



INSPIRED
SENIOR LIVING

October 2026

The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 Breast Cancer Awareness Month		 Thanksgiving		National Coffee Day 1 8:30 Go4Life Walking (LOB) 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 3:00 🍪 Coffee & chat with City Councillor Ryan Graham (L) 3:00 Gentle Chair Yoga by Manpreet (AR) 3:30 Travel Vlog: Egypt Yesterday & Today (AR)	Breast Cancer Awareness Month : Wear Pink! (BW) 2 Living Loving Local 8:30 Go4Life Walking (LOB) 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 🎵 Friday Music : Sing Along with the Young Heart Singers (L) 3:00 Paralyzer Happy Hour Alert! 🍷🍷 (L)	8:30 Go4Life Walking (LOB) 3 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:15 Nails by Manpreet (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 6:00 Evening Game Night (L)
National Cinnamon Bun Day 4 8:30 Go4Life Walking (LOB) 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Shuffleboard Bowling (L) 6:30 Sunday Night Movie: 9 to 5 (LOB)	8:30 Go4Life Walking (LOB) 5 9:30 Chair Fitness Exercise via Video (AR) 10:00 5th Avenue Jewellery 10 am - 2 pm (L) 12:30 Puzzle Time (L) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma (AR) 6:00 Euchre (Card Game) (AR)	8:30 Go4Life Walking (LOB) 6 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 1:30 Java Music Club – Where Songs Bring Us Together (AR) 2:00 Yearning for Yarn Club (L) 2:30 Wine & Cheese Event (\$\$) (L) 6:00 NEW - Mexican Dominos (AR)	8:30 Go4Life Walking (LOB) 7 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:00 Storytelling & Chat w/ Colleen (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 8 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 3:00 Gentle Chair Yoga by Manpreet (AR) 3:30 Travel Vlog: Burgundy: Gourmet Barge Cruise by Rick (AR)	8:30 Go4Life Walking (LOB) 9 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Thanksgiving Turkey Buffet (BAC) 2:00 Music with Kyle Anderson (L) 3:00 Happy Hour! 🎵 "Sip, Sip, Hooray!" 🎵 (L)	8:30 Go4Life Walking (LOB) 10 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:15 Join us for a Pumpkin Spice Social filled with warm treats, cozy conversation, and plenty of autumn fun. (CK) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 11:30 Hearing Life (Sign up required) (AR) 2:00 Bingo! (AR) 6:00 Evening Game Night (L)
8:30 Go4Life Walking (LOB) 11 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Yahtzee (AR) 6:30 Sunday Night Movie: Two Weeks Notice (LOB)	Happy Thanksgiving! (BW) 12 ❤️ Share Your Gratitude - Leave a Message on the Thanksgiving Wreath (L) 8:30 Go4Life Walking (LOB) 12:30 Puzzle Time (L) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 6:00 Euchre (Card Game) (AR)	8:30 Go4Life Walking (LOB) 13 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 1:30 Java Music Club – Where Songs Bring Us Together (AR) 2:00 Resident Forum with Managers (AR) 2:30 Yearning for Yarn Club (L) 3:00 Afternoon Games - Ring Toss (AR) 6:00 NEW - Mexican Dominos (AR)	8:30 Go4Life Walking (LOB) 14 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 11:30 Lunch Outing: Wild Ginger (C) 2:00 Bingo! (AR) 3:00 Storytelling & Chat w/ Colleen (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 15 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 3:00 Gentle Chair Yoga by Manpreet (AR) 3:30 Travel Vlog: Iceland by Rick (AR)	8:30 Go4Life Walking (LOB) 16 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 Birthday Party and Music with Mat Duffus (L) 3:00 Fall is calling... and it brought cider! 