




# OCTOBER

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>National Day for Truth and Reconciliation</b>	<b>3</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Program Preview <b>3pm:</b> Who Why When <b>4:30pm:</b> Trivia	<b>4</b> <b>9:30am:</b> True Crime <b>11am:</b> Coffee Chat <b>1pm:</b> Truth & Reconciliation <b>3pm:</b> Exercise	<b>5</b> <b>9:30am:</b> Gratitude <b>11am:</b> In The Headlines <b>1pm:</b> Let's Talk About <b>3pm:</b> Animal Spotlight	<b>6</b> <b>9:30 am:</b> All Request Music <b>11am:</b> Exercise <b>1pm:</b> Thanksgiving <b>3pm:</b> Brain Games
<b>9</b> <b>Thanksgiving Day</b> 	<b>10</b> <b>11am:</b> Mindfulness <b>1pm:</b> <b>Building Better Boundaries</b> <b>3pm:</b> Respiratory Health <b>4:30pm:</b> Scattergories	<b>11</b> <b>9:30am:</b> Mystery Chronicles <b>11am:</b> Pucks & Cups <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> Don't Sweat The Small Stuff <b>3pm:</b> Exercise	<b>12</b> <b>No Morning Programs</b> <b>1pm:</b> Person Place or Thing <b>3pm:</b> Sherwood Forest <b>4:30pm:</b> Dinner Theatre	<b>13</b> <b>9:30am:</b> One Hit Wonders <b>11am:</b> Exercise <b>1pm:</b> Some Good News <b>3pm:</b> Family Feud
<b>16</b> <b>9:30am:</b> Nostalgia Moment <b>11am:</b> Exercise <b>1pm:</b> The Big Picture <b>3pm:</b> The Lion The Witch & The Wardrobe Part 1	<b>17</b> <b>11am:</b> Imagination Circle <b>1pm:</b> <b>Building Better Boundaries</b> <b>1pm:</b> Let's Talk About <b>3pm:</b> Reader's Corner <b>4:30pm:</b> Don't Quote Me	<b>18</b> <b>9:30am:</b> Innocence Files <b>11am:</b> Personal Safety <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> Fairy Creek Protests <b>3pm:</b> Exercise	<b>19</b> <b>9:30am:</b> Gratitude <b>11am:</b> The Storyteller <b>1pm:</b> FYB: Sleep Hygiene <b>3pm:</b> Working Through Grief <b>4:30pm:</b> Dinner Theatre	<b>20</b> <b>9:30am:</b> Canadian Artists <b>11am:</b> Exercise <b>1pm:</b> Tommy Douglas <b>3pm:</b> Coffee Chat
<b>23</b> <b>9:30am:</b> Nostalgia Moment <b>11am:</b> Exercise <b>1pm:</b> Writing For Fun <b>3pm:</b> The Lion The Witch & The Wardrobe Part 2	<b>24</b> <b>11am:</b> Mindfulness <b>1pm:</b> <b>Building Better Boundaries</b> <b>3pm:</b> The Amazon <b>4:30pm:</b> Where in the World	<b>25</b> <b>9:30am:</b> From John to Justin <b>11am:</b> EPL Presents! <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> Pablo Picasso <b>3pm:</b> Exercise	<b>26</b> <b>9:30am:</b> Gratitude <b>11am:</b> Author Talk: Alice Majors <b>1pm:</b> Pet Tales: Dogs With Jobs <b>3pm:</b> Picture This <b>4:30pm:</b> Dinner Theatre	<b>27</b> <b>9:30am:</b> Classical Music Hour <b>11am:</b> Exercise <b>1pm:</b> Alberta Ghost Stories <b>3pm:</b> BINGO
<b>30</b> <b>9:30am:</b> Brooms & Witches Part 1 <b>11am:</b> Exercise <b>1pm:</b> The Big Picture <b>3pm:</b> The Lion The Witch & The Wardrobe Part 3	<b>31</b> <b>11am:</b> Brooms & Witches Part 2 <b>1pm:</b> <b>Building Better Boundaries</b> <b>1pm:</b> Let's Talk About <b>3pm:</b> My Travels <b>4:30pm:</b> Old Wives' Tales	To join by phone, call: <b>1-855-703-8985</b> When prompted, enter Meeting ID: <b>225-573-6467#</b>		

