogues: (T) <i>America's National Parks – Lake Clarke & Voyageurs, 2022</i> 1:30 Cribbage & Bridge (LL) 4:00 BYOB (LL) 6:30 Film & Trivia with (T) Laurie: <i>Amadeus Part 2</i> , 1984 Drama/Hisorical	9:15 Church (LL) 2:00 Calgary School of (LL) Highland Dancers 2:00- Open Billiards on the 4:00 4 th Floor 6:30 Docuseries: (T) <i>Extraordinary Humans</i> , Ep. 1 & 2
	6	7	8	9	10	11
9:30 Fitness: Standing 10:00 Foot Care with Nancy 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 1:30- Fall Prevention 3:00 Evaluations 3:00 WW II Aviation Talk: (T) <i>F is for Freddy</i> with Richard de Boer 6:30 TV Series: <i>Seinfeld</i> , (T) Season 7, Ep. 18 & 19, 20	10:00 Fitness: Stretch and Breathe 11:00 Program Feedback (LL) Meeting with Karly 2:00 Creative Workshop (S) with Meagan: Watercolour Poppies 6:30 TV Series: <i>The Golden Girls</i> , Season 1, Ep. 1, 2 & 3	9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:30 Lunch Outing to the Legion 2:00 Peter at the Piano: <i>Striking a Balance</i> (LL) 4:00 BYOB (LL) 6:30 Film: <i>Love at First Sight</i> , 2023, Romance/Drama	9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to IGA/Shoppers 1:00 Knit & Knatter Club 1:00 Outing to see the Crosses on Memorial & Coffee 6:30 Documentary: <i>Photo Ark</i> , 2020 (2 of 2 Episodes)	9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 10:30 Remembrance Day Ceremony at Carewest 10:30 Doug Coats: <i>Calgary's Railway Story</i> 11:00 Fitness: Seated 1:30 Fall Prevention (T) Workshop 3:00 Resident Choir (LL) 6:30 Film & Trivia with (T) Laurie: <i>Les Miserables Part 1</i> , 2012, Drama/Musical	Remembrance Day 10:45 Remembrance Day (LL) Ceremony 1:30 Cribbage & Bridge (LL) 2:30 Wheel Throwing with (S) Jacquie 4:00 BYOB (LL) 6:30 Film & Trivia with (T) Laurie: <i>Les Miserables Part 2</i> , 2012, Drama/Musical	9:15 Church (LL) 2:00 Trivia Sunday with (LL) Andrea 2:00- Open Billiards on the 4:00 4 th Floor 6:30 Docuseries: (T) <i>Extraordinary Humans</i> , Ep. 3 & 4
13	14	15	16	17	18	19
9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 2:30 Creative Workshop (S) with Andrea: Pattern Practice 6:30 TV Series: <i>Seinfeld</i> , (T) Season 7, Ep. 21 & 22	9:00 Hearing Clinic 10:00 Fitness: Stretch and Breathe 10:30 Clay Workshop: (LL) Wheel Thrown Pots 12:30- Walker/Wheelchair Maintenance Clinic (LL) 1:30 Resident Education (T) Session: Infection, Prevention & Control 6:30 TV Series: <i>The Golden Girls</i> , Season 1, Ep. 4, 5 & 6	9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 2:00 Music Appreciation (T) with Jill: <i>Striking a Balance- Dance Music through the Ages</i> 4:00 BYOB (LL) 6:30 Film: <i>2 Hearts</i> , 2020, (T) Romance/Drama	9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to Glenmore Landing 1:00 Knit & Knatter Club 2:00 November Birthday (LL) Party 6:30 Sing Along with (LL) Laurie & Jim	9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated 11:15 German Canadian Male Choir Concert 1:30 Fall Prevention (T) Jeopardy 3:00 Resident Choir (LL) 4:00- Special Monthly Themed Dinner 6:30 Film & Trivia with (T) Laurie: <i>And Then There Were None Part 1</i> , 2015, Mystery/Drama	10:30 Travelogues: <i>Rick Steves' Italy's Cities</i> (2 episodes) 1:30 Cribbage & Bridge (LL) 4:00 BYOB (LL) 5:00 Dinner Concert: Jazz Trio Drew & the Crew 6:30 Film & Trivia with (T) Laurie: <i>And Then There Were None Part 2</i> , 2015, Mystery/Drama	9:15 Church (LL) 2:00 Trivia Sunday with (LL) Andrea 2:00- Open Billiards on the 4:00 4 th Floor 6:30 Docuseries: (T) <i>Extraordinary Humans</i> , Ep. 5 & 6

