

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November 2024

****Reminder! All Residents of Silver Willow Community are Invited to All Activities! (On any floor)****

<p>3 1 - 3pm Shuffleboard Flames Game 6pm Oilers @ Flames Daylight Savings Time Ends</p>	<p>4 9:30am Chair Cardio 10:30am Wheel of Fortune (Video Version) 2:15pm JT Foster Community Relations Program (BINGO! or Puzzles) 2:30pm Cribbage Club</p>	<p>5 9:30am Chair Yoga 10:00am Library Corner 2:00pm BINGO! SALON DAY Flames Game 5pm Flames @ Canadians</p>	<p>6 9:30am Chair Cardio 10:30am Pinecone Birdfeeder 2:00pm Movie & Popcorn (Grumpy Old Men) <i>Nat'l Eating Healthy Day</i></p>	<p>7 9:30am Balance Builders 10:00am Pet Visit 10:30am Build Your Own Mini Garden 2:00pm Canasta Flames Game 5pm Flames @ Bruins</p>	<p>8 9:30am Chair Cardio 10:00am Card BINGO 2:00pm Remembrance Day Ceremony Main Area 100 Level</p>	<p>9 1:00pm BINGO Flames Game 11am Flames @ Sabres</p>
<p>10 1 - 3pm Shuffleboard 2 - 3:30pm Downtown Abbey - The Movie NEW Grow a mustache or create your own & wear it on Nov 19th in support of Movember & Int'l Mens Day</p>	<p>11 Flames Game 6:30pm Kings @ Flames Remembrance Day </p>	<p>12 9:30am Chair Yoga 10:00am Library Corner 10:30am Homemade Lavender Soap 2:00pm BINGO! SALON DAY Flames Game 8pm Flames @ Canucks</p>	<p>13 9:30am Chair Yoga 10:15am Nanton Senior Citizens Residents Assoc Meeting 2:00pm Walker Sling Shot Game & Other Fun Activities</p>	<p>14 9:30am Balance Builders 10:00am Pet Visits 10:30am Competitive Professional Bean Bag Tossing 2:00pm Pottery Painting</p>	<p>15 9:30am Chair Cardio 10:00am Card BINGO! 1:30 - 3:30pm WCIS Event Flames Game 7pm Predators @ Flames</p>	<p>16 1:00pm BINGO 2:30pm Happy Hour</p>
<p>17 1 - 3pm Shuffleboard 4:00pm 111th Grey Cup Championship Game Teams TBD (Main Floor Bingo Room)</p>	<p>18 9:30am Chair Cardio 11am - 3:30pm Personal Touch Fashions 2:30pm Cribbage Club <i>Minnie Mouse's Birthday</i></p>	<p>19 9:30am Chair Yoga 10:00am Library Corner 2:00pm BINGO! SALON DAY Wear your mustache in support of Movember Flames Game 7pm Islanders @Flames</p>	<p>20 9:30am Chair Cardio 10:30am Homemade Potpourri 2:00pm Movie & Popcorn (The Best Exotic Marigold Hotel) <i>Nat'l Gingerbread Cookie Day</i></p>	<p>21 9:30am Balance Builders 10:00am Pet Visits 10:30am Men's Coffee Club NEW 200 Level Lounge 2:00pm Canasta Flames Game 7pm Rangers @ Flames</p>	<p>22 9:30am Chair Cardio 10:00am Card BINGO! 2:00pm SWL recipe Cookbook design 3:00pm Ice Cream Cart</p>	<p>23 1:00pm BINGO Flames Game 2pm Wild @ Flames</p>
<p>24 1 - 3pm Shuffleboard 2 - 3:30pm Travel Sundays NEW *The Real Canadian Rockies* (100 Level TV) Movember raises awareness and funds for men's health issues</p>	<p>25 9:30am Chair Cardio 10:15am Silver Willow Community Globe 2:30pm Cribbage Club 3:30pm Tri-Shaw Volunteer Appreciation Tea Flames Game 5:30pm Flames @ Senators</p>	<p>26 9:30am Chair Yoga 10:00am Library Corner 2:00pm BINGO! SALON DAY</p>	<p>27 9:30am Chair Cardio 10:30am Scented Bath Salts 1:30 - 3:30pm Viewing of the 2nd Part of the Nanton History Program Flames Game 5:30pm Flames @ Red Wings</p>	<p>28 9:30am Balance Builders 10:00am Pet Visits 10:30am Learn Calligraphy 2:00pm Beltone 2:00pm Pottery Painting 4:30pm Queen's Ball Promenade</p>	<p>29 9:30am Exercises 10:00am Card BINGO! 2:00pm Birthday Bash & Happy Hour with Gord Hall (50's, 60's & 70's music) Flames Game 1:00pm Flames @ Blue Jackets</p>	<p>30 10:00am - 4:00pm Nanton Christmas Market (Community Hall) 1:00pm BINGO 2:30pm Happy Hour Flames Game 5:00pm Flames @ Penguins</p>

Calendar subject to change. Please see Recreation with any questions or concerns. Recreation contact: (403)646-2660 (224)

Flames games will be playing on the main floor tv