





# December 2024

## Active Living Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Your Wellness Walk Indoor Program <b>1</b></p> <p>11:00 Brenda's Coffee &amp; Fireside Chat</p> <p>2:00 Studio 6 "Children's Christmas Recital"</p> <p>6:00 Sunday Night Cards Bridge &amp; Cribbage</p>	<p>9:00 Your Wellness Walk <b>2</b></p> <p>10:30 Keep Fit Exercises Instructor Brenda</p> <p>11:00 Garneau Hall Joyful Jingers Choir Practice</p> <p>11:00 Roza's Bake Sale</p> <p>2:00 Snowflake Lounge "Happy Hour"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>3</b></p> <p>10:00 Coffee Talk Reverend Danielle Key</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>9:00 Your Wellness Walk Indoor Walk <b>4</b></p> <p>10:30 Fall Prevention Class Instructor Brenda</p> <p>11:00 Brenda's Current Events Today's News &amp; Views</p> <p>2:00 Stuart McLean's "Dave Cooks A Turkey!"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>5</b></p> <p>10:30 Roza's Fit 4 Life Class</p> <p>11:00 Roza's Brain Games</p> <p>1:00 Roman Catholic Mass "Father Varghese"</p> <p>1:30 St. Anthony's Church Christmas Tea</p>	<p>9:00 Your Wellness Walk Indoor Program <b>6</b></p> <p>10:00 Winter Travelogue: Montreux Switzerland</p> <p>1:00 Christmas Memories "Private Function"</p> <p>6:00 Friday Movie &amp; Popcorn: The Noel Dairy</p>	<p>9:00 Your Wellness Walk <b>7</b></p> <p>9:30 Dr. Farhat's Clinic By Appointment Only</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Bridge &amp; Cribbage</p>
<p>9:00 Your Wellness Walk Indoor Program <b>8</b></p> <p>11:00 Brenda's Coffee &amp; Fireside Chat</p> <p>1:00 Spirit Of Hope United Church "Bell Choir"</p> <p>6:00 Sunday Night Cards Bridge &amp; Cribbage</p>	<p>9:00 Your Wellness Walk Indoor Program <b>9</b></p> <p>10:30 Keep Fit Exercises Instructor Brenda</p> <p>11:00 Garneau Hall Joyful Jingers Choir Practice</p> <p>2:00 Brenda &amp; Brody's "Holiday Charades"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>10</b></p> <p>10:30 Seated Yoga Class Instructor Brenda</p> <p>11:00 Breathing &amp; Meditation Class "Breath Is Life"</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>9:00 Your Wellness Walk Indoor Program <b>11</b></p> <p>10:30 Fall Prevention Class Instructor Brenda</p> <p>11:00 Brenda's Current Events Today's News &amp; Views</p> <p>2:00 Garden For All Seasons "Butchart Gardens"</p>	<p>9:00 Your Wellness Walk <b>12</b></p> <p>10:15 Cambridge Daycare Reindeer Games</p> <p>11:30 Annual Christmas Party "Singer Terry Jordan"</p> <p>1:30 Holy Communion</p> <p>2:00 Roza's Christmas Songs "Music Bingo"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>13</b></p> <p>10:00 Roza's Bakers Club "Butter Cookies"</p> <p>1:30 National Cocoa Day! "Hot Chocolate Social"</p> <p>6:00 Friday Netflix Movie: Christmas As Usual</p>	<p>9:00 Your Wellness Walk Indoor Program <b>14</b></p> <p>10:30 Coffee &amp; Tea Social Barista Roza</p> <p>1:30 Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Bridge &amp; Cribbage</p>
