



INSPIRED
SENIOR LIVING

December 2024

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Go4Life Walking (LOB) 1 9:00 Elf on a Shelf Starts! (BW) 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Gospel Song Recordings (AR) 6:30 Sunday Night Movie (LOB)	8:30 Go4Life Walking (LOB) 2 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Move Safely Class: Easy Exercises to Improve Balance (AR) 2:00 Crokinole, Bridge, Crib - Afternoon Games (L) 2:30 Artful Enrichment - Make Window Snowflakes (AR)	8:30 Go4Life Walking (LOB) 3 9:00 Men's Coffee Group (L) 9:30 New Day: Drumfit (AR) 10:00 5th Avenue Jewelry Sale (L) 10:30 Fit Minds (AR) 2:00 Food & Resident Forum with Managers (AR) 2:30 Yearning for Yarn Club (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	8:30 Go4Life Walking (LOB) 4 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 1:30 Bingo! (AR) 2:00 Bethel Church Choir Norm Friesen (L) 3:15 Meet me at the Moma (AR) 6:00 Evening Board Games (L)	8:30 Go4Life Walking (LOB) 5 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - Study of Job (AR) 1:30 Living, Loving, Local - Baking with Cranberries (C) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR)	8:30 Go4Life Walking (LOB) 6 9:30 New Day: Chair Fitness (CanfitPro) (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music with Cloud 9 (L) 3:00 Happy Hour in the Lounge (L)	8:30 Go4Life Walking (LOB) 7 10:00 Manicures - Self-Directed Only (AR) 1:30 Holiday Decorating Party! (BW) 2:00 Bingo! (AR) 6:00 Evening Board Games (L)
8:30 Go4Life Walking (LOB) 8 9:00 Door Decorating Starts! (BW) 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:00 Sports in the Bistro (BIS) 3:00 Gospel Song Recordings (AR) 6:30 Sunday Night Movie (LOB)	8:30 Go4Life Walking (LOB) 9 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Learn the Practice of Meditation (AR) 1:30 Shopping Shuttle *Sign Up (LOB) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR)	8:30 Go4Life Walking (LOB) 10 9:00 Men's Coffee Group (L) 9:30 New Day: Drumfit (AR) 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)	8:30 Go4Life Walking (LOB) 11 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:15 Meet me at the Moma (AR) 6:00 Evening Board Games (L)	8:30 Go4Life Walking (LOB) 12 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - Study of Job (AR) 2:30 Time Change: Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 4:30 Holiday Gala Dinner & Dance (L)	8:00 12 Days of Holidays! Wish Tree (BW) 13 8:30 Go4Life Walking (LOB) 9:30 New Day: Chair Fitness (CanfitPro) (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Music with The Organic Humans (L) 3:00 Holiday Cheer in the Lounge (L) 3:00 Door Decorating Contest Winners Announcement (L)	8:00 12 Days of Holidays! Gingerbread Houses (BW) 14 8:30 Go4Life Walking (LOB) 9:30 Make a Gingerbread House in Teams of 2-3: Sign Up (AR) 2:00 Bingo! (AR) 3:30 New: Book Talk with Colleen Erzinger (AR) 6:00 Evening Board Games (L)
8:00 12 Days of Holidays! - Pajamas & Movies (BW) 15 8:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 2:00 Yearning for Yarn Club (L) 2:30 Christmas Movie Extravaganza: Wear Your Coziest PJs (L) 3:00 Gospel Song Recordings (AR)	8:00 12 Days of Holidays! Christmas Wines (BW) 16 8:30 Go4Life Walking (LOB) 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Learn the Practice of Meditation (AR) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR) 2:00 Outing: Private Wine Tasting at Silver Sage Winery - Sign Up (LOB)	8:00 12 Days of Holidays! Name That Christmas Cookie (BW) 17 8:30 Go4Life Walking (LOB) 9:00 Men's Coffee Group - Guess the Cookie (L) 9:30 New Day: Drumfit (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club: Sing Carols (AR) 2:00 Yearning for Yarn Club - Guess the Cookie (L) 3:30 Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 6:00 Rockin Robbie the DJ (L)	8:00 12 Days of Holidays! Christmas Memories (BW) 18 8:30 Go4Life Walking (LOB) 9:00 Hearing Life (BIS) 9:30 Chair Fitness (CanfitPro) (AR) 10:30 Roll O' Trump (AR) 1:30 Holiday Outing at Brian's House (OUT) 2:00 Bingo! (AR) 3:15 Christmas Memories Game (L) 6:00 Evening Board Games (L)	8:00 12 Days of Holidays! White Hot Chocolate To-Go! (BW) 19 8:30 Go4Life Walking (LOB) 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - Study of Job (AR) 2:30 Time Change: Chair Yoga - Develop Balance, Flexibility and De-Stress! (AR) 3:00 Christmas Hampers For Seniors in Need: Special Delivery! (OUT)	8:00 12 Days of Holidays! Pictures With Santa (BW) 20 8:30 Go4Life Walking (LOB) 9:30 New Day: Chair Fitness (CanfitPro) (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Holiday Trivia (AR) 2:00 Name That Tune Holiday Singalong (L) 3:00 Holiday Cheer in the Lounge (L)	8:00 12 Days of Holidays! Ugly Sweater Day (BW) 21 8:30 Go4Life Walking (LOB) 10:00 Manicures - Self-Directed Only (AR) 2:00 Bingo! (AR) 6:00 Evening Board Games (L)



