Invermere Remembrance Services
Remembrance Day is this Sunday, November 11. The Invermere Branch #71 of the Royal Canadian Legion will be hosting their service beginning at 10:30 am with the parade forming in front of the Legion. From there they march to the Cenotaph for the Memorial Service where wreaths are laid by local clubs, businesses and individuals. Following the service, lunch will be served at the Legion. It is soup and sandwich by donation. At the same time, kids are invited to the Curling Centre for hot dogs and cocoa.

Lest we forget.
Live Music at the Station Pub
Broken Down Suitcase returns to The Station Neighbourhood Pub on Friday, November 9 for an evening of roots, American and folk music. Blonde Bombshell pints will be on special for $5.50, jugs for $18.50. There’s no cover charge. The pub starts rocking at 9pm: go early and treat yourself to a meal out with friends.

Family Game Day
Main Street Fun & Games will open its game tables to families and friends on Sunday, November 11 from 12:30 to 3:30 pm for family game day. Try out a giant version of the fun game Tsuro, and play some new games with your loved ones. There’s no cost to play