OCTOBER 2024

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



Pre-registration required

Special Events

Conversations







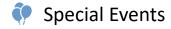
Just for Fun!

NOVEMBER 2024

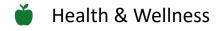
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 9:30am: Acapella Music Hour 11am: Chair Yoga 1pm: Writing for Fun 3pm: Norman Kwong			
9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Sunshine Sketches Pt. 4 11 Remembrance Day	11am: Imagination Circle 1pm: Guy Fawkes Day 3pm: SCWW Advisory Group 12 11am: Mindfulness with Carol	9:30am: Mystery Chronicles 11am: US Election Results 1pm: Would You Rather? 1pm: Finding Your Joy 3pm: Exercise 13 9:30am: Crime & Justice 11am: Where in the World?	9:30am: Gratitude 11am: Weird and Wonderful 1pm: Next Stop: Cambodia 3pm: Coffee Chat 4:30pm: Dinner Theatre No Morning Programs	9:30am: Patriotic Music Hour 11am: Exercise 12pm: Canadian Connections 1pm: Let's Talk About 3pm: Lest We Forget 15 9:30am: Songs of Faith Hour 11am: Exercise
No Programs	1pm: Sexuality 1013pm: Coffee Chat4:30pm: Trivia	1pm: In the Headlines1pm: Finding Your Joy3pm: Exercise	1pm: Some Good News 3pm: Worldviews	1pm: Writing for Fun3pm: Science Savvy
9:30am: Ponder This 11am: Exercise 1pm: Canadian Institutions 3pm: Short Stories	19 11am: Imagination Circle 1pm: North American Battles 3pm: Nutrition & Planning for One	3pm: Exercise	9:30am: Gratitude 11am: Coffee Chat 1pm: For Your Body 3pm: Working Through Grief 4:30pm: Broadway Musicals	9:30am: Name that Tune 11am: Exercise 1pm: Global Events 3pm: Animal Spotlight
9:30am: Dr. Leroy Little Bear 11am: Exercise 1pm: Coffee Chat 3pm: LeVar Burton Reads	 11am: Mindfulness 1pm: ABBA 3pm Readers' Corner 4:30pm: Finish the Phrase/Slogan 	9:30am: In the Headlines 11am: Wheel of Fortune 1pm: History Of 1pm: Finding Your Joy 3pm: Exercise	 9:30am: Gratitude 11am: Safety with EPS 1pm: GeriActors- Audio 3pm: Art Appreciation 	 9:30am: All Request Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: BINGO



Pre-registration required









DECEMBER 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 0.20am, Nastalaia Mamont	3	4 0.20am Mustary Chronislas	5	6 0.20am. One Hit Wanders Hour
9:30am: Nostalgia Moment	41ama lmagainatian Cinala	9:30am: Mystery Chronicles	9:30am: Gratitude	9:30am: One Hit Wonders Hour
11am: Exercise	11am: Imagination Circle	11am: Food Culture	11am: Rankin Family	11am: Chair Yoga
1pm: The Big Picture	1pm: Coffee Chat	1pm: Trivia	1pm: Next Stop: Japan	1pm: Who Why When
3pm: Christmas Carol Pt. 1	3pm: North American Battles	1pm: Finding Your Joy	3pm: Winter Delights	3pm: Let's Talk About
		3pm: Exercise	4:30pm: Broadway Musicals	
0.20am: Clabal Events	10	0:20am: Crima & Justica	No Morning Programs	13 O:20am: Classical Music Hour
9:30am: Global Events	21 and Mindfulgers with Carel	9:30am: Crime & Justice	No Morning Programs	9:30am: Classical Music Hour
11am: Exercise	11am: Mindfulness with Carol	11am: Lance Armstrong	* 1 mm Fan Varra Bade	11am: Exercise
1pm: Coffee Chat	1pm: Worldviews	1pm: Some Good News	1pm: For Your Body	1pm: Writing for Fun
3pm: Christmas Carol Pt. 2	3pm: Readers' Corner	1pm: Finding Your Joy	3pm: In the Headlines	3pm: Art Appreciation
	4:30pm: Name that Tune	3pm: Exercise		
0.20am. Dandar This	17	18	19 × 0.300 m. Crotitude	20
9:30am: Ponder This	* 14 and loss singlified Circle	9:30am: Let's Talk About	9:30am: Gratitude	9:30am: Holiday Music Hour
11am: Exercise	11am: Imagination Circle	11am: EPL Presents!	11am: Coffee Chat	11am: Exercise
1pm: Canadian Institutions	1pm: History Of	1pm: Animal Spotlight	1pm: Science Savvy	1pm: In the Headlines
3pm: Christmas Carol Pt. 3	3pm: Nutrition Myth Busting	1pm: Finding Your Joy	3pm: Working Through Grief	3pm: BINGO
		3pm: Exercise	4:30pm: Broadway Musicals	
23	24	25	26	27
9:30am: Coffee Chat			p : p	
11am: Exercise	11am: The Shepherd	Happy Holidays	Boxing Day	No Programs
1pm: Weird and Wonderful				
3pm: Christmas Carol Pt. 4	No Afternoon Programs			
80	31			
11am: Coffee Chat	11am: Year In Review	To join by phone, call: 1-855-703-8985 Enter Meeting ID: 225-573-6467 #		