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The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 12 Days of Holidays! Treat Bags (BW) 22 8:30 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 Gospel Song Recordings (AR) 6:30 Sunday Night Movie (LOB)	8:00 12 Days of Holidays! Games (BW) 23 8:30 Go4Life Walking (LOB) 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 1:30 Games Day! Board Games, Trivia, Shuffleboard and More! Snacks Served (L)	8:00 12 Days of Holidays! Cookies & Milk for Santa (BW) 24 8:30 Go4Life Walking (LOB) 9:00 Festive Coffee Social - Bailey's & Treats (L) 10:30 Fit Minds (AR) 2:00 Yearning for Yarn Club (L) 4:30 Christmas Eve Dinner (DR) 6:00 Rockin Robbie the DJ - Christmas Edition! (L)	8:00 Christmas Day (BW) 25 8:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 11:30 Christmas Day Turkey Lunch With All the Fixins'! (DR) 2:00 Bingo! (AR) 6:00 Holiday Movie (L)	8:00 Boxing Day (BW) 26 8:30 Go4Life Walking (LOB) 9:00 I Love Lucy TV Marathon (L) 1:30 Bible Study - Study of Job (AR) 2:00 Meditation & Colouring (AR) 6:30 The 80's Ladies in Concert!! (L)	8:30 Go4Life Walking (LOB) 27 9:30 New Day: Chair Fitness (CanfitPro) (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 2:00 Birthday Party & Music with Kyle Anderson (L) 3:00 Holiday Cheer in the Lounge (L)	8:30 Go4Life Walking (LOB) 28 10:00 Manicures - Self-Directed Only (AR) 2:00 Bingo! (AR) 3:30 Armchair Travel with Rick Steves (AR) 6:00 Evening Board Games (L)

8:30 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 Gospel Song Recordings (AR) 6:30 Sunday Night Movie (LOB)
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8:30 Go4Life Walking (LOB) 30 9:30 Chair Fitness (CanfitPro) (AR) 10:00 Coffee & Conversation (L) 10:30 Learn the Practice of Meditation (AR) 2:00 Crokinole, Bridge, Crib - Afternoon Games (AR)

8:30 Go4Life Walking (LOB) 31 9:00 Men's Coffee Group (L) 9:30 New Day: Drumfit (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 New Year's Eve Party! Featuring Music with Sam (L)
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WEDNESDAY
DEC
25

Christmas Day

SATURDAY
DEC
7

Tree Dressing Day

Calendar Legend

Outing

Special Program

Living, Loving, Local

Signature Program

WEDNESDAY
DEC
25

Hanukkah

Be joyful

Locations Legend

Skaha Activity Room (AR)

Piano Lounge (L)

Lobby (LOB)

Building Wide (BW)

Bistro (BIS)

Out front (OUT)

Dining Room (DR)

Community (C)