

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 John Wayne Coffee & Cobbler 10:30 Low Impact Aerobics 11:00 The Daily Skimm 1:00 Board Game Bonanza 2:15 Memory Match: 3:00 Chair Zumba 4:00 Scrapbooking 5:30 Western Wednesday Movie Happy Birthday Nancy!	2 9:30 Kafe Shachor & Knafeh 10:30 Musical Yoga 11:00 Asian Art Discussion 1:00 Poker & Crazy Eights w/ Fresh Fruit 2:15 TED Talk & Discussion 3:00 Happy Hour & Entertainment 5:30 Classic Comedians	3 9:30 Hazelnut Coffee Bar 10:30 Golden Era Health Workout Exercise Class 11:15 Sports Recap 1:00 Bingo Tournament 2:15 Learning Hebrew 101 3:00 Cycling 5:30 The Night Owls' Movie Pick	4 9:30 Current Events Cafe 10:30 Evergreen Olympic Training: Cycling 11:00 Spiritual & Religious Hour 1:00 Bingo Tournament 2:15 The Daily Skimm 3:00 Chair Zumba 5:30 Musical Saturdays Happy Birthday Doris!
5 9:30 Mocha Cafe 10:30 Badminton 11:00 Current Events Discussion 1:00 Bingo Tournament 2:15 Music Hour: Shofar 3:00 Weight Training 4:00 Floral Arrangements	6 9:30 Self-Reflection Tea Party 10:30 Low Impact Aerobics 11:00 TED Talks & Discussion 1:00 Bingo Tournament 2:15 Book Club Meeting 3:00 Restorative Yoga 4:00 Apple Arts & Crafts Project 6:30 Erev Rosh Hashanah Service Labor Day Rosh Hashanah Begins	7 9:30 Opera Tea Lounge 10:15 Rosh Hashanah Service 11:00 Bizarre History: Apples 1:00 Rummikub 2:15 Trivia w/ Prizes 3:00 Meditation & Mindfulness 4:00 Fall Feather Pen Making 5:30 That's A Laugh Tuesday Movie Happy Birthday Arnold!	8 9:30 Cowboy Cafe 10:30 Yoga Chair Dancing 11:00 The Daily Skimm Discussion 1:00 Bingo & Billiards 2:30 Badminton Match 3:30 All About Aromas: Scented Soap Making 5:30 Western Wednesday Movie	9 9:30 Jazz Cafe & Tea Lounge 10:30 Volleyball Match 11:00 Classic Art Discussion 1:00 Bingo Tournament w/ Fountain Drink Bar 2:15 TED Talk & Discussion 3:00 Happy Hour & Entertainment 5:30 Late Night Stand-Up	10 9:30 Green Thumb Club 10:30 Golden Era Health Workout Exercise Class 11:15 Stock Market Review 1:00 Bingo Tournament 2:15 Edmonton Opera: Opera 101 3:00 Jaw-Dropping Videos w/ VJ Resident Pat! 5:30 The Night Owls' Pick	11 9:30 Sparkling Juice Bar 10:30 Cardio Over Carbs 11:00 Spiritual & Religious Hour 1:00 Bingo Tournament 2:15 The Daily Skimm 3:00 HASFit Endurance Workout 5:30 Musical Saturdays
12 9:30 Opera Tea Lounge 10:30 Chair Zumba 11:00 Current Events Discussion 1:00 Gin Rummy w/ Hot Cocoa 2:15 Music Hour: Electric Guitar 3:00 National Grandparents' Day Presents: 50's Rockabilly Sock Hop! 4:00 1950's Trivia Grandparents Day	13 9:30 Comedy Cafe 10:30 Motown Monday Exercise 11:00 TED Talks & Discussion 1:00 Poker & Billiards 2:15 Book Club Meeting 3:00 Badminton 4:00 Watercolors: Fall Leaves 5:30 Evening Series: Residents Choice	14 9:30 Cinnamon Latte Lounge 10:30 Resistance Band 11:00 Bizarre History: Batteries 1:00 Scrabble Tournament 2:00 Trivia with Jackie L.! 3:00 Quizball 4:00 Artists & Craftsmen: Q-Tip Fall Tree Painting 5:30 That's A Laugh Tuesday Movie	15 9:30 John Wayne Coffee Time! 10:30 Endurance Cycling 11:00 The Daily Skimm Discussion 1:00 Bingo Tournament 2:15 Poetry & Prose 3:00 Weight Training 