

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To Join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#			1  11am: Coffee Chat	2  11am: All Request Music
5  11am: Exercise  1pm: Program Preview  3pm: Hogfather  4:30pm: Dinner Date	6  9:30am: Listening Lab  11am: Imagination Circle  1pm: Nice to Meet You  3pm: Science Savvy	7  9:30am: Coffee Chat  11am: Cancer Care Today  1pm: Global Events  3pm: Exercise	8  1pm: Gratitude  3pm: Story Lines	9  9:30am: Classical Music  11am: Exercise- Chair Yoga  1pm: Let’s Talk About  3pm: Sexuality Across the Lifespan
12 Happy Thanksgiving 	13  9:30am: Coffee Chat  11am: Artful Minds  1pm: Lost History of Thanksgiving  1pm: Chronic Pain  3pm: Readers’ Corner	14  9:30am: Forensic Files  11am: Brain Games  1pm: In the Headlines  1pm: Seniors Mental Wellness  3pm: Exercise Q&A	15  9:30am: Gratitude  11am: Every Voice Matters  1pm: For Your Body  3pm: Working Through Grief	16  9:30am: Name That Tune  11am: Exercise  1pm: Writing for Fun  3pm: Marie Tharp
19  11am: Exercise  1pm: Life Perspectives  3pm: Hogfather  4:30pm: Jeopardy	20  9:30am: Mystery Chronicles  11am: Imagination Circle  1pm: Cost of Living  1pm: Chronic Pain  3pm: Nutrition For Health	21  9:30am: Drop-In Time  11am: Mindfulness  1pm: Who Why When  1pm: Seniors Mental Wellness  3pm: Exercise	22  9:30am: Gratitude  11am: Let’s Talk About  1pm: Money Mentors  3pm: Animal Spotlight	23  9:30am: Showdown Tunes  11am: Exercise  1pm: Coffee Chat  3pm: Welcoming Visitors to Jasper
26  11am: Exercise  1pm: Death Café  3pm: Hogfather  4:30pm: Broadway Musicals	27  9:30am: Open Mic  11am: Three Cups of Tea  1pm: In the Headlines  1pm: Chronic Pain  3pm: Next Stop	28  9:30am: The Tragically Hip  11am: Screen Lovers  1pm: Canada’s Landmarks  1pm: Seniors Mental Wellness  3pm: Exercise	29  9:30am: Gratitude  11am: Coffee Chat  1pm: History of Witches  3pm: Some Good News	30  9:30am: Halloween Howls  11am: Exercise  1pm: Writing for Fun  3pm: BINGO

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2  11am: Exercise  1pm: Crystal Ball  3pm: Hogfather  4:30pm: Wheel of Fortune	3  9:30am: Listening Lab  11am: Imagination Circle  1pm: Story Lines  1pm: Chronic Pain  3pm: Science Savvy	4  9:30am: Forensic Files  11am: In the Headlines  1pm: Cost of Living  1pm: Seniors Mental Wellness  3pm: Exercise	5  9:30am: Gratitude  11am: All Request Music  1pm: Coffee Chat  3pm: Global Events	6  9:30am: Patriotic Songs  11am: Exercise  1pm: Animal Spotlight  3pm: Life in Churchill
9  11am: Exercise  1pm: Life Perspectives  3pm: Hogfather  4:30pm: Dinner Date	10  9:30am: Trivia  11am: Readers’ Corner  1pm: Isolation & Depression  1pm: Chronic Pain  3pm: Lest We Forget	11 Lest We Forget	12  1pm: Canada’s Landmarks  3pm: In the Headlines	13  9:30am: Fusion Music  11am: Exercise  12pm: Canadian Connections  1pm: Writing for Fun  3pm: Coffee Chat
16  11am: Exercise  1pm: Saroo Brierley  3pm: Hogfather  4:30pm: Brain Games	17  9:30am: Mindfulness  11am: Imagination Circle  1pm: Isolation & Depression  1pm: Chronic Pain  3pm: Nutrition For Health	18  9:30am: Drop-In Time  11am: Next Stop  1pm: Some Good News  1pm: Seniors Mental Wellness  3pm: Exercise	19  9:30am: Gratitude  11am: Coffee Chat  1pm: For Your Body  3pm: Working Through Grief	20  9:30am: Famous Duets  11am: Exercise- Chair Yoga  1pm: Seniors Coordinating Council  3pm: History of Blue Jeans
23  11am: Exercise  1pm: Let’s Talk About  3pm: Hogfather  4:30pm: Broadway Musicals	24  9:30am: Songs of Celebration  11am: 10 Years of SCWW  1pm: Coffee Chat- Memory Lane  3pm: Planning Our Next 10 Years	25  9:30am: Last Decade Trivia  11am: Then to Now  1pm: Stories Worth Celebrating  1pm: Seniors Mental Wellness  3pm: Exercise- Let’s Dance	26  9:30am: Gratitude  11am: Who Why When  1pm: Impacts of AB Legislation  3pm: The Science of Isolation	27  9:30am: Name That Tune  11am: Exercise  1pm: Writing for Fun  3pm: BINGO
30  11am: Exercise  1pm: Seniors & Technology  3pm: Hogfather  4:30pm: Phyllis Latour	To Join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#			

DECEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To Join by phone, call: 1-855-703-8985 And enter meeting ID: 225-573-6467#	1 9:30am: Listening Lab 11am: Imagination Circle 1pm: Small Talk 3pm: Recipe Club	2 9:30am: Story Lines 11am: Global Events 1pm: What If 1pm: Seniors Mental Wellness 3pm: Exercise	3 9:30am: Gratitude 11am: NPR Tiny Desk Concerts 1pm: Let’s Talk About 3pm: Canada’s Landmarks	4 9:30am: Songs of Faith 11am: Exercise 1pm: Writing for Fun 3pm: Science Savvy
	7 11am: Exercise 1pm: Next Stop 3pm: Hogfather 4:30pm: Holiday Trivia	8 9:30am: Coffee Chat 11am: Literary Reflections 1pm: Animal Spotlight 3pm: Readers’ Corner	9 9:30am: Vinyl Café 11am: Tommy Hunter 1pm: In the Headlines 1pm: Seniors Mental Wellness 3pm: Exercise	10 NO PROGRAMS
14 11am: Exercise 1pm: Life Perspectives 3pm: Hogfather 4:30pm: Dinner Date	15 9:30am: Forensic Files 11am: Imagination Circle 1pm: Video Coffee Chat 3pm: Nutrition for Health	16 9:30am: Music Meditation 11am: EPL Presents! 1pm: Let’s Talk About 1pm: Seniors Mental Wellness 3pm: Exercise	17 9:30am: Gratitude 11am: Healthy Aging Conversation 1pm: For Your Body 3pm: Working Through Grief	18 9:30am: Holiday Favourites 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
21 11am: Exercise 1pm: Ed Broadbent 3pm: Hogfather 4:30pm: Broadway Musical	22 9:30am: Laughter Yoga 11am: All Request Music 1pm: History of Winter Solstice 3pm: Spirituality Space	23 9:30am: Drop-In Time 11am: Cost of Living 1pm: Some Good News 3pm: Exercise	24 9:30am: Coffee Chat 11am: The Shepherd	25 <i>Happy Holidays!</i>
28 NO PROGRAMS	29 9:30am: Coffee Chat 11am: Neuralink	30 11am: Exercise	31 11am: Year in Review	