





September 2024

Active Living Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>1</p>	 <p>2</p>	<p>3</p> <p>10:30 Seated Yoga Class Instructor Brenda</p> <p>11:00 Alberta Fun Facts & Labour Day Quiz</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>4</p> <p>10:30 Fall Prevention Instructor Brenda</p> <p>11:00 Politicking With Brenda News & Views</p> <p>2:00 PBS Documentary "The Edmonton Grads"</p>	<p>5</p> <p>9:00 Jill's Foot Care Clinic</p> <p>10:30 Roza's Fit 4 Life</p> <p>11:00 Roza's Brain Games</p> <p>1:00 Roman Catholic Mass "Father Varghese"</p> <p>2:00 Music and Munchies</p>	<p>6</p> <p>10:30 Discussion Who, What, Where?</p> <p>2:00 Train Your Brain "Trivia and Brain Quest"</p> <p>6:00 Popcorn & Comedy Movie: Ocean's Eleven</p>	<p>7</p> <p>10:15 Coffee & Tea Social</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Bridge & Cribbage</p>
<p>8</p> <p>11:00 Brenda Coffee & Current Events</p> <p>2:00 Grandparents Day "Do Something Grand!"</p> <p>6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>9</p> <p>10:30 Keep Fit Class Instructor Brenda</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>2:00 "Great West Canada Country" Band</p>	<p>10</p> <p>9:00 Your Wellness Walk Indoor Program</p> <p>10:00 Coffee Talk "Rev. Danielle Key"</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>11</p> <p>10:30 Fall Prevention Instructor Brenda</p> <p>11:00 Brenda's Current Events News & Views</p> <p>2:00 Show & Tell "Bring Your Treasured Memories"</p>	<p>12</p> <p>10:15 Cambridge Daycare Visit "Fun & Games"</p> <p>1:30 Evelyn's Roman Catholic Holy Communion</p> <p>2:00 Recreation Meeting & "Ice Cream Social"</p>	<p>13</p> <p>10:30 Discussion Who, What, Where?</p> <p>2:00 Travelogue Destination: "Mexico City"</p> <p>6:00 Friday Popcorn & Drama Movie: Draft Day</p>	<p>14</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Saturday Night Cards Bridge & Cribbage</p>
<p>15</p> <p>11:00 Brenda Coffee & Current Events</p> <p>2:00 Netflix Movie: Downton Abby "A New Era"</p> <p>6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>16</p> <p>10:30 Keep Fit Class Instructor Brenda</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>2:00 World Alzheimer's Day "Coffee Break"</p>	<p>17</p> <p>10:30 Seated Yoga Class Instructor Brenda</p> <p>11:00 Breathing & Meditation Class "Breath Is Life"</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>18</p> <p>10:30 Fall Prevention Instructor Brenda</p> <p>11:00 Politicking With Brenda News & Views</p> <p>2:00 Garneau Hall "Wheel Of Fortune" Host Eric</p>	<p>19</p> <p>10:30 Roza's Fit 4 Life</p> <p>11:00 Roza's Brain Games</p> <p>1:30 Evelyn's Roman Catholic Holy Communion</p> <p>2:00 Brenda Edmonds Show "Ask A Pharmacist"</p>	<p>20</p> <p>10:30 Discussion Who, What, Where?</p> <p>2:00 Presentation: "Dementia Is Preventable"</p> <p>6:00 Friday Popcorn & Movie: The Perfect Storm</p>	<p>21</p> <p>10:15 Coffee & Tea Social</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Bridge & Cribbage</p>
<p>22</p> <p>11:00 Brenda Coffee & Current Events</p> <p>2:00 Fragrances: "History Of Perfume & Cologne"</p> <p>6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>23</p> <p>10:30 Keep Fit Class Instructor Brenda</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>2:00 Life Long Learning "One-Room Schoolhouse"</p> <p>11:00 Roza's Bake Sale</p>	<p>24</p> <p>10:00 Coffee Talk "Rev. Danielle Key"</p> <p>10:30 Seated Yoga Class Instructor Brenda</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>25</p> <p>10:30 Fall Prevention Instructor Brenda</p> <p>11:00 Brenda's Current Events News & Views</p> <p>2:00 "National Day Of Truth And Reconciliation"</p>	<p>26</p> <p>9:00 EPL Book Exchange</p> <p>10:30 Roza's Fit 4 Life</p> <p>11:00 Roza's Brain Games</p> <p>1:30 Holy Communion</p> <p>2:00 Monthly Birthday Party "Paul Lamoureux"</p>	<p>27</p> <p>10:30 Discussion Who, What, Where?</p> <p>2:00 Susie Q Sing Along "Sentimental Journey"</p> <p>6:00 Friday Popcorn & Action Movie: Ford v Ferrari</p>	<p>28</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Saturday Night Cards Bridge & Cribbage</p>
<p>29</p> <p>11:00 Brenda Coffee & Current Events</p> <p>2:00 "The Chicago World's Fair Of 1893!"</p> <p>6:00 Sunday Night Cards Bridge & Cribbage</p>	<p>30</p> <p>10:30 Keep Fit Class Instructor Brenda</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>1:00 Brenda Edmonds Show "Classical Pianist Kanykei"</p>					