4:00 Pen-Pal Club 6:30 Kol Nidre Service Yom Kippur Begins	16 9:30 Kafe Shachor & Knafeh 10:15 Yom Kippur Service 11:00 Modern Art Discussion 1:00 Board Game Bonanza w/ Veggies & Hummus 2:15 TED Talk & Discussion 3:00 Happy Hour & Entertainment 5:30 Classic Comedy Skits	17 9:30 Mocha Cafe Bar 10:30 Golden Era Health Workout Exercise Class 11:15 Sports Recap 1:00 Bingo Tournament 2:15 Learning Hebrew 101 3:00 Chair Zumba 5:30 The Night Owls' Movie Pick	18 9:30 Current Events Café 10:30 Countryside Cycling 11:00 Spiritual & Religious Hour 1:00 Bingo Tournament 2:15 The Daily Skimm 3:00 Oktoberfest Trivia w/ Beer Flights 5:30 Musical Saturdays Oktoberfest Begins
19 9:30 Classical Music Cafe 10:30 Cycling 11:00 Current Events Discussion 1:00 Bingo Tournament w/ Hot Cocoa 2:15 Music Hour: Harp 3:00 Chair Dancing 4:00 Floral Arrangements	20 9:30 Jazz Cafe & Tea Lounge 10:30 Low Impact Aerobics 11:00 TED Talks & Discussion 1:00 Bingo Tournament 2:15 Book Club Meeting 3:00 Bowling Match 4:00 Acrylics on Canvas 5:30 Evening Series Sukkot Begins	21 9:30 Comedy Cafe 10:30 Volleyball Match 11:00 Bizarre History: Swords 1:00 Bingo & Billiards 2:15 Trivia w/ Prizes 3:00 Meditation & Mindfulness 4:00 Autumn Potpourri Sachets 5:30 That's A Laugh Tuesday Movie Happy Birthday Karen!	22 9:30 Middle Earth Cafe 10:30 Elven Exercise 11:00 What is Hobbit Day and Who Is J.R.R. Tolkien? 1:00 Gandalf's Bingo Tournament 2:30 Happy Hobbit Day Fair! 4:00 Side Quest Walk 5:30 Lord of the Rings Marathon Autumn Begins	23 9:30 Cinnamon Latte Lounge 10:30 Badminton 11:00 Classic Art Discussion 1:00 Resident Council Meeting w/ Refreshments 1:30 Bingo Tournament 3:00 Happy Hour & Entertainment 5:30 Late Night Stand-Up	24 9:30 Sparkling Juice Bar 10:30 Golden Era Health Workout Exercise Class 11:15 Stock Market Review 1:00 Bingo Tournament 2:15 Edmonton Opera: Opera 101 3:00 Jaw-Dropping Videos w/ VJ Resident Pat! 5:30 The Night Owls' Movie Pick	25 9:30 Limonanas in the Garden 10:00 Spiritual & Religious Hour 11:00 Opera Streaming: Ernani 1:00 Bingo Tournament 2:15 The Daily Skimm 3:00 Cycling 5:30 Musical Saturdays
26 9:30 Opera Tea Lounge 10:30 Chair Zumba 11:00 Current Events Discussion 1:00 Crazy Eights Tournament w/ Hot Cocoa 2:00 Music Hour: Flute 3:00 Weight Training 4:00 Gardening Hour	27 9:30 Mocha Bar 10:30 Motown Monday Exercise 11:00 TED Talks & Discussion 1:00 Poker & Billiards 2:15 Book Club Meeting 3:00 Badminton 4:00 Watercolors: Seasonal Fruit 5:30 Evening Series: Residents Choice	28 9:30 Jazz Cafe & Tea Lounge 10:30 Strength Training 11:00 Bizarre History: 1:00 Bingo Tournament 2:15 Trivia w/ Prizes 3:00 Cycling 4:00 Artists & Craftsmen: Autumn Wreath Making 5:30 That's A Laugh Tuesday Movie Simchat Torah Begins	29 9:30 Kafe Shachor & Knafeh 10:30 Strength Training 11:00 Travel Club: Tel Aviv 1:00 Bingo Tournament 2:15 Poetry & Prose 3:00 Resistance Band 4:00 Holiday Card Making 5:30 Western Wednesday Movie	30 9:30 Comedy Cafe 10:30 Strength Training 11:00 Art Appreciation 1:00 Bingo Tournament w/ Traditional Soda Pop 2:15 TED Talk & Discussion 3:00 Happy Hour & Entertainment 5:30 Stand-Up Comedy		