🍏🍁 Join us for a Cider Maple Smash Happy Hour (L)	8:30 Go4Life Walking (LOB) 17 9:30 Gentle Stretch Exercise w/ Manpreet (AR) 10:15 Nails by Manpreet (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 6:00 Evening Game Night (L)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 Go4Life Walking (LOB) 18 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Horse Racing (AR) 6:30 Sunday Night Movie: Hanging Up (LOB)	8:30 Go4Life Walking (LOB) 19 9:30 Chair Fitness Exercise via Video (AR) 12:30 Puzzle Time (L) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Meet me at the Moma - Frankenstein Halloween Pots (AR) 6:00 Euchre (Card Game) (AR)	8:30 Go4Life Walking (LOB) 20 9:00 Men's Coffee Group (L) 10:30 Fit Minds (AR) 1:30 Java Music Club – Where Songs Bring Us Together (AR) 1:30 Outing to Keremeos for Pumpkins (OUTI) 2:00 Yearning for Yarn Club (L) 6:00 NEW - Mexican Dominos (AR)	8:30 Go4Life Walking (LOB) 21 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:00 Storytelling & Chat w/ Colleen (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 22 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 3:00 Gentle Chair Yoga by Manpreet (AR) 3:30 Travel Vlog: Andalucia: The Best of Southern Spain (AR)	8:30 Go4Life Walking (LOB) 23 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 The Amazing Todsky-Comedy Magic Show (L) 3:00 Happy Hour! 🎵 "Sip, Sip, Hooray!" 🎵 (L)	8:30 Go4Life Walking (LOB) 24 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 6:00 Evening Game Night (L)
8:30 Go4Life Walking (LOB) 25 10:30 Roll O' Trump (AR) 1:45 Gospel Song Recordings (AR) 2:00 Yearning for Yarn Club (L) 3:00 Sunday Funday - Kings In The Corner (Card Game) (AR) 6:30 Sunday Night Movie: Postcards from the Edge (LOB)	National Pumpkin Day 26 8:30 Go4Life Walking (LOB) 9:30 Chair Fitness Exercise via Video (AR) 12:30 Puzzle Time (L) 1:30 Afternoon Games - Crokinole, Uno, Crib, Jenga, etc. (L) 2:00 Pumpkin Painting (AR) 6:00 Euchre (Card Game) (AR)	Flu Clinic in Activity Room 27 8:30 Go4Life Walking (LOB) 9:00 Men's Coffee Group (L) 10:30 Fit Minds (BIS) 1:00 Who am I ? Booklet (HWY) 2:00 Yearning for Yarn Club (L) 6:00 NEW - Mexican Dominos (AR)	8:30 Go4Life Walking (LOB) 28 9:30 Gentle Stretch Excercise w/ Manpreet (AR) 10:30 Roll O' Trump (AR) 2:00 Bingo! (AR) 3:00 Storytelling & Chat w/ Colleen (AR) 6:00 Evening Game Night (L)	8:30 Go4Life Walking (LOB) 29 9:00 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study (AR) 2:00 Shuffleboard! (L) 2:00 Coffee & Chat Session with Staff (BIS) 3:00 Gentle Chair Yoga by Manpreet (AR) 3:30 Travel Vlog: Best of the Alps by Rick (AR) 6:00 Shirley G: Still Rockin'! (L)	Happy Halloween! Spooky Party (L) 30 8:30 Go4Life Walking (LOB) 9:30 Drumfit Cardio (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games: Jeopardy (AR) 11:30 Friday Mingle Lunch (BAC) 2:00 🎃 🎵 Halloween Party & Music with Sam 🎵 (L)	8:30 Go4Life Walking (LOB) 31 10:00 Gentle Stretch Excercise w/ Manpreet (AR) 10:00 Puzzle Time (L) 10:30 Activity Booklet (Word Search & Crossword) (HWY) 2:00 Bingo! (AR) 6:00 Evening Game Night (L)



Be Colourful

Calendar Legend

Outing
Special Program
Cruise Week
Living, Loving, Local
Signature Program

Locations Legend

Skaha Activity Room (AR)
Piano Lounge (L)
Lobby (LOB)
Hallway (HWY)
Back Courtyard (BAC)
Building Wide (BW)
Bistro (BIS)
Country Kitchen (CK)
Community (C)
outing (OUTI)