

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2022

Garneau Hall Recreation Calendar



Alberta Day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September 2022</h1> <h2>Garneau Hall Recreation Calendar</h2>				 Alberta Day!	2 10:30 Fit 4 Life Class Instructor Bryce 11:00 Brain Games Trivia & Quizzes 2:00 Active Games "Bocce Ball"	3 9:30 Dr. Farhat By Appointment Only 11:00 Brenda's Café & Current Events 1:30 "Bingo" Caller: Brenda
4 9:00 Wellness Walk Indoor Program 2:00 Part 1: Anne Of Green Gables 6:00 Games Night "Bridge & Cribbage"	5  Labour Day	6 10:30 Keep Fit Class Instructor Brenda 11:00 Current Events "News & Views" 1:30 Tuesday Bingo Caller: Brenda	7 10:30 Royal Garden Seated Yoga Class 11:00 Breathing & Meditation Class 2:00 Afternoon Cribbage Tournament	8 10:30 Posture & Balance Class 11:00 Laughter Yoga Instructor Brenda 1:30 Entertainment "Karen & Tom"	9 10:30 Fit 4 Life Class Instructor Brody 11:00 Brain Games 2:00 "Chair Volleyball" 6:00 James Bond Movie Marathon	10 11:00 Brenda's Café & Current Events 1:30 Bingo Caller: Brenda 6:00 Games Night "Bridge & Cribbage"
 11 10:30 Hymn Sing 2:00 Royal Garden "Hot Dog & Corn Roast" <small>Grandparents Day</small>	12 10:30 Band Exercise Instructor Brody 11:00 Chronicles 1:00 Reading Group Reader: Helen Mclean 2:15 "Wii Games"	13 10:30 Brody's Standing Exercise Class 11:00 Current Events "News & Views" 1:30 Tuesday Bingo Caller: Brody	14 10:30 Resident's Recreation Meeting 2:30 History Buffs Calgary Remembered 6:00 Games Night "Bridge & Cribbage"	15 10:00 Who, What, Where & Discussion 2:00 Happy Hour Marcy & Dave 6:00 Games Night "Bridge & Cribbage"	16 10:30 Staying Alive Instructor Brenda 2:00 "Lily's Art Show & Afternoon Tea" 6:00 James Bond Movie Marathon	17 11:00 Brenda's Café & Current Events 1:30 Bingo Caller: Brenda 6:00 Games Night "Bridge & Cribbage" <small>Oktoberfest Begins</small>
18 9:00 Wellness Walk Indoor Program 2:00 Part 2: Anne Of Green Gables 6:00 Games Night "Bridge & Cribbage"	19 10:30 Band Exercise Instructor Brody 11:00 Weekly Chronicles 2:00 Travelogue: "The Island of Tortuga"	20 10:30 Keep Fit Class Instructor Brenda 11:00 Current Events 1:00 The Brenda Edmonds Show "Diabetic Specialist"	21 Gratitude "Pink" Day 10:30 Seated Yoga 11:00 Meditation Instructor Brenda 2:00 Walking Outing: "Boston Pizza"	22 10:30 Posture & Balance Class 11:00 Laughter Yoga Instructor Brenda 2:00 Travelogue "Germany" <small>Autumn Begins</small>	23 10:00 Men's Fitness Trainer Andy Do 2:00 Men's Beer of the World "German Beer" 6:00 James Bond Movie Marathon	24 9:30 Dr. Farhat By Appointment Only 11:00 Brenda's Cafe & Current Events 1:30 "Bingo" Caller: Brenda
25 9:00 Wellness Walk Indoor Program 2:00 Part 3: Anne Of Green Gables 6:00 Games Night "Bridge & Cribbage" <small>Rosh Hashanah Begins</small>	26 10:30 Band Exercise Instructor Brody 11:00 Chronicles 1:00 Reading Group Reader: Helen Mclean 2:15 "Wii Games"	27 9 am Varsity Optical "Dr. Marc Kallal" 10:00 Baker's Club Grilled Bannock 2:00 "Smudging Ceremony" Reg Ward	28 10:00 Seated Yoga & Meditation 11:30 Ladies Luncheon "Pizza & Wings" 2:00 Wednesday Bingo Caller: Brody	29 10:00 Who, What, Where & Discussion 2:00 Birthday Party The Old Smoothies 6:00 Games Night "Bridge & Cribbage"	30 "Orange Shirt Day" 10:30 Fit 4 Life Class 11:00 Brain Games 2:00 Edmonton Documentary "Otenaw" 6:00 James Bond Movie Marathon	 National Day for Truth and Reconciliation – September 30 (also Orange Shirt Day)