



October 2024

Active Living Recreation Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 International Day Of Older People 9:30 Your Wellness Walk Indoor Program 11:00 Rick Steve's Travels: Northern Spain 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	2 9:00 Your Wellness Walk 9:30 Be Seen In Jeans Day Canadian Finals Rodeo 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events 2:00 Sing Along With Susie Q "Boots & Hearts"	3 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Fit 4 Life Class 11:00 Roza's Brain Games 1:00 Roman Catholic Mass "Father Varghese" 2:00 It's World Smile Day! "Make Someone Smile"	4 9:00 Your Wellness Walk Indoor Program 10:00 Roza's Seasonal Pumpkins Craft Class 2:00 Presentation "Reversing Type 2 Diabetes" 6:00 Friday Popcorn & Movie: Les Misérables	5 9:30 Dr. Farhat's Clinic By Appointment Only 10:15 Coffee & Tea Social 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Bridge & Cribbage
6 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Current Events 1:30 Haley's Falling For You "Ice Cream Social" 6:00 Sunday Night Cards Bridge & Cribbage	7 9:00 Your Wellness Walk Indoor Program 10:30 World Arthritis Day Exercise Class 11:00 Thanksgiving Charity Kick-Off "Sock Drive" 1:30 Health & Wellness Clinic Height & Weight	8 9:00 Your Wellness Walk Indoor Program 10:00 Coffee Talk "Rev. Danielle Key" 1:30 Thanksgiving Turkey "Bingo" Caller: Brenda 6:00 Tuesday Night Drama Movie: The Rocket	9 9:00 Your Wellness Walk Indoor Program 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events Today's News & Views 1:00 PureCare Immunization "Flu & Covid" Clinic	10 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Fit 4 Life Class 11:00 Roza's Brain Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 "Friendsgiving Pumpkin & Apple Pie" Party	11 9:00 Your Wellness Walk Indoor Program 10:00 Baking With Roza Thanksgiving Cookies 2:00 Entertainment: Big Band "Young At Heart" 6:00 Friday Popcorn & Movie: Happy Gilmore	12 9:00 Your Wellness Walk Indoor Program 1:00 Netflix Somebody Feed Phil "Montreal" 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
13 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Current Events 1:00 Holy Trinity Church "Thanksgiving Service" 1:30 Coffee Social Reverend's Danielle & Rob Key	14 	15 9:00 Your Wellness Walk Indoor Program 10:30 Seated Yoga Class Instructor Brenda 11:00 Health Benefits Of Mediation For Seniors 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	16 9:00 Your Wellness Walk Indoor Program 10:30 Fall Prevention Class Instructor Brenda 11:00 Brenda's Current Events Today's News & Views 1:30 General Manager "Town Hall & Chef Talks"	17 9:00 Your Wellness Walk Indoor Program 10:30 Fit 4 Life Exercise Class Instructor Roza 11:00 Roza's Train Your Brain Trivia & Quizzes 2:00 Rick Steve's Travels "European Festivals"	18 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Who, What, Where & Discussion 2:00 Travel Destination: "Going Batty In Borneo" 6:00 Friday Popcorn & Netflix Movie: The Mummy	19 9:00 Your Wellness Walk Indoor Program 10:15 Morning Coffee & Tea Social Barista Roza 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Saturday Night Cards Bridge & Cribbage
20 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Current Events 1:30 Haley's Journey To The Blue Zone "Singapore" 6:00 Sunday Night Cards Bridge & Cribbage	21 9:00 Your Wellness Walk Indoor Program 10:30 Keep Fit Exercises Instructor Brenda 11:00 The Power Of Positive Thinking Quotes 2:00 Autumn Happy Hour "Wine & Beer"	22 9:00 Your Wellness Walk Indoor Program 10:00 Clergy Appreciation Day "Rev. Danielle Key" 2:00 Birthday Party: Melly & The Fiddle Player 6:00 Tuesday Night Movie: We Bought A Zoo	23 9:00 Your Wellness Walk 10:30 Brenda Edmonds Show Rick Lauber 11:30 Signing "Caregiver's Guide For Canadians" 2:00 Garneau Hall Wheel Of Fortune Host Eric 5:00 Bavarian Theme Dinner	24 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Fit 4 Life Class 11:00 Roza's Brain Games 1:30 Evelyn's Roman Catholic Holy Communion 2:00 Halloween "Creative Pumpkin Carving"	25 9:00 Your Wellness Walk Indoor Program 10:30 Roza's Who, What, Where & Discussion 1:30 Kelsey's Krafty Korner "Mason Jar Luminaries" 6:00 Halloween Popcorn & Movie: Ghostbusters	26 9:00 Your Wellness Walk 9:30 Dr. Farhat's Clinic By Appointment Only 1:30 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 Bridge & Cribbage
27 9:00 Your Wellness Walk Indoor Program 11:00 Brenda's Coffee & Current Events 1:30 Haley's "Fun Halloween Trick's & Treat's" 6:00 Sunday Night Cards Bridge & Cribbage	28 9:00 Your Wellness Walk 10:30 Keep Fit Exercises Instructor Brenda 11:00 Train Your Brain With Mental Aerobics 11:00 Roza's October Bake Sale 2:00 Mystery Month "Author Agatha Christy"	29 9:00 Your Wellness Walk Indoor Program 10:30 Seated Yoga Class Instructor Brenda 11:00 Health Benefits Of Mediation For Seniors 1:30 Tuesday Afternoon "Bingo" Caller: Brenda	30 9:00 Your Wellness Walk Indoor Program 10:30 Brenda Edmonds Show Leslie's "Wishmakers" 2:00 Fun & Games Resident's v U of A Volunteer's 6:00 Halloween Bus Trip: "Grande Boulevard!"	31 9:00 EPL Book Exchange 10:00 Cambridge Daycare Halloween Party 11:45 The Road Kill Cafe! 1:30 Holy Communion 2:00 Halloween Party 6:00 Halloween Bingo!!! Callers: "Boo Crew"		