

Sunday

Monday

Tuesday

Wednesday

Thursday


Friday

Saturday



# November 2024

## ALPINE SUMMIT SENIORS LODGE

						1 10:00 Seniors Strength Rotation 1:30 BINGO 3:15 Happy Hour  <small>Diwali (Hindu)</small>	2 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo
3 Turn your clock back 10:00 AM Social 11:00 Maracas 2:00 Day of the Dead Documentary 4:00 Hand Strengthening <small>Daylight Saving Time Ends</small>	4 10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage	5 10:00 Standing Balance 1:30 Movie Presentation	6 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Armchair Travel to England	7 10:00 Tai-Chi 11:00 Make Apple Crisp 2:00 Eat Apple Crisp	8 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	9 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo	
10 10:00 AM Social 11:00 Maracas Movement 2:00 Hot Chocolate Social 4:00 Hand Strengthening	11  Remembrance Day Managers Off <small>Veterans Day Remembrance Day (Canada)</small>	12 10:00 Standing Balance 1:30 Movie Presentation	13 10:00 Seniors Strength - Weights 11:00 Catholic Church Service Decorating for CHRISTMAS	14 10:00 Tai-Chi 11:00 Scripture and Song Decorating for CHRISTMAS <u>Purdy's Deadline</u>	15 10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour	16 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo	
17 10:00 AM Social 11:00 Maracas Movement 2:00 International Men's Day Social 4:00 Hand Strengthening	18 10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage 6:30 Norman Rice Concert	19 10:00 Standing Balance 1:30 Movie Presentation	20 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Axe Throwing	21 10:00 Tai-Chi 4:30 Dinner Outing Inn Grill at the Jasper Inn	22 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	23 10:00 Flexibility 11:00 Tabletop Curling 1:30 Art Time 3:00 Mexican Bingo	
24 10:00 AM Social 11:00 Maracas Movement 2:00 Christmas Craft 4:00 Hand Strengthening	25 10:00 Seniors Strength - Bands 10:45 Harp in the DAL 1:30 Cribbage	26 10:00 Standing Balance 1:30 Movie Presentation	27 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Christmas Craft Continued	28 10:00 Tai-Chi 10:45 Residents Meeting 2:00 Music Concert with Pete Cherniawski <small>Thanksgiving Day (US)</small>	29 10:00 Seniors Strength Rotation 11:00 Telerehab (sign up required) 1:30 BINGO 3:15 Happy Hour	30 <i>Silvia Away</i>	

