
























































































OCTOBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1  11am: Imagination Circle  1pm: Program Preview  3pm: Unusual Jobs  4:30pm: Where in the World?	2  9:30am: Mystery Chronicles  11am: Who Why When  1pm: Coffee Chat  3pm: Exercise	3  9:30am: Gratitude  11am: Trivia  1pm: Next Stop: France  3pm: Worldviews	4  9:30am: Albertan Musicians Hour  11am: Chair Yoga  1pm: Writing for Fun  3pm: Weird and Wonderful
7  9:30am: Nostalgia Moment  11am: Exercise  1pm: The Big Picture  3pm: Sunshine Sketches Pt. 1	8  11am: Mindfulness with Carol  1pm: History Of...  3pm: Readers' Corner	9  9:30am: Crime & Justice  11am: Let's Talk About  1pm: North American Battles  3pm: Exercise	10 <p style="text-align: center;">No Morning Programs</p>  3pm: Animal Spotlight	11  9:30am: Thanksgiving Music Hour  11am: Exercise  1pm: Coffee Chat  3pm: In the Headlines
14 <p style="text-align: center;">Happy Thanksgiving</p> 	15  11am: Imagination Circle  1pm: Science Savvy  3pm: Nutrition for Bone Health  4:30pm: Don't Quote Me	16  9:30am: From John to Justin  11am: EPL Presents!  1pm: Coffee Chat  3pm: Exercise	17  9:30am: Gratitude  11am: Funny Bone  1pm: For Your Body  3pm: Working Through Grief	18  9:30am: Songs of Faith Hour  11am: Exercise  1pm: Writing for Fun  3pm: Doctors Without Borders
21  9:30am: Ponder This  11am: Exercise  1pm: Canadian Institutions  3pm: Sunshine Sketches Pt. 2	22  11am: Mindfulness  1pm: Let's Talk About  3pm: Ask a Farmer Podcast	23  9:30am: Some Good News  11am: Would You Rather?  1pm: Picture This  1pm: Finding Your Joy  3pm: Exercise	24  9:30am: Gratitude  11am: Global Events  1pm: Art Appreciation  3pm: In the Headlines  4:30pm: Dinner Theatre	25  9:30am: All Request Music Hour  11am: Exercise  1pm: Coffee Chat  3pm: BINGO
28  9:30am: In the Headlines  11am: Exercise  1pm: Person, Place or Thing  3pm: Sunshine Sketches Pt. 3	29  11am: Music Meditation  1pm: Let's Talk About  3pm: Alfred Hitchcock  4:30pm: Brain Games	30  9:30am: Halloween Music  11am: Sleepy Hollow Pt. 1  1pm: Unusual Jobs  1pm: Finding Your Joy  3pm: Exercise	31  9:30am: Gratitude  11am: Sleepy Hollow Pt. 2  1pm: Weird and Wonderful  3pm: Coffee Chat	<p>To join by phone, call: 1-855-703-8985</p> <p>Enter Meeting ID: 225-573-6467#</p>

NOVEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 Enter meeting ID: 225-573-6467#</p>				<p>1</p> <ul style="list-style-type: none"> 😊 9:30am: Acapella Music Hour 🍏 11am: Chair Yoga 😊 1pm: Writing for Fun 🧠 3pm: Norman Kwong
<p>4</p> <ul style="list-style-type: none"> 🗨️ 9:30am: Nostalgia Moment 🍏 11am: Exercise 🗨️ 1pm: The Big Picture 😊 3pm: Sunshine Sketches Pt. 4 	<p>5</p> <ul style="list-style-type: none"> 🍏 11am: Imagination Circle 🧠 1pm: Guy Fawkes Day 🗨️ 3pm: SCWW Advisory Group 	<p>6</p> <ul style="list-style-type: none"> 😊 9:30am: Mystery Chronicles 🗨️ 11am: US Election Results 🗨️ 1pm: Would You Rather? 📞 1pm: Finding Your Joy 🍏 3pm: Exercise 	<p>7</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 🧠 11am: Weird and Wonderful 🧠 1pm: Next Stop: Cambodia 🗨️ 3pm: Coffee Chat 😊 4:30pm: Dinner Theatre 	<p>8</p> <ul style="list-style-type: none"> 😊 9:30am: Patriotic Music Hour 🍏 11am: Exercise 📞 12pm: Canadian Connections 🗨️ 1pm: Let's Talk About 🧠 3pm: Lest We Forget
<p>11</p> <p> Remembrance Day</p> <p>No Programs</p>	<p>12</p> <ul style="list-style-type: none"> 🧠 11am: Mindfulness with Carol 🧠 1pm: Sexuality 101 🗨️ 3pm: Coffee Chat 😊 4:30pm: Trivia 	<p>13</p> <ul style="list-style-type: none"> 🧠 9:30am: Crime & Justice 😊 11am: Where in the World? 🗨️ 1pm: In the Headlines 📞 1pm: Finding Your Joy 🍏 3pm: Exercise 	<p>14</p> <p>No Morning Programs</p> <ul style="list-style-type: none"> 🗨️ 1pm: Some Good News 🗨️ 3pm: Worldviews 	<p>15</p> <ul style="list-style-type: none"> 😊 9:30am: Songs of Faith Hour 🍏 11am: Exercise 😊 1pm: Writing for Fun 🧠 3pm: Science Savvy
<p>18</p> <ul style="list-style-type: none"> 🗨️ 9:30am: Ponder This 🍏 11am: Exercise 🧠 1pm: Canadian Institutions 😊 3pm: Short Stories 	<p>19</p> <ul style="list-style-type: none"> 🍏 11am: Imagination Circle 🧠 1pm: North American Battles 🍏 3pm: Nutrition & Planning for One 	<p>20</p> <ul style="list-style-type: none"> 😊 9:30am: Brain Games 🧠 11am: EPL Presents! 🗨️ 1pm: Let's Talk About 📞 1pm: Finding Your Joy 🍏 3pm: Exercise 	<p>21</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 🗨️ 11am: Coffee Chat 🍏 1pm: For Your Body 🍏 3pm: Working Through Grief 😊 4:30pm: Broadway Musicals 	<p>22</p> <ul style="list-style-type: none"> 😊 9:30am: Name that Tune 🍏 11am: Exercise 🧠 1pm: Global Events 🧠 3pm: Animal Spotlight
<p>25</p> <ul style="list-style-type: none"> 🧠 9:30am: Dr. Leroy Little Bear 🍏 11am: Exercise 🗨️ 1pm: Coffee Chat 😊 3pm: LeVar Burton Reads 	<p>26</p> <ul style="list-style-type: none"> 🍏 11am: Mindfulness 🧠 1pm: ABBA 🗨️ 3pm Readers' Corner 😊 4:30pm: Finish the Phrase/Slogan 	<p>27</p> <ul style="list-style-type: none"> 🗨️ 9:30am: In the Headlines 😊 11am: Wheel of Fortune 🧠 1pm: History Of... 📞 1pm: Finding Your Joy 🧠 3pm: Exercise 	<p>28</p> <ul style="list-style-type: none"> 🍏 9:30am: Gratitude 🧠 11am: Safety with EPS 😊 1pm: GeriActors- Audio 🧠 3pm: Art Appreciation 	<p>29</p> <ul style="list-style-type: none"> 😊 9:30am: All Request Music Hour 🍏 11am: Exercise 😊 1pm: Writing for Fun 😊 3pm: BINGO

DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Christmas Carol Pt. 1	3 11am: Imagination Circle 1pm: Coffee Chat 3pm: North American Battles	4 9:30am: Mystery Chronicles 11am: Food Culture 1pm: Trivia 1pm: Finding Your Joy 3pm: Exercise	5 9:30am: Gratitude 11am: Rankin Family 1pm: Next Stop: Japan 3pm: Winter Delights 4:30pm: Broadway Musicals	6 9:30am: One Hit Wonders Hour 11am: Chair Yoga 1pm: Who Why When 3pm: Let's Talk About
9 9:30am: Global Events 11am: Exercise 1pm: Coffee Chat 3pm: Christmas Carol Pt. 2	10 11am: Mindfulness with Carol 1pm: Worldviews 3pm: Readers' Corner 4:30pm: Name that Tune	11 9:30am: Crime & Justice 11am: Lance Armstrong 1pm: Some Good News 1pm: Finding Your Joy 3pm: Exercise	12 No Morning Programs 1pm: For Your Body 3pm: In the Headlines	13 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Art Appreciation
16 9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Christmas Carol Pt. 3	17 11am: Imagination Circle 1pm: History Of... 3pm: Nutrition Myth Busting	18 9:30am: Let's Talk About 11am: EPL Presents! 1pm: Animal Spotlight 1pm: Finding Your Joy 3pm: Exercise	19 9:30am: Gratitude 11am: Coffee Chat 1pm: Science Savvy 3pm: Working Through Grief 4:30pm: Broadway Musicals	20 9:30am: Holiday Music Hour 11am: Exercise 1pm: In the Headlines 3pm: BINGO
23 9:30am: Coffee Chat 11am: Exercise 1pm: Weird and Wonderful 3pm: Christmas Carol Pt. 4	24 11am: The Shepherd No Afternoon Programs	25 <p style="text-align: center;">Happy Holidays</p> 	26 <p style="text-align: center;">Boxing Day</p>	27 <p style="text-align: center;">No Programs</p>
30 11am: Coffee Chat	31 11am: Year In Review	<p>To join by phone, call: 1-855-703-8985 Enter Meeting ID: 225-573-6467#</p>		

