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	Monday	Tuesday	Wednesday	Thursday	Friday
3	9:30am: Program Preview 11am: Exercise 1pm: Writing for Fun 2:30pm: Estranged Children 3pm: Just A Minute	4 11am: Relaxation 1pm: Migratory Birds 3pm: Readers' Corner 4:30pm: Trivia	5 9:30am: True Crime 11am: It's All Canada 1pm: World Teachers Day 3pm: Exercise	6 9:30am: Gratitude 11am: Weird Science 1pm: Coffee Chat 3pm: Symbols of Canada	7 9:30am: Classical Music Hour 11am: Thanksgiving 1pm: Who Why When 3pm: Where in the World?
10		11 11am: Imagination Circle 1pm: Climate Crisis? 3pm: Interpreting the News 4:30pm: Dinner Theatre	12 9:30am: TED Talk 11am: Let's Talk About... 1pm: Quotes to Inspire 3pm: Exercise	13 <div style="border: 1px solid black; padding: 5px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Heroes Among Us 3pm: Fall Immunizations	14 9:30am: All Request Music 11am: Exercise 1pm: Inspecting Handwashing 3pm: Jeopardy
17	9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: Estranged Children 3pm: Super Sleuths	18 11am: Relaxation 1pm: As I Get Older... 3pm: Interpreting the News 4:30pm: Just A Minute	19 9:30am: True Crime 11am: In the Headlines 1pm: Who Why When 3pm: Exercise	20 9:30am: Gratitude 11am: The Storyteller 1pm: Heritage Moment 3pm: Working Through Grief	21 9:30am: Canadian Artists 11am: Animal Spotlight 1pm: Soups & Stews 3pm: Brain Games
24	9:30am: PODFeat. 99% Invisible 11am: Exercise 1pm: Mystery Chronicles 2:30pm: Estranged Children 3pm: Hollywood Icons	25 11am: Imagination Circle 1pm: Ukraine and Russia 3pm: Nutrition for Health 4:30pm: Name That Tune	26 9:30am: TED Talk 11am: Did You Know? 1pm: Alberta Economics 3pm: Exercise	27 9:30am: Gratitude 11am: Métis Peoples of Canada 1pm: Tech Talk 3pm: Coffee Chat	28 9:30am: Halloween Music 11am: Exercise 1pm: Ocean Adventures 3pm: BINGO
31	9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: Estranged Children 3pm: Mystery Chronicles	<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>			

N O V E M B E R

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11am: Relaxation 1pm: Movember 3pm: Reader's Corner 4:30pm: Trivia	2 9:30am: TED Talk 11am: It's All Canada 1pm: Why I Volunteer 3pm: Exercise	3 9:30am: Gratitude 11am: Symbols of Canada 1pm: Festive Meals 3pm: Seasonal Affective Disorder	4 9:30 am: Classical Music Hour 11am: Exercise 1pm: Who Why When 3pm: Where in the World?
7 9:30am: PODFeat. Ologies 11am: Exercise 1pm: Quotes to Inspire 2:30pm: Estranged Children 3pm: Happiness Basics	8 11am: Imagination Circle 1pm: Jeopardy 3pm: Indigenous Veteran's Day 4:30pm: Dinner Theatre	9 9:30am: True Crime 11am: Coffee Chat 1pm: Climate Crisis? 3pm: Exercise	10 <div style="border: 1px solid black; padding: 5px; text-align: center;">NO MORNING PROGRAMS</div> 3pm: Lest We Forget	11 <div style="text-align: center;"> REMEMBRANCE DAY  </div>
14 9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: Estranged Children 3pm: Happiness Basics	15 11am: Relaxation 1pm: Tech Talk 3pm: SCWW Advisory Group 4:30pm: Name That Tune	16 9:30am: TED Talk 11am: In the Headlines 1pm: Why I Volunteer 3pm: Exercise	17 9:30am: Gratitude 11am: The Storyteller 1pm: Who Why When 3pm: Working Through Grief	18 9:30am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: Brain Games
21 9:30am: PODFeat. Ologies 11am: Exercise 1pm: Alberta Economics 2:30pm: Estranged Children 3pm: Happiness Basics	22 11am: Imagination Circle 1pm: History of Treaty 6 3pm: Nutrition for Health 4:30pm: Just A Minute	23 9:30am: True Crime 11am: Did You Know? 1pm: As I Get Older... 3pm: Exercise	24 9:30am: Gratitude 11am: Heroes Among Us 1pm: Coffee Chat 3pm: Country Hall of Fame	25 9:30am: Country Music 11am: Vinyl Cafe 1pm: Let's Talk About 3pm: BINGO
28 9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 2:30pm: Estranged Children 3pm: Happiness Basics	29 11am: Relaxation 1pm: Her Story 3pm: Alberta Dinosaurs 4:30pm: Family Feud	30 9:30am: TED Talk 11am: What's the Word? 1pm: Why I Volunteer 3pm: Exercise	To join by phone , call: 1-855-703-8985 When prompted, enter Meeting ID: 225-573-6467#	

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>To join by phone, call: 1-855-703-8985</p> <p>When prompted, enter Meeting ID: 225-573-6467#</p>			<p>1 9:30am: Gratitude 11am: Coffee Chat 1pm: Inventive Minds 3pm: Climate Crisis?</p>	<p>2 9:30am: Hymn Concert 11am: Exercise 1pm: Heritage Moment 3pm: Where in the World?</p>
<p>5 9:30am: PODFeat. Rick Steves 11am: Exercise 1pm: Name That Tune 3pm: Happiness Basics</p>	<p>6 11am: Imagination Circle 1pm: UN: Declaration of Human Rights 3pm: Reader's Corner 4:30pm: Just A Minute</p>	<p>7 9:30am: True Crime 11am: It's All Canada 1pm: Holiday Traditions 3pm: Exercise</p>	<p>8 NO PROGRAMS STAFF EVENT</p>	<p>9 9:30am: All Request Music 11am: Protection from the Elements 1pm: Who Why When 3pm: Jeopardy</p>
<p>12 9:30am: Check This Out 11am: Exercise 1pm: Writing for Fun 3pm: Happiness Basics</p>	<p>13 11am: Relaxation 1pm: Coffee Chat 3pm: Tech Talk 4:30pm: Dinner Theatre</p>	<p>14 9:30am: TED Talk 11am: Animal Spotlight 1pm: Holiday Stories: Hannukah 3pm: Exercise</p>	<p>15 9:30am: Gratitude 11am: The Storyteller 1pm: Let's Talk About 3pm: Working Through Grief</p>	<p>16 9:30am: Holiday Favourites 11am: Exercise 12:30pm: Canadian Connections 3pm: BINGO</p>
<p>19 9:30am: PODFeat. Rick Steves 11am: Exercise 1pm: Who Why When 3pm: Happiness Basics</p>	<p>20 11am: Imagination Circle 1pm: Canada Book Review 3pm: Nutrition for Health 4:30pm: Brain Games</p>	<p>21 9:30am: True Crime 11am: Did You Know? 1pm: In the Headlines 3pm: Exercise</p>	<p>22 9:30am: Gratitude 11am: Holiday Vinyl Cafe 1pm: As I Get Older... 3pm: Heroes Among Us</p>	<p>23 11am: The Shepherd</p>
<p>26 BOXING DAY </p>	<p>27 NO PROGRAMS</p>	<p>28 11am: Coffee Chat</p>	<p>29 11am: Who Why When</p>	<p>30 11am: Quiz of the Year</p>