

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Saving Time Begins</p> <p>8:30 Breakfast</p> <p>10:00 Calgary Church Service Channel 3</p> <p>10:00 Morning Warm-Up [OV]</p> <p>10:30 Morning Snack</p> <p>11:00 BINGO [OV]</p> <p>11:30 Comedy Hour [OV]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Art Expressions [OV]</p> <p>1:30 Brain Exercise Initiative via UCSB</p> <p>1:30 Sports Talk with James</p> <p>2:00 Sunshine Stroll</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Chair Dancing [OV]</p> <p>3:30 Movie Matinee</p> <p>3:30 Patio Chat [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Stretch & Smile</p> <p>10:30 Morning Snack</p> <p>11:00 Truth & Trivia [GV]</p> <p>11:30 Glamour Hour (Nail Salon)</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:30 Baking Cake Pops [OV]</p> <p>1:30 Travels/Explorations Vitality Class [OV]</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Edith's Corner</p> <p>3:00 Rockin' Aerobics [OV]</p> <p>3:30 Nature Walk [BP]</p> <p>4:00 Monday Matinee [OV]</p> <p>5:00 Dinner</p>	<p>Election Day</p> <p>8:30 Breakfast</p> <p>10:00 Cardio Class</p> <p>10:30 Morning Snack</p> <p>11:00 Mind Puzzlers</p> <p>11:30 What's Trending/Good News Network [OV]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Brain Exercise Initiative</p> <p>1:30 Today in History [OV]</p> <p>2:00 Making Smoothies</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>2:30 Men's Club [GV]</p> <p>3:00 Move to the Beat [OV]</p> <p>3:30 Creative Crafts [OV]</p> <p>4:00 Garden Club [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Music of Our Lives/Times Vitality Class</p> <p>10:30 Morning Snack</p> <p>11:15 Morning Warm-Up [OV]</p> <p>11:30 Nature Walk [BP]</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:00 Hair Salon Services</p> <p>1:30 Brain Exercise Initiative</p> <p>1:30 Tea and Chat [GV]</p> <p>2:00 Brain Challenge</p> <p>2:20 Ice Cream Sundae Bar</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Chair Ballet [OV]</p> <p>3:00 Time Travel with Andrea</p> <p>4:00 Music of Our Lives & Times [OV]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Chair Tai Chi</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Baking Corner</p> <p>11:30 Patio Chat [BP]</p> <p>12:00 Lunch [OV]</p> <p>1:30 World of Interest Vitality Class [OV]</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Fun & Fitness [GV]</p> <p>3:00 Tech Talk with Jovany [OV]</p> <p>3:30 Film Classics [OV]</p> <p>3:30 Today in History [FP]</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Dancercise [OV]</p> <p>10:30 Morning Snack</p> <p>11:00 Animal Kingdom [OV]</p> <p>11:00 Social Hour- Life Stories Cards [GV]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Body/Mind Awareness Vitality Class</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Chair Yoga [OV]</p> <p>3:30 Evening Cinema [OV]</p> <p>3:30 Tongue Twisters [GV]</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Aromatherapy/Meditation</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Art Studio</p> <p>11:00 Pen Pal Project</p> <p>12:00 Lunch [OV]</p> <p>1:30 Word within a Word [OV]</p> <p>2:00 Bird Watching [FP]</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Spiritual Corner with Rachel</p> <p>3:30 Women's Cocktail Hour [FP]</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>
<p>8:30 Breakfast</p> <p>10:00 Calgary Church Service Channel 3</p> <p>10:00 Stretch and Smile</p> <p>10:30 Morning Snack</p> <p>11:00 Loteria</p> <p>11:30 Fun Facts Around The World [OV]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Brain Exercise Initiative via UCSB</p> <p>1:30 Sports Talk with James</p> <p>2:00 Sunshine Stroll</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Happy Feet</p> <p>3:30 History and Movie [OV]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Morning Stretches</p> <p>10:30 Morning Snack</p> <p>11:00 Back Patio Tea Time [BP]</p> <p>11:30 Fun Random Trivia</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:30 Travels/Explorations Vitality Class [OV]</p> <p>2:00 Cake Baking with Joana</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Dancercise</p> <p>3:00 Edith's Corner</p> <p>3:30 Nature Walk [GV]</p> <p>4:00 Back in time Movies</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Creative Movement</p> <p>10:30 Morning Snack</p> <p>11:00 Good News Network [OV]</p> <p>11:30 Brain Challenge [OV]</p> <p>12:00 Lunch [OV]</p> <p>2:00 Chef's Academy</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Flex & Stretch [OV]</p> <p>3:30 Book Club</p> <p>3:30 Karaoke Concert [OV]</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>Veterans Day</p> <p>8:30 