



# October 30 - November 5

## Birch & Oak



Monday 30	Tuesday 31	Wednesday 1	Thursday 2	Friday 3	Saturday 4	Sunday 5
9:00 Artist Guided Personal Project Time (C) 10:00 Qi Gong & Breath (W) 11:00 Fitness Equipment Orientation (W) 1:00 Balance & Fall Prevention (W) 2:00 Choir Practice (T) 3:00 Halloween Candy Bag Filling (C) 7:00 Halloween Movie Marathon: Ghost Busters (2016 Comedy /Action) (T) 7:00 Game Night: Escape Room in a Box (G)	<b>Halloween</b> 9:00 Halloween Scavenger Hunt 10:00 Monster Pole Walking (W) 11:00 Philosophy Club (T) 11:00 Library Refresh: Mystery & Suspense (L) 1:00 Chair Yoga (W) 2:00 High Tea: The Wizard of Oz* (D) 2:00 Live Music: Peter the Piano Man (D) 3:00 Bocce Ball (T) 5:00 Trick or Treating in the Park (BP) 7:00 Halloween Movie Marathon: The Wizard of Oz (1939)	10:00 Cardio Fit Ball (W) 11:00 Scrabble (G) 1:00 Balance & Stretch (W) 2:00 Rummy-O (G) 4:00 Wine Wednesdays (B) 6:30 Calgary Flames Game (B) 7:00 Paint Night: Wizard of Oz Scenery (C) 7:00 Virtual Concert: Willie Nelson with Ray Charles (T)	9:00 Artist Guided Personal Project Time (C) 10:00 Tai Chi (W) 11:00 Recreation Forum (C) 1:00 Zumba Gold (W) 2:30 Bridge Club (C) 3:00 Felt Poppy Craft (C) 7:00 Movie Night: Jumanji: Welcome to the Jungle (2017 Comedy/ Adventure) (T) 7:00 Hot Chocolate Bar Social (B)	10:00 Cardio Fit Ball (W) 11:00 Art History Lesson and Demo- Old Masters Pt 1 (C) 1:00 Chair Yoga (W) 2:00 Paper Poppy Craft (8R) 3:00 Bocce Ball (T) 7:00 Card Night (G) 7:00 Movie Night: Deadpool (2016 Comedy /Action) (T)	10:00 Bone Strength (W) 11:00 Music with Lori: Bass Guitar Performance (T) 2:00 Music Trivia: Bing Crosby (C) 7:00 Virtual Concert: Bing Crosby (T) 8:00 Calgary Flames Game (B)	11:00 Virtual Spiritual Service & Hymn Sing (T) 1:00 Chair Yoga (W) 2:00 Tea & Biscuits From Around the World (C) 3:00 Virtual Travel: West England (T) 7:00 Movie Night: The Devil Wears Prada (2006 Drama/ Comedy) (T)
<b>Locations Legend</b> Wellness Centre (W) Theatre (T) Creative Studio (C) Games Lounge (G) Bistro (B) Dining Room (D) Library (L) Bistro Patio (BP) 8th Floor Recreation Room (8R)						
* Please Register At Reception						

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