



Rosedale Recreation Activities Calendar

Estates/Park



November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(E) – Estates Common Area (V) – Villa Common Area (VC) – Villa Chapel ** No recreation staff will be present</p>		<p><u>1</u> 9:30 Gentle Chair Yoga (E) 1:30 Mental Aerobics (E) 3:00 Ball Tossers (E) 2:00 Pool (E)**</p>	<p><u>2</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 3:00 Curling (E) 7:00 Bingo (E)**</p>	<p><u>3</u> 10:00 River Cree Casino Outing (E) 10:30 Catholic Liturgy of the Word & Communion (VC)** 1:30 Bingo (V)</p>	<p><u>4</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Happy Hour (E) 2:00 Pool (E)**</p>	<p><u>5</u> 2:00 Board Games (E)** 6:30 Card Games (E)**</p>
<p><u>6</u> Daylight Saving Time Ends 11:00 – 1:00 Brunch (E)** 7:00 Non-Denominational Service (VC)**</p>	<p><u>7</u> 9:30 Exercise (E) 1:30 Rosedale Resident Forum: Let's Catch up! (Meet Lorenzo and Your Management Team) (E)</p>	<p><u>8</u> 9:30 Gentle Chair Yoga (E) 1:30 Mental Aerobics (E) 3:00 Ball Tossers (E) 2:00 Pool (E)**</p>	<p><u>9</u> No Exercise Classes: Remembrance Day Service at the Manor 1:30 Musical Memories (E)** 7:00 Bingo (E)**</p>	<p><u>10</u> 10:30 Catholic Liturgy of the Word & Communion (VC)** 10:45 Remembrance Day Service (E) 1:30 Bingo (V) 3:00 Bowling (E)</p>	<p><u>11</u> Remembrance Day Lest We Forget  No Recreation Activities</p>	<p><u>12</u> 2:00 Board Games (E)** 6:30 Card Games (E)**</p>
<p><u>13</u> 11:00 – 1:00 Brunch (E)** 2:00 Pool (E)** 7:00 Non-Denominational Service (VC)**</p>	<p><u>14</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)</p>	<p><u>15</u> 10:00 Resident Council Meeting (VC) 12:15 IMAX Experience at Telus World of Science 2:00 Pool (E)**</p>	<p><u>16</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 3:00 Curling (E) 7:00 Bingo (E)**</p>	<p><u>17</u> 10:30 Catholic Mass (VC)** 11:00 Neat Nails (V) 1:30 Bingo (V) 3:00 Seated Volleyball (E)</p>	<p><u>18</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Tea & Chat (E) 2:00 Pool (E)**</p>	<p><u>19</u> 2:00 Board Games (E)** 6:30 Card Games (E)**</p>
<p><u>20</u> 11:00 – 1:00 Brunch (E)** 7:00 Non-Denominational Service (VC)**</p>	<p><u>21</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)</p>	<p><u>22</u> 9:30 Gentle Chair Yoga (E) 2:00 Entertainment (E)</p>	<p><u>23</u> 1:30 Musical Memories (E)** 7:30 Entertainment: Divertimento Chamber Ensemble (E)</p>	<p><u>24</u> 10:30 Catholic Liturgy of the Word & Communion (VC)** 11:00 Neat Nails (V) 1:30 Bingo (V)</p>	<p><u>25</u> Dress for Dinner 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Estates/Park Birthday Celebration (E) 2:00 Pool (E)**</p>	<p><u>26</u> 2:00 Board Games (E)** 6:30 Card Games (E)**</p>
<p><u>27</u> 11:00 – 1:00 Brunch (E)** 2:00 Pool (E)** 7:00 Non-Denominational Service (VC)**</p>	<p><u>28</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)</p>	<p><u>29</u> 9:30 Shopping Trip: Londonderry Mall (E) 2:00 Pool (E)**</p>	<p><u>30</u> 9:30 Exercise (E) 11:00 Exercise (E) 1:30 Hymn Sing (E)** 7:00 Bingo (E)** No Afternoon Activities: Recreation Planning Day</p>	<p>In-House Service Shop Easy Fashion – Please See Poster on Bulletin Boards Details Rosedale Beauty Salon – Please call Ha at 780-906-0057 Pedi-To-You footcare – Please call Kathy at 780-782-2600 Keep In Touch Massage Therapy – Please call Berni at 780-953-5404 Podiatrist – Please see LPN for appointment</p>		

