



November 27 - December 3

Memory Care



Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 1	Saturday 2	Sunday 3
9:00 Obie Games (8R) 10:15 Short Story Read Aloud (8L) 11:00 Exercise with Bands (8L) 1:00 Badminton (8R) 2:00 Choir Practice (T) 3:00 Bocce Ball (8R) 4:00 Game Night: Connect Three Card Game (8R) 7:00 Movie Night: Top Gun Maverick (2022 Action /Thriller) (8L) 7:30 Calgary Flames Game (8R)	10:15 Holiday Watercolour Painting (8R) 11:00 Fit Ball (8L) 1:00 Walking Club (8R) 2:00 Live Music: Peter the Piano Man (T) 3:00 Obie Games (8R) 4:00 Jeopardy (8L) 7:00 Virtual Entertainment: Bob Hope Entertains the Troops (8L)	10:00 Colour Me Calm (8L) 11:00 Sit Fit (8L) 1:00 Chair Kickball (8L) 2:00 Paper Airplane Competition (8R) 3:00 Crosswords and Tea (C) 4:15 Watercolour Painting (8R) 7:00 Virtual Concert: Wynton Marsalis (8L)	10:00 Library Refresh (8R) 11:00 Qi Gong/ Tai Chi (8L) 2:00 Bocce Ball (8R) 3:00 Christmas Wreath Craft (8R) 7:00 Virtual Concert: Top Gun Movie Hits (8L) 7:00 Calgary Flames Game (8R)	Elf on the Shelf Day 1 10:15 Crossword Craze (8L) 11:00 Urban Pole Walking (8L) 1:00 Bowling (8R) 2:00 Grief Group: Navigating the Holidays* (C) 3:00 Christmas Village Building (C) 7:00 Obie Game Night (8R) 7:00 Movie Night: Four Christmases (2008 Comedy /Romance) (8L)	11:00 Balance & Exercise Band (8R) 1:00 Sing Along: Christmas Carols (8L) 2:00 Name That Tune (C) 4:00 Obie Games (8L) 7:00 Movie Night: The Great Gatsby (2013 Drama /Romance) (8L) 8:00 Calgary Flames Game (8R)	10:00 Virtual Spiritual Service & Hymn Sing (8L) 11:00 Ladder Ball (8R) 2:00 Sit Fit & Stretch (8R) 4:00 Obie Games (8L) 7:00 Movie Night: The Trouble With Angels (1966 Comedy) (T) 7:00 Movie Night: The Trouble With Angels (1966 Comedy) (8L)
Locations Legend 8th Floor Living Room (8L) 8th Floor Recreation Room (8R) Creative Studio (C) Theatre (T)						



December 4 - 10

Memory Care

Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8	Saturday 9	Sunday 10
9:00 Obie Games (8R) 10:15 Short Story Read Aloud (8L) 11:00 Exercise with Bands (8L) 1:00 Badminton (8R) 2:00 Choir Practice (T) 3:00 Bocce Ball (8R) 4:00 BINGO Night (8L) 7:00 Movie Night: Good Will Hunting (1997 Drama) (8L)	10:15 Watercolour Painting (8R) 11:00 Fit Ball (8L) 1:00 Walking Club (8R) 2:00 Live Music: Cody Obst (piano) (T) 3:00 Obie Games (8R) 4:00 Trivia (8L) 7:00 Movie Night: Mrs. Harris Goes to Paris (2022 Comedy /Drama) (8L) 7:00 Calgary Flames Game (8R)	10:00 Current Events (8R) 11:00 Drumming (8L) 1:00 Mini Golf (8L) 2:00 Christmas Craft (8R) 4:00 Live Music: Dave Morris and Bridget (guitar and singing) (B) 7:00 Movie Night: Hallelujah: Leonard Cohen, a Journey, a Song (2021 Documentary) (T)	10:15 Short Story Read Aloud (8L) 11:00 Tai Chi (8L) 2:00 Baking: Banana Bread Cookies (8R) 3:00 Bocce Ball (8R) 6:00 Hot Chocolate Social (8R) 7:00 Movie Night: Holiday Inn (1942 Comedy /Musical) (T) 7:00 Calgary Flames Game (8R)	10:15 Holiday Ornament Craft (8R) 11:00 Urban Pole Walking Exercise (8L) 1:00 Bowling (8R) 2:00 Christmas Market (C) 7:00 Obie Game Night (8R) 7:00 Virtual Concert: Nigel Short & Tenebrae Choir (8L)	10:00 Manicures and Music (8L) 11:00 Bone Strength (8R) 1:00 Mini Golf (8L) 2:00 Calgary Flames Game (8R) 3:00 Documentary: Rick Steves' European Christmas (8R) 7:00 Movie Night: No Hard Feelings (2023 Comedy) (8L)	10:00 Virtual Spiritual Service & Hymn Sing (8L) 11:00 Ladder Ball (8R) 1:00 Pinecone Christmas Tree Craft (8R) 2:00 Fit Ball (8L) 3:00 Puzzle Pick Up (8R) 7:00 Virtual Concert: Joni Mitchell (8L)
<u>Locations Legend</u> 8th Floor Recreation Room (8R) 8th Floor Living Room (8L) Theatre (T) Bistro (B) Creative Studio (C)						