# N O V E M B E R

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: <b>1-855-703-8985</b></p> <p>When prompted, enter Meeting ID: <b>225-573-6467#</b></p>		<p><b>1</b> 9:30am: True Crime 11am: Brain Games 1pm: <b>Estranged Relationships</b> 1pm: Death Traditions 3pm: Exercise</p>	<p><b>2</b> 9:30am: Gratitude 11am: Get To Know Us: Alyssa 1pm: The Famous Five 3pm: Pothole Lakes in Alberta</p>	<p><b>3</b> 9:30 am: All Request Music 11am: Exercise 1pm: Who Why When 3pm: Coffee Chat</p>
<p><b>6</b> 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: The Lion The Witch &amp; The Wardrobe Part 4</p>	<p><b>7</b> 11am: Imagination Circle 1pm: <b>Building Better Boundaries</b> 3pm: R U Online? 4:30pm: Name That Tune</p>	<p><b>8</b> 9:30am: Mystery Chronicles  3pm: Exercise</p>	<p><b>9</b> <b>No Morning Program</b> 11am: In The Headlines 1pm: Volcano Tourism 3pm: All Request Music</p>	<p><b>10</b> 9:30am: Celtic Music 11am: Exercise 1pm: Person Place or Thing 3pm: Lest We Forget</p>
<p><b>13</b> <b>Remembrance Day</b> </p>	<p><b>14</b> 11am: Mindfulness 1pm: <b>Building Better Boundaries</b> 1pm: Let's Talk About 3pm: Reader's Corner 4:30pm: Don't Quote Me</p>	<p><b>15</b> 9:30am: Innocence Files 11am: SCWW Advisory Group 1pm: <b>Estranged Relationships</b> 1pm: Myths &amp; Planets Part 1 3pm: Exercise</p>	<p><b>16</b> 9:30am: Gratitude 11am: The Storyteller 1pm: FYB: Sensory Changes 3pm: Working Through Grief</p>	<p><b>17</b> 9:30am: Vinyl Café 11am: Exercise 1pm: International Men's Day 3pm: Weird History</p>
<p><b>20</b> 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Prince Caspian Part 1</p>	<p><b>21</b> 11am: Imagination Circle 1pm: <b>Building Better Boundaries</b> 3pm: NFH: Bone Health 4:30pm: Riddles</p>	<p><b>22</b> 9:30am: From John to Justin 11am: EPL Presents! 1pm: <b>Estranged Relationships</b> 1pm: Myths &amp; Planets Part 2 3pm: Exercise</p>	<p><b>23</b> 9:30am: Gratitude 11am: Looking Forward To It 1pm: William Shatner 3pm: Some Good News 4:30pm: The Nutcracker Part 1</p>	<p><b>24</b> 9:30am: Classic Country 11am: Exercise 1pm: Let's Talk About 3pm: BINGO</p>
<p><b>27</b> 9:30am: Nostalgia Moment 11am: Exercise 1pm: Writing For Fun 3pm: Prince Caspian Part 2</p>	<p><b>28</b> 11am: Mindfulness 1pm: <b>Building Better Boundaries</b> 1pm: LeVar Burton Reads 3pm: Coffee Chat 4:30pm: Jeopardy</p>	<p><b>29</b> 9:30am: True Crime 11am: Caribou in Jasper 1pm: <b>Estranged Relationships</b> 1pm: Picture This 3pm: Exercise</p>	<p><b>30</b> 9:30am: Gratitude 11am: Pet Tales: Exotic Pets 1pm: Scam Safety 3pm: Donald Trump's Convictions 4:30pm: The Nutcracker Part 2</p>	

# DECEMBER

Monday	Tuesday	Wednesday	Thursday	Friday
To join by phone, call: <b>1-855-703-8985</b> When prompted, enter Meeting ID: <b>225-573-6467#</b>				<b>1</b> <b>9:30 am:</b> All Request Music <b>11am:</b> Exercise <b>1pm:</b> R U Online? <b>3pm:</b> In The Headlines
<b>4</b> <b>9:30am:</b> Nostalgia Moment <b>11am:</b> Exercise <b>1pm:</b> The Big Picture <b>3pm:</b> Prince Caspian Part 3	<b>5</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Stephanie Kwolek <b>3pm:</b> Reader's Corner <b>4:30pm:</b> Don't Quote Me	<b>6</b> <b>9:30am:</b> Mystery Chronicles <b>11am:</b> Coffee Chat <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> Great Bear Rainforest <b>3pm:</b> Exercise	<b>7</b> <b>9:30am:</b> Gratitude <b>11am:</b> Brain Games <b>1pm:</b> Some Good News <b>3pm:</b> Discover Hanukkah <b>4:30pm:</b> The Nutcracker Part 3	<b>8</b> <b>9:30am:</b> Songs of Faith <b>11am:</b> Exercise <b>1pm:</b> Weird History <b>3pm:</b> Person Place or Thing
<b>11</b> <b>9:30am:</b> Nostalgia Moment <b>11am:</b> Exercise <b>1pm:</b> Writing For Fun <b>3pm:</b> Prince Caspian Part 4	<b>12</b> <b>11am:</b> Mindfulness <b>1pm:</b> Let's Talk About <b>3pm:</b> Respiratory Health <b>4:30pm:</b> Trivia	<b>13</b> <b>9:30am:</b> Innocence Files <b>11am:</b> Holiday Traditions <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> Robbie Robertson <b>3pm:</b> Exercise	<b>14</b> <b>No Programs</b>	<b>15</b> <b>9:30am:</b> Vinyl Café <b>11am:</b> Exercise <b>1pm:</b> Don't Sweat The Small Stuff <b>3pm:</b> BINGO
<b>18</b> <b>9:30am:</b> Nostalgia Moment <b>11am:</b> Exercise <b>1pm:</b> The Big Picture <b>3pm:</b> Prince Caspian Part 5	<b>19</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Pet Tales: Clever Creatures <b>3pm:</b> NFH: Holiday Eating <b>4:30pm:</b> Name That Tune	<b>20</b> <b>9:30am:</b> From John to Justin <b>11am:</b> EPL Presents! <b>1pm:</b> <b>Estranged Relationships</b> <b>1pm:</b> My Travels <b>3pm:</b> Exercise	<b>21</b> <b>9:30am:</b> Gratitude <b>11am:</b> The Storyteller <b>1pm:</b> FYB: Blood Sugar & Diabetes <b>3pm:</b> Working Through Grief	<b>22</b> <b>9:30am:</b> Holiday Favourites <b>11am:</b> The Shepherd
<b>25</b> <b>Christmas Day</b> 	<b>26</b> <b>Boxing Day</b> 	<b>27</b> <b>11am:</b> Coffee Chat	<b>28</b> <b>11am:</b> Who Why When	<b>29</b> <b>11am:</b> Quiz of the Year