MONDAY 20	TUESDAY 21	WEDNESDAY 22	THURSDAY 23	FRIDAY 24	SATURDAY 25	SUNDAY 26
<p>9:30 Fitness: Standing 10:00 Foot Care with Nancy 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>11:00 Coffee & Current (T) Events with Karly</p> <p>2:30 Tea with GG</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 8, Ep. 1, 2, & 3</p>	<p>10:00 Fitness: Stretch and Breathe</p> <p>10:30 Extended Shopping Trip to Superstore</p> <p>2:00 Music Appreciation (T) with Mark: <i>Music of kd lang</i></p> <p>6:30 (T) TV Series: <i>The Golden Girls</i>, Season 1, Ep. 7, 8 & 9</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>10:15 MRU Intergenerational Speaker Series: Finding Balance in a Digital World</p> <p>2:00 Memorial Service for (LL) GG Residents 4:00 BYOB (LL)</p> <p>6:30 Film: <i>The Grizzlies</i>, (T) 2018, Inspiring/Drama</p>	<p>Fire Alarm Testing</p> <p>9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to IGA/Shoppers</p> <p>1:00 Knit & Knatter Club</p> <p>2:00 Creative Workshop (S) with Meg: <i>Balance – Outside the Lines</i></p> <p>6:30 Documentary: <i>Wild Life</i>, 2020 (T)</p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Hot Political Talks: (T) Duane Bratt</p> <p>3:00 Resident Choir (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>How Green Was My Valley, 1941</i>, Drama/Family</p>	<p>10:30 Travelogues: <i>Rick Steves' Italy's Cities</i> (T) (2 episodes)</p> <p>1:30 Cribbage & Bridge (LL)</p> <p>2:30 Clay Workshop: (S) Christmas Tree Luminaries</p> <p>4:00 BYOB (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>Lilies of the Field, 1963</i>, Drama</p>	<p>9:15 Church (LL)</p> <p>2:00 Trivia Sunday with (LL) Andrea</p> <p>2:00- 4:00 Open Billiards on the 4th Floor</p> <p>6:30 Docuseries: (T) <i>Extraordinary Humans</i>, Ep. 7 & 8</p>
27	28	29	30	December 1		
<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>11:00 Worship Service with (T) Communion</p> <p>1:30 Sketching Workshop: (S) Doodle Art</p> <p>3:00 Six by Six Concert (LL)</p> <p>6:30 TV Series: <i>Seinfeld</i>, (T) Season 8, Ep. 4, 5, & 6</p>	<p>10:00 Fitness: Stretch and Breathe</p> <p>2:00 Clay Workshop: (S) Christmas Ornaments</p> <p>6:30 (T) TV Series: <i>The Golden Girls</i>, Season 1, Ep. 10, 11 & 12</p>	<p>Advanced Foot Care</p> <p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Music Appreciation (T) with Jill: <i>The Comedic World of Gilbert & Sullivan</i></p> <p>2:30 November Welcome (LL) Tea 4:00 BYOB (LL) 6:00 First Naz Church (LL) Children's Christmas Program</p>	<p>9:00 Hair Salon 9:30 Fitness: Balance 10:30 Shopping to IGA/Shoppers 11:00 Decorate the Christmas Trees meet in the Lower Lounge</p> <p>1:00 Knit & Knatter Club 2:00 History Talk with Doug (T) Coats: <i>Calgary's Railway Story</i></p> <p>6:30 Documentary: (T) <i>Unknown – Cosmic Time Machine, 2023</i></p>	<p>9:30 Fitness: Standing 10:15 Fitness: Sit & Stand 11:00 Fitness: Seated</p> <p>1:30 Peter at the Piano (LL)</p> <p>3:00 Resident Choir (LL)</p> <p>6:30 Film & Trivia with (T) Laurie: <i>The Guernsey Literary & Potato Peel Pie Society, 2018</i>, Drama/Romance</p>		

(PD) = Private Dining Room on the Main Floor (LL) = Lower Level (T) = Theatre on the Lower Level (S) = Art Studio

Hair Salon, Footcare, Hearing Clinic, Outings: Everyone attending these programs must sign up at Concierge.

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.

Blue Programming: Special programs that will change on a month to month basis, including special events, musicians, speakers, performers, etc.

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.

***For more details about the programs please see the Community Connections Newsletter**