Breakfast</p> <p>10:00 Walk & Roll</p> <p>10:30 Morning Snack</p> <p>11:00 Art Expressions [OV]</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:00 Hair Salon Services</p> <p>2:00 Brain Challenge</p> <p>2:20 Ice Cream Sundae Bar</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Aromatherapy & Meditation [OV]</p> <p>3:00 Time Travel with Andrea</p> <p>4:00 Music of Our Lives & Times [OV]</p> <p>4:15 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Creative Movement</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Food for the Soul (Baking)</p> <p>11:00 Music Memories</p> <p>12:00 Lunch [OV]</p> <p>1:30 World of Interest Vitality Class [OV]</p> <p>2:00 Arts & Crafts</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Stretcherise [OV]</p> <p>3:30 Name That Tune [OV]</p> <p>4:00 Nature Walk</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Jazzercise</p> <p>10:30 Morning Snack</p> <p>11:00 Karaoke Concert [OV]</p> <p>11:30 Nature Walk [BP]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Body/Mind Awareness Vitality Class</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Cardio Class [OV]</p> <p>3:30 Film Classics [OV]</p> <p>3:30 Poetry Reading</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Chair Yoga</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Daily Journal [OV]</p> <p>11:00 Express Yourself (Art)</p> <p>12:00 Lunch [OV]</p> <p>1:30 DIY jewelry Craft</p> <p>2:00 Floral Arrangement</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Chair Dancing [OV]</p> <p>3:00 Spiritual Corner with Rachel</p> <p>3:30 Women's Cocktail Hour [FP]</p> <p>5:00 Dinner</p>
<p>Emma's Birthday</p> <p>8:30 Breakfast</p> <p>10:00 Calgary Church Service Channel 3</p> <p>10:00 Stretch and Smile</p> <p>10:30 Morning Snack</p> <p>11:00 Loteria</p> <p>11:30 Fun Facts Around The World [OV]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Brain Exercise Initiative via UCSB</p> <p>1:30 Sports Talk with James</p> <p>2:00 Sunshine Stroll</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Happy Feet</p> <p>3:30 History and Movie [OV]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Morning Stretches</p> <p>10:30 Morning Snack</p> <p>11:00 Back Patio Tea Time [BP]</p> <p>11:30 Fun Random Trivia</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:30 Travels/Explorations Vitality Class [OV]</p> <p>2:00 Cake Baking with Joana</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Dancercise</p> <p>3:00 Edith's Corner</p> <p>3:30 Nature Walk [GV]</p> <p>4:00 Back in time Movies</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Creative Movement</p> <p>10:30 Morning Snack</p> <p>11:00 Good News Network [OV]</p> <p>11:30 Brain Challenge [OV]</p> <p>12:00 Lunch [OV]</p> <p>2:15 Fruit Refreshers</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>2:30 Men's Club [GV]</p> <p>3:00 Flex & Stretch [OV]</p> <p>3:30 Book Club</p> <p>3:30 Karaoke Concert [OV]</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Music of Our Lives/Times Vitality Class</p> <p>10:30 Morning Snack</p> <p>11:15 Walk & Roll</p> <p>12:00 Garden View Lunch [GV]</p> <p>1:00 Hair Salon Services</p> <p>2:00 Brain Challenge</p> <p>2:20 Ice Cream Sundae Bar</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Aromatherapy & Meditation [OV]</p> <p>3:00 Time Travel with Andrea</p> <p>4:00 Music of Our Lives & Times [OV]</p> <p>4:15 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Creative Movement</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Food for the Soul (Baking)</p> <p>11:00 Music Memories</p> <p>12:00 Lunch [OV]</p> <p>1:30 World of Interest Vitality Class [OV]</p> <p>2:00 Arts & Crafts</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Stretcherise [OV]</p> <p>3:30 Name That Tune [OV]</p> <p>4:00 Nature Walk</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Jazzercise</p> <p>10:30 Morning Snack</p> <p>11:00 Karaoke Concert [OV]</p> <p>11:30 Nature Walk [BP]</p> <p>12:00 Lunch [OV]</p> <p>1:30 Body/Mind Awareness Vitality Class</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Cardio Class [OV]</p> <p>3:30 Film Classics [OV]</p> <p>3:30 Poetry Reading</p> <p>4:00 Nature Walk [BP]</p> <p>5:00 Dinner</p>	<p>8:30 Breakfast</p> <p>10:00 Chair Yoga</p> <p>10:30 Morning Snack</p> <p>10:30 Scenic Drive</p> <p>11:00 Daily Journal [OV]</p> <p>11:00 Express Yourself (Art)</p> <p>12:00 Lunch [OV]</p> <p>1:30 DIY jewelry Craft</p> <p>2:00 Floral Arrangement</p> <p>2:30 Afternoon Snack/Tea Time</p> <p>3:00 Chair Dancing [OV]</p> <p>3:00 Spiritual Corner with Rachel</p> <p>3:30 Women's Cocktail Hour [FP]</p> <p>5:00 Dinner</p>
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