

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

October 2026

ALPINE SUMMIT SENIORS LODGE

				1 10:00 Tai-Chi 1:30 Reading at the Library 3:45 Hand Strengthening		2 10:00 Joint Rotation 10:30 Music with Marie 11:00 Telerehab 1:30 BINGO 3:00 Happy Hour	3 10:00 Flexibility 11:00 Knitting Club 1:30 Art Time 3:00 Mexican Bingo Simchat Torah Begins
4 10:00 Anglican & United Church <i>Avice's Birthday</i>	5 10:00 Seniors Strength – Bands 1:30 Cribbage	6 10:00 Hot Springs Soak and Lunch at Miette Bungalows 10:30 Harp in the DAL	7 11:00 Catholic Church Service	8 10:00 Tai-Chi 1:00 Teatime at Beckers Chalets	9 10:00 Joint Rotation 10:30 Music with Marie 1:30 BINGO 3:00 Happy Hour	10 10:00 Flexibility 11:00 Knitting Club 1:30 Art Time 3:00 Mexican Bingo <i>Alice's Birthday</i>	
11 10:00 Anglican & United Church 3:10 Sunwapta Falls Thanksgiving Dinner	12 Gobble Gobble Turkey Lunch STAT Holiday Managers away <i>Alan's Birthday</i> 	13 10:00 Standing Balance 1:30 Movie Presentation	14 11:00 Catholic Church Service Train Trip to McBride	15 10:00 Tai-Chi 1:30 Reading at the Library 3:45 Hand Strengthening <i>Elsie's Birthday</i>	16 10:00 Joint Rotation 11:00 Telerehab 1:30 BINGO 3:00 Happy Hour	17 10:00 Flexibility 11:00 Knitting Club 1:30 Art Time 3:00 Mexican Bingo	
18 10:00 Anglican & United Church	19 10:00 Seniors Strength – Bands 1:30 Cribbage VOTING DAY	20 10:00 Standing Balance 10:30 Harp in the DAL 2:00 Singalong	21 11:00 Catholic Church Service	22 10:00 Tai-Chi 2:00 Oktoberfest Party 	23 10:00 Joint Rotation 1:30 BINGO 3:00 Happy Hour	24 10:00 Flexibility 11:00 Knitting Club 1:30 Art Time 3:00 Mexican Bingo	
25 10:00 Anglican & United Church	26 1:30 Cribbage 4:45 Seniors Society Fall Supper	27 10:00 Standing Balance 10:45 Residents Meeting 2:00 Spooky Movie	28 11:00 Catholic Church Service	29 10:00 Tai-Chi 2:00 Pumpkin Carving 3:45 Hand Strengthening	30 10:00 Joint Rotation 10:45 & 1:00 Kids Parades 2:00 Halloween Party	31 10:00 Flexibility 11:00 Knitting Club 1:30 Art Time 3:00 Mexican Bingo Halloween	