

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>They shall grow not old, as we that are left grow old; Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning We will remember them.</p>	<p>Emotional Intellectual Physical Purposeful Social Spiritual</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 1 9:30 🚶 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:45 🍽️ Outing: Cochrane - Seafood Lunch at Schooners on First, Scenic Route Home 1:00 🎲 Canasta & Choice Games [Fireplace Lounge] 2:00 🎲 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 2 9:30 🚶 Shopping/Banking: South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🚶 Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 1:30 😊 Choir Practice [Chapel] 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]</p>	<p>TURN YOUR CLOCK BACK AN HOUR TONIGHT! 3 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 11:00 🗣️ VOXX Life Vendor [Lobby] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]</p>
<p>DID YOU TURN YOUR CLOCK BACK AN HOUR LAST NIGHT? 4 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 5 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🗣️ The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Book Club [Library] 1:15 🧠 Bridge Club [Games Room] 2:30 🗣️ Presentation: Ice Age Alberta with Cory Gross [Dining Room] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🎲 Horse Racing [Activity Room] 7:00 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 6 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🚶 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Nicholas Navos, Guitar/Vocals [Dining Room]</p>	<p>OLYMPIC PLEBISCITE VOTE 11am - 2pm Wellness Centre 7 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 10:30 🚶 Meet the Chef [Bistro] 11:00 🚶 Knitters for the Needy Sale [Lobby] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🎲 Laughter Yoga CHAPEL TODAY! [Chapel] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍷 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🎲 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 8 9:30 🚶 Outing: Military Museums FREE ADMISSION - 100th Anniversary of the end of WWI & National Aboriginals Veterans Day Presentations, Lunch to follow at Bella Roma's Restaurant & Pub 10:00 🧠 Health Education [Wild Rose Room] 1:00 🎲 Canasta & Choice Games [Fireplace Lounge] 1:00 🎲 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 9 9:30 🚶 Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc.... 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🚶 Outing: Grandfriends Program at Prince Of Whales School 10:15 ☀️ Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 1:00 🚶 Outing: Country Drive 1:30 😊 Choir Practice [Chapel] 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 10 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]</p>
<p>Remembrance Day 11 9:30 ☀️ Catholic Service [Chapel] 10:30 🚶 Remembrance Day Service [Dining Room] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]</p>	<p>Staff Lieu Day for Remembrance Day 12 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 7:00 🧠 Scrabble [Fireplace Lounge]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 13 9:30 🗣️ Hearing Aid Clinic - By Appointment Only [Library] 10:00 🗣️ Coffee & Treats with MLA Richard Gotfried [Bistro] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🚶 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Roli Mack with his Chapman Stick [Dining Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 14 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🎲 Laughter Yoga [Wellness Centre] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍷 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🎲 Cribbage [Games Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 15 9:30 🚶 Outing: Century Downs Casino OR Shopping at Cross Iron Mills 10:00 🧠 Health Education [Wild Rose Room] 1:00 🎲 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]</p>	<p>9:00 🌿 Daily Fit [Wellness Centre] 16 9:30 🚶 Shopping/Banking: Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🚶 Outing: Grandfriends Program at Prince Of Whales School 11:15 🍽️ Outing: Atco Blue Flame Kitchen Lunch & Learn 1:00 🧠 Bingo [Activity Room] 1:30 😊 Choir Practice [Chapel] 2:00 🚶 Outing: Saskatoon Berry Farm Shopping & Dessert 3:00 🍷 Happy Hour [Bistro] 6:30 🎲 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]</p>	<p>9:00 🌿 Weekend Exercises [Wellness Centre] 17 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	19 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🎭 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 7:00 🧠 Scrabble [Fireplace Lounge]	20 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 11:00 🛍️ 5th Avenue Jewelry Vendor [Lobby] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Boyd Nichols, Keyboard & Vocals [Dining Room]	21 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 💎 Executive Jewels - Vendor [Lobby] 10:00 🏓 Ping Pong [Wellness Centre] 12:00 🍷 Men's Luncheon [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🧠 Laughter Yoga [Wellness Centre] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍷 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🧠 Cribbage [Games Room]	22 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛍️ Shopping: London Drugs, Winners, Home Sense or Dollar Tree 10:00 🧠 Health Education [Wild Rose Room] 11:15 🍷 Outing: Bragg Creek - Lunch at the Korner Kitchen 1:00 🧠 Canasta & Choice Games [Fireplace Lounge] 1:00 🧠 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 2:30 🛍️ Shopping/Banking: Southland Walmart & BMO 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	23 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛍️ Shopping/Banking: South Centre or Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🛍️ Shopping/Banking: Deer Run, Shopper's Drug Mart, Wal-mart, Co-op, RBC, CIBC etc..... 1:30 😊 Choir Practice [Chapel] 3:00 🍷 Happy Hour [Bistro] 6:30 🧠 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	24 9:00 🌿 Weekend Exercises [Wellness Centre] 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]
25 9:30 ☀️ Catholic Service [Chapel] 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	26 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 1:30 😊 Movie Matinee with Shelagh [Wild Rose Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 7:00 🧠 Scrabble [Fireplace Lounge]	27 9:00 🌿 Daily Fit [Wellness Centre] 9:00 🛍️ Resident Council Meeting [Private Dining Room] 10:00 🌿 Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:00 🧠 Ukulele Group #1 [Wellness Centre] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:45 🧠 Ukulele Group #2 [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Entertainment Night - Canadian Multicultural Choir [Dining Room]	28 9:00 🌿 Daily Fit [Wellness Centre] 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🏓 Ping Pong [Wellness Centre] 10:30 🗣️ Resident Discussion [Dining Room] 12:00 🗣️ Resident Birthday Lunch by Invite Only [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Laughter Yoga [Wellness Centre] 2:00 🎨 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍷 Tasty Tea [Bistro] 3:30 😊 Piano Prelude [Dining Room] 6:30 🧠 Cribbage [Games Room]	29 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛍️ Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 11:15 🍷 Outing: SAIT's Highwood Dining Room Buffet 1:00 🧠 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	30 9:00 🌿 Daily Fit [Wellness Centre] 9:30 🛍️ Shopping/Banking: Shawnessy Wal-mart, Michaels, BMO, Nygard etc... 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🛍️ Outing: Grandfriends Program at Prince Of Whales School 1:00 🧠 Bingo [Activity Room] 1:00 🍷 Outing: Spruce Meadows Christmas Market 1:30 😊 Choir Practice [Chapel] 3:00 🍷 Happy Hour [Bistro] 6:30 🧠 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	<div>LIVING LOVING LOCAL</div> <div>WINTER SQUASH</div>

Tidbits

Flower of the Month – Chrysanthemum
Birthstone – Yellow Topaz
What's Lucky in November
Lucky Color: Dark Red
Lucky Number: 2
Lucky Animal: Turkey
Lucky Letters: E and T
Lucky Days: Monday and Friday

OUTINGS

1st - Cochrane for Seafood Lunch at Schooners, Scenic Drive Home
8th - 100th Anniversary of the End of WWI - Military Museums, Lunch at Bella Roma's
9th - Country Drive
15th - Century Casino & Cross Iron Mills
16th - Atco Blue Flame Kitchen for Lunch
16th - Saskatoon Berry Farm
22nd - Bragg Creek - Lunch at the Korner Kitchen
29th - SAIT's Highwood Dining Room - Buffet Lunch

Special Days

Daylight Saving Time Ends November 4
Remembrance Day November 11

Go4Life.

Be active
4 ways
everyday!



from the
National Institute on Aging at NIH