Rosedale Recreation Activities Calendar

5th Floor

November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>(E) – Estates Common Area (V) – Villa Common Area (VC) – Villa Chapel ** No recreation staff will be present</p>		<p><u>1</u> 10:30 Baking (5TH Floor) (Rec) 2:00 Music Social (5th Floor) (HCA)</p>	<p><u>2</u> 9:30 Exercise (E) (Rec.) 1:30 Hymns Sing (E) 2:00 Bingo (5th Floor) (HCA)</p>	<p><u>3</u> 2:30 Music Social (5th Floor) (HCA)</p>	<p><u>4</u> 9:30 Exercise (E) (Rec.) 2:00 Categories (5th Floor) (HCA) 2:15 Puzzle Time (5th Floor) (HCA)</p>	<p><u>5</u> 2:00 Puzzle Time (5th Floor) (HCA) 6:30 Movie Night (5th Floor) (HCA)</p>
<p><u>6</u> Daylight Saving Time Ends 11:00 – 1:00 Brunch (E)** 7:00 Non-Denominational Service (VC)**</p>	<p><u>7</u> 9:30 Exercise (E) (Rec.) 2:00 Sing Along (5th Floor) (HCA)</p>	<p><u>8</u> 10:30 Bingo (5TH Floor) (Rec) 2:00 Music Social (5th Floor) (HCA)</p>	<p><u>9</u> 1:30 Musical Memories (E) 2:00 Bingo (5th Floor) (HCA)</p>	<p><u>10</u> 10:45 Remembrance Day Service (E) 2:30 Music Social (5th Floor) (HCA)</p>	<p><u>11</u> Remembrance Day <i>Lest We Forget</i>  2:00 Categories (5th Floor) (HCA)</p>	<p><u>12</u> 2:00 Puzzle Time (5th Floor) (HCA) 6:30 Movie Night (5th Floor) (HCA)</p>
<p><u>13</u> 11:00 – 1:00 Brunch (E)** 2:00 Music Social (5th Floor) (HCA) 7:00 Non-Denominational Service (VC)**</p>	<p><u>14</u> 9:30 Exercise (E) (Rec.) 2:00 Sing Along (5th Floor) (HCA)</p>	<p><u>15</u> 2:00 Music Social (5th Floor) (HCA)</p>	<p><u>16</u> 9:30 Exercise (E) (Rec.) 1:30 Hymns Sing (E) 2:00 Bingo (5th Floor) (HCA)</p>	<p><u>17</u> 10:30 Neat Nails (5th Floor) (Rec.) 2:30 Music Social (5th Floor) (HCA)</p>	<p><u>18</u> 9:30 Exercise (E) (Rec.) 2:00 Categories (5th Floor) (HCA) 2:15 Puzzle Time (5th Floor) (HCA)</p>	<p><u>19</u> 2:00 Puzzle Time (5th Floor) (HCA) 6:30 Movie Night (5th Floor) (HCA)</p>
<p><u>20</u> 11:00 – 1:00 Brunch (E)** 2:00 Music Social (5th Floor) (HCA) 7:00 Non-Denominational Service (VC)**</p>	<p><u>21</u> 9:30 Exercise (E) (Rec.) 2:00 Sing Along (5th Floor) (HCA)</p>	<p><u>22</u> 10:30 Bingo (5TH Floor) (Rec) 2:00 Entertainment (E) (HCA)</p>	<p><u>23</u> 1:30 Musical Memories (E) 2:00 Bingo (5th Floor) (HCA) 7:30 Entertainment: Divertimento Chamber Ensemble (E)</p>	<p><u>24</u> 10:30 Neat Nails (5th Floor) (Rec.) 2:30 Music Social (5th Floor) (HCA)</p>	<p><u>25</u> 9:30 Exercise (E) (Rec.) 1:30 Estates/Park Birthday Celebration (E) (HCA)</p>	<p><u>26</u> 2:00 Puzzle Time (5th Floor) (HCA) 6:30 Movie Night (5th Floor) (HCA)</p>
<p><u>27</u> 11:00 – 1:00 Brunch (E)** 2:00 Music Social (5th Floor) (HCA) 7:00 Non-Denominational Service (VC)**</p>	<p><u>28</u> 9:30 Exercise (E) (Rec.) 2:00 Sing Along (5th Floor) (HCA)</p>	<p><u>29</u> 2:00 Music Social (5th Floor) (HCA)</p>	<p><u>30</u> 9:30 Exercise (E) (Rec.) 1:30 Hymns Sing (E) 2:00 Bingo (5th Floor) (HCA)</p>	<p>In-House Service Shop Easy Fashion – Please See Poster on Bulletin Boards Details Rosedale Beauty Salon – Please call Ha at 780-906-8831 Pedi-To-You footcare – Please call Kathy at 780-782-2600 Keep In Touch Massage Therapy – Please call Berni at 780-953-5404 Podiatrist – Please see LPN for appointment</p>		