<p>9:00 Your Wellness Walk Indoor Program <b>15</b></p> <p>11:00 Brenda's Coffee &amp; Fireside Chat</p> <p>1:30 Haley's Christmas Caroling &amp; Cookies</p> <p>6:00 Sunday Night Cards Bridge &amp; Cribbage</p>	<p>9:00 Your Wellness Walk Indoor Program <b>16</b></p> <p>11:00 Keep Fit Exercise Class Instructor Brenda</p> <p>2:00 Garneau Hall "Holiday Talent Show"</p> <p>5:45 Holiday Lights Tour "Candy Cane Lane"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>17</b></p> <p>10:00 Blue Christmas "Candlelight Service"</p> <p>10:30 Blue Christmas Tea Reverend Danielle Key</p> <p>1:30 Tuesday Afternoon "Bingo" Caller: Brenda</p>	<p>9:00 Your Wellness Walk Indoor Program <b>18</b></p> <p>10:30 Fall Prevention Class Instructor Brenda</p> <p>11:00 Christmas A Magical Time! Turkey Trivia</p> <p>2:00 Garneau Hall Wheel Of Fortune "Host Eric"</p>	<p>9:00 Today's National Ugly Holiday Sweater Day! <b>19</b></p> <p>10:30 Roza's Fit 4 Life Class</p> <p>11:00 Roza's Brain Games</p> <p>1:30 Evelyn's Roman Catholic Holy Communion</p> <p>2:00 Young at Heart Band "Christmas Show"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>20</b></p> <p>10:00 Christmas Painting Class Instructor Roza</p> <p>1:00 Supportive Living Staff Party "Private Function"</p> <p>6:00 Friday Movie: Every Christmas Has A Story</p>	<p>9:00 Your Wellness Walk Indoor Program <b>21</b></p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Saturday Night Cards Bridge &amp; Cribbage</p>
<p>9:00 Your Wellness Walk Indoor Program <b>22</b></p> <p>11:00 Brenda's Coffee &amp; Fireside Chat</p> <p>1:30 Tchaikovsky "The Nutcracker" Ballet</p> <p>6:00 Sunday Night Cards Bridge &amp; Cribbage</p>	<p>9:00 Your Wellness Walk Indoor Program <b>23</b></p> <p>10:00 Holiday Vendor: Pretty Jansai Clothing</p> <p>11:00 Holiday Workout With Brenda The Big Elf</p> <p>2:00 Mary Stinchcomb's "Holiday Favorites"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>24</b></p> <p>10:30 Elf-ercise Instructor Brenda The Big Elf</p> <p>1:30 Holiday "Bingo" Caller: Brenda The Big Elf</p> <p>4:00 Christmas Eve Communion Service</p>	<p><b>25</b></p> 	<p><b>26</b></p> 	<p>9:00 Edmonton Public Library Delivery Day <b>27</b></p> <p>10:30 Fit 4 Life Class</p> <p>11:00 Roza's Brain Games</p> <p>1:30 National "Christmas Fruit Cake &amp; Eggnog Day!"</p> <p>6:00 Friday Movie &amp; Popcorn: The Whole Nine Yards</p>	<p>9:00 Your Wellness Walk Indoor Program <b>28</b></p> <p>10:30 Coffee &amp; Tea Social</p> <p>1:30 Interdenominational Church Service</p> <p>2:30 Saturday Afternoon "Bingo" Caller: Roza</p> <p>6:00 Bridge &amp; Cribbage</p>
<p>9:00 Your Wellness Walk Indoor Program <b>29</b></p> <p>11:00 Brenda's Coffee &amp; Fireside Chat</p> <p>1:30 Happy New Year's Eve "Bingo" Caller: Haley</p> <p>6:00 Sunday Night Cards Bridge &amp; Cribbage</p>	<p>9:00 Your Wellness Walk Indoor Program <b>30</b></p> <p>10:30 Keep Fit Exercises Instructor Brenda</p> <p>11:00 Train Your Brain With Mental Aerobics</p> <p>1:30 December Birthday Party "Pianist Kanykei"</p>	<p>9:00 Your Wellness Walk Indoor Program <b>31</b></p> <p>10:00 Happy New Year! Reverend Danielle Key</p> <p>11:00 A Year In Review With Brenda Edmonds</p> <p>2:00 New Year's Eve "The Legendary Liberace"</p>	