

# OCT 2024

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## Foundational Courses

Nutrition & Cooking

Fine Arts & Crafts

Performing Arts

Lectures & Continuing Education

Mind, Body, & Soul Wellness

Fitness & Aquatics

Events, Games, & Social Clubs

**6**  
10 - 11 a.m.

### One-on-One Digital Literacy: Instagram



Sign up for a one-on-one session to learn more about Instagram: navigating it, uploading photos and videos, editing, and sharing on this social network.

**9**  
4 - 5 p.m.

### Cognitive Stimulation: One of the Five Pillars of Aging Well



Explore various ways to keep your brain active and promote cognitive vitality, from observing your surroundings to engaging in interactive activities like learning new languages, and taking up new hobbies.

**10**  
4 - 5 p.m.

### Exercise Neurology & the Muscle-Brain Axis



Learn the benefits of exercise in neurological diseases, possible key mechanisms, discuss future challenges, and some practical recommendations.

**10**  
6:30 - 7:30 p.m.

### Big Smoke Brass



Join us to celebrate the one year anniversary of the Kimel Family Centre featuring the sounds of Blg Smoke Brass, the leading voice in the Canadian brass music scene.

**11**  
2:30 - 3:30 p.m.

### Energy Conservation (Part II) - Routines & Activity Scheduling



This workshop focuses on building a routine to maximize energy throughout the day and cover strategies on how to manage pain, medications, adjusting to changes in your health.

**15**  
10 - 11 a.m.

### Driving Refresher



Join us for an informative refresher on the rules of the road, where you will be guided through all aspects of driver safety.

**20**  
11 a.m. - 12:30 p.m.

### Feel the Beat: Get into the Rhythm of Wellbeing Through Sound



This workshop is an immersive sound experience fosters relaxation and improves focus and concentration, all while having a lot of fun.

**25**  
2 - 3 p.m.

### Estate Planning



Creating a plan to distribute your assets involves more than just creating a will. Learn how in our Estate Planning workshop.

**27**  
10 - 11 a.m.

### Food Hacks for Health



Integrate foundational nutrition knowledge into meal planning to create balanced and healthy meals that ensure each meal supports your overall health goals.

**28**  
10 - 11 a.m.

### Beaded Flower Making



Learn how to make unique and ornate beaded flowers!

**31**  
4:30 - 5:30 p.m.

### Bone Health 101



Learn what osteoporosis is, how to maintain healthy bones, and fall prevention strategies.