



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
(E) – Estates Common Area (V) – Villa Common Area (VC) – Villa Chapel ** No recreation staff will be present		<u>1</u> 9:30 Gentle Chair Yoga (E) 1:30 Mental Aerobics (E) 3:00 Ball Tossers (E) 2:00 Pool (E)**	<u>2</u> 10:00 Exercise (V) 1:30 Hymn Sing (E)** 3:00 Curling (E) 7:00 Bingo (E)**	<u>3</u> 10:00 River Cree Casino Outing (E) 10:30 Catholic Liturgy of the Word & Communion (VC)** 1:30 Bingo (V)	<u>4</u> 10:00 Exercise (V) 2:00 Pool (E)** 2:30 Happy Hour (V)	<u>5</u> 2:00 Board Games (V)** 6:30 Card Games (V)**
<u>6</u> Daylight Saving Time Ends 11:00 – 1:00 Brunch (V)** 7:00 Non-Denominational Service (VC)**	<u>7</u> 10:00 Exercise (V) 1:30 Rosedale Resident Forum: Let's Catch up! (Meet Lorenzo and Your Management Team) (E)	<u>8</u> 9:30 Gentle Chair Yoga (E) 1:30 Mental Aerobics (E) 3:00 Ball Tossers (E) 2:00 Pool (E)**	<u>9</u> No Exercise Class: Remembrance Day Service at the Manor 1:30 Musical Memories (E)** 7:00 Bingo (E)**	<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)	<u>11</u> Remembrance Day <i>Lest We Forget</i>  No Recreation Activities	<u>12</u> 2:00 Board Games (V)** 6:30 Card Games (V)**
<u>13</u> 11:00 – 1:00 Brunch (V)** 2:00 Pool (E)** 7:00 Non-Denominational Service (VC)**	<u>14</u> 10:00 Exercise (V) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)	<u>15</u> 10:00 Resident Council Meeting (VC) 12:15 IMAX Experience at Telus World of Science 2:00 Pool (E)**	<u>16</u> 10:00 Exercise (V) 1:30 Hymn Sing (E)** 3:00 Curling (E) 7:00 Bingo (E)**	<u>17</u> 10:30 Catholic Mass (VC)** 11:00 Neat Nails (V) 1:30 Bingo (V) 3:00 Seated Volleyball (E)	<u>18</u> 10:00 Exercise (V) 1:30 Tea & Chat (E) 2:00 Pool (E)**	<u>19</u> 2:00 Board Games (V)** 6:30 Card Games (V)**
<u>20</u> 11:00 – 1:00 Brunch (V)** 7:00 Non-Denominational Service (VC)**	<u>21</u> 10:00 Exercise (V) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)	<u>22</u> 9:30 Gentle Chair Yoga (E) 2:00 Entertainment (E)	<u>23</u> 1:30 Villa Birthday Celebration (V) 7:30 Entertainment: Divertimento Chamber Ensemble (E)	<u>24</u> 10:30 Catholic Liturgy of the Word & Communion (VC)** 11:00 Neat Nails (V) 1:30 Bingo (V)	<u>25</u> Dress for Dinner 10:00 Exercise (V) 2:00 Pool (E)**	<u>26</u> 2:00 Board Games (V)** 6:30 Card Games (V)**
<u>27</u> 11:00 – 1:00 Brunch (V)** 2:00 Pool (E)** 7:00 Non-Denominational Service (VC)**	<u>28</u> 10:00 Exercise (V) 1:30 Knitting Club (V)** 1:30 Barn Racing (E) 3:00 Bocce Ball (E)	<u>29</u> 9:30 Shopping Trip: Londonderry Mall (E) 2:00 Pool (E)**	<u>30</u> 10:00 Exercise (V) 1:30 Hymn Sing (E)** 7:00 Bingo (E)** No Afternoon Activities: Recreation Planning Day	<u>In-House Service</u> 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		