



INSPIRED
SENIOR LIVING

September 2024

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go4Life Walking (LOB) 1 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sunday Church Service with Reverend Bacon (AR) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	9:00 Go4Life Walking (LOB) 2 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Healthy Brain Challenge Starts - Participate & Win Prizes (AR) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR) 3:30 Armchair Travel with Rick Steves (AR)	9:00 Men's Coffee Group (L) 3 9:00 Guided Walk - Meet in Lobby (OUT) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) 4 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (BIS) 2:30 Paint with Kim Mckenna, Local Artist - Sign Up (AR) 6:00 Evening Board Games (L)	9:00 Go4Life Walking (LOB) 5 1:30 Bible Study - (AR) 2:00 Living Loving Local - Baking with PEARS (CK) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR)	9:00 Go4Life Walking (LOB) 6 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music with Sam (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) 7 2:00 Bingo! (AR) 3:00 Independent MLA: Dr. Roger Harrington Presentation with Refreshments (L) 6:00 Evening Board Games (L)
8:00 National Grandparents Day! (C) 8 9:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	9:00 Go4Life Walking (LOB) 9 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Alzheimer's Webinar - What Is It, How to Prevent It (AR) 11:00 Avon with Sharon (L) 1:30 Shopping Shuttle *Sign Up (LOB) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR) 3:30 Move Safely Class: Easy Exercises to Improve Balance (AR)	9:00 Men's Coffee Group (L) 10 9:00 Guided Walk - Meet in Lobby (OUT) 10:30 Fit Minds (AR) 1:30 Yearning for Yarn Club (L) 2:00 Resident Forum with Managers (AR) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) 11 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 2:00 Be Vibrant: National Chocolate Milkshake Day! (CK) 2:00 Bingo! (AR) 2:30 Meditation and Colouring (BIS) 3:15 Meet me at the Moma (AR) 6:00 Evening Board Games (L)	9:00 Go4Life Walking (LOB) 12 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - (AR) 2:00 Baking in the Country Kitchen (C) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR)	9:00 Go4Life Walking (LOB) 13 9:00 Personal Touch Fashions Sale (L) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music with Kyle Anderson (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) 14 2:00 Bingo! (AR) 3:30 Armchair Travel with Rick Steves (AR) 6:00 Evening Board Games (L)
9:30 Go4Life Walking (LOB) 15 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	9:00 Go4Life Walking (LOB) 16 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Alzheimer's Society Presentation: An Introduction to Brain Health (AR) 1:30 Scenic Drive * Sign Up (LOB) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR) 3:30 Move Safely Class: Easy Exercises to Improve Balance (AR)	9:00 Men's Coffee Group (L) 17 9:00 Guided Walk - Meet in Lobby (OUT) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) 18 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 2:30 Meditation and Colouring (BIS) 3:15 Meet me at the Moma (AR) 6:00 Evening Board Games (L)	9:00 Go4Life Walking (LOB) 19 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - (BIS) 2:00 Food Forum with Dining Team (AR) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR)	9:00 Go4Life Walking (LOB) 20 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music with Yvonne and James (L) 3:00 Happy Hour in the Bistro (BIS)	9:00 Go4Life Walking (LOB) 21 1:00 Open House! Sunset on Summer Party (BW) 6:00 Evening Board Games (L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Go4Life Walking (LOB) 22 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	8:30 Be Vibrant: National Innergize Day (AR) 23 9:00 Go4Life Walking (LOB) 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Learn the Practice of Meditation (AR) 1:30 Scenic Drive * Sign Up (LOB) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR) 3:30 Move Safely Class: Easy Exercises to Improve Balance (AR)	9:00 Men's Coffee Group (L) 24 9:00 Guided Walk - Meet in Lobby (OUT) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	9:00 Go4Life Walking (LOB) 25 9:00 Hearing Life (BIS) 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 2:30 Meditation and Colouring (BIS) 3:15 Meet me at the Moma (AR) 6:00 Evening Board Games (L)	9:00 Go4Life Walking (LOB) 26 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - (AR) 2:00 Baking in the Country Kitchen (C) 2:00 Church Knitting Group (residents are welcome to join!) (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 4:30 Cocktails, Formal Dinner and Dance - Black Tie - Surf & Turf - Featuring Music by Sam (DR)	9:00 Go4Life Walking (LOB) 27 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music and Cupcakes with Gillian Russell (L) 3:00 Happy Hour in the Bistro: Octoberfest! (BIS)	9:00 Go4Life Walking (LOB) 28 2:00 Bingo! (AR) 3:30 Armchair Travel with Rick Steves (AR) 6:00 Evening Board Games (L)
9:30 Go4Life Walking (LOB) 29 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Recorded Hymn Sing (AR) 6:30 Sunday Night Movie (LOB)	8:00 Truth & Reconciliation Day: Wear Your Orange Shirt! (AR) 30 9:00 Go4Life Walking (LOB) 2:30 Documentary: For Love, An Indigenous Series About Canada & Residential Schools (L)		 SUNDAY SEPT 1 World Alzheimer's Month		 SUNDAY SEPT 8 Grandparent's Day	
<u>Calendar Legend</u> Outing Special Program Living, Loving, Local Signature Program	 MONDAY SEPT 30 Day for Truth and Reconciliation				<u>Locations Legend</u> Skaha Activity Room (AR) Piano Lounge (L) Lobby (LOB) Bistro (BIS) Out front (OUT) Community (C) Country Kitchen (CK) Building Wide (BW) Dining Room (DR)	