

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		National Senior's Day Verve's Active Aging Week 1 10:00 🛒 Pop-Up Shopping Event (10 am - 2 pm) [B] 1:00 😊 Al-Anon Meeting [T] 1:00 😊 Decorating for Thanksgiving [B] 1:30 🚌 Save-On-Foods Shuttle [BO] 1:45 🚌 Walmart Shuttle [BO] 3:30 🍹 Smoothie Bar 6:15 🎨 Paint & Coloring Night with Kim [CK]	Verve's Active Aging Week 2 8:00 🎨 Heritage Art Group [CK] 10:00 🎤 Sing For Your Life [T] 10:45 🛒 Paynter's Market Here! [B] 1:00 🗣️ Food & Recreation Meeting: serving fresh squeezed juice! [T] 1:00 🎵 Java Music & Bailey's [CK] 1:30 🚶 Go4Life Pool Walking [P] 2:00 🎲 \$"Quarter Bingo" [CK] 6:15 🗣️ Bridge Club [L] 6:30 🎬 Film: Our Planet 3 of 8 [T]	Verve's Active Aging Week 3 10:15 🚶 Zumba Gold Fitness Class [T] 11:45 🚌 \$ Lunch Outing to Shannon Lake Golf Course [BO] 1:00 🚶 Osteofit -everyone invited [T] 2:30 🛒 Happy Hour with Valley Gentlemen [B] 6:30 🎵 Dancing with Shaz & Michael! [B]	Fire Drill - see poster Verve's Active Aging Week 4 8:00 🎨 Painting Group [CK] 9:30 🚶 Advanced Aquafit [P] 10:00 🎲 Roll-O-Trump Game [TL] 1:30 🗣️ Canasta Game [T] 1:30 🚶 Go4Life Pool Walking [P] 2:00 🗣️ Trivia Game with Guests from Smith Creek [B] 4:30 🍷 LLL Dinner Featuring Apples [DR] 6:30 🎬 Netflix Series: The Crown (Season 1 Episode 4) [T]	Verve's Active Aging Week 5 9:30 🚶 Go4Life Walking Club - Resident Run [B] 10:00 🎵 Coffee & Convo with Kim [B] 11:30 🚌 Lunch Outing celebrating Oktoberfest: Gasthaus on the Lake *sign up* [BO] 6:30 😊 Movie Night! The Best Exotic Marigold Hotel [T]	
	Verve's Active Aging Week 6 11:30 ☀️ Catholic Communion [L] 3:00 🎵 Resident Run Social [CK]	Verve's Active Aging Week 7 9:30 🚶 Advanced Aquafit [P] 1:00 🚶 Osteofit [T] 1:30 🚶 Go4Life Pool Walking [P] 2:30 🛒 Special Live Entertainment "British Invasion Show" [B] 3:30 🗣️ Connect Hearing Clinic [B] 7:00 🎲 Bingo! [CK]	8 10:00 🚌 Save-On-Foods Shuttle [BO] 10:15 🚌 Walmart Shuttle [BO] 10:30 ☀️ Catholic Mass [L] 1:00 😊 Al-Anon Meeting [T] 2:00 ☀️ Meet Me At The MOMA Art Program - painting [CK] 6:15 ☀️ Gospel Music with The Masters Three [B]	9 8:00 🎨 Heritage Art Group [CK] 10:00 🛒 Fifth Avenue Jewelry 10 am - 3 pm [B] 10:00 🎤 Sing For Your Life [T] 10:45 🛒 Paynter's Market Here! [B] 1:00 🎵 Java Music & Bailey's [CK] 1:30 🚶 Go4Life Pool Walking [P] 2:00 🎲 \$"Quarter Bingo" [CK] 6:15 🗣️ Bridge Club [L] 6:30 🎬 Film: Our Planet 4 of 8 [T]	10 9:45 🚶 Go4Life Walking Club: bus outing *sign up* [BO] 10:00 🗣️ Happy Hookers Meeting [CK] 1:00 🚶 Osteofit -everyone invited [T] 2:30 🛒 Happy Hour with Elaine B. [B] 6:15 🎵 "Everyone Has A Story" - scrapbooking & story sharing with Kim [CK]	11 8:00 🎨 Painting Group [CK] 9:30 🚶 Advanced Aquafit [P] 10:30 🚶 Zumba Gold with Aicha [T] 1:30 🗣️ Canasta Game [T] 1:30 🚶 Go4Life Pool Walking [P] 6:30 🎬 Netflix Series: The Crown (Season 1 Episode 5) [T]	12 9:30 🚶 Go4Life Walking Club - Resident Run [B] 10:00 🗣️ Apple Pie Making (& tasting)! [CK] 1:30 🗣️ Crafting with Kim (Thanksgiving & Gratitude) [CK] 6:30 😊 Movie Night! The Adventures of Robin Hood [T]
	13 11:30 ☀️ Catholic Communion [L] 3:00 🎵 Resident Run Social [CK]	Thanksgiving 14 9:30 🚶 Advanced Aquafit [P] 1:30 🚶 Go4Life Pool Walking [P] 7:00 🎲 Bingo! [CK]	15 10:00 🚌 Save-On-Foods Shuttle [BO] 10:15 🚌 Walmart Shuttle [BO] 1:00 😊 Al-Anon Meeting [T] 2:00 🗣️ MOMA Art Program - power point & sip on cider [BO] 6:15 🚶 Roll-O-Trump Game [TL]	16 8:00 🎨 Heritage Art Group [CK] 10:00 🎤 Sing For Your Life [T] 10:45 🛒 Paynter's Market Here! [B] 1:00 🎵 Java Music & Bailey's [CK] 1:30 🚶 Go4Life Pool Walking [P] 2:00 🎲 \$"Quarter Bingo" [CK] 6:15 🗣️ Bridge Club [L] 6:30 🎵 Dancing with Shaz & Michael [B]	17 9:45 🚶 Go4Life Walking Club: bus outing *sign up* [BO] 1:00 🚶 Osteofit -everyone invited [T] 2:30 🛒 Happy Hour with Vic [B] 6:15 🗣️ Board Games [T]	18 8:00 🎨 Painting Group [CK] 9:30 🚶 Advanced Aquafit [P] 10:30 🚶 Zumba Gold with Aicha [T] 1:00 🚌 \$ Okanagan Symphony - Open Dress *sign up* [BO] 1:30 🗣️ Canasta Game [T] 1:30 🚶 Go4Life Pool Walking [P] 6:30 🎬 Netflix Series: The Crown (Season 1 Episode 6) [T]	19 9:30 🚶 Go4Life Walking Club - Resident Run [B] 10:15 🎵 News & Views: conversation & coffee group [CK] 1:00 🗣️ Shopping to Value Village [BO] 6:30 😊 Movie Night! [T]

Created on Tuesday, October 1, 2019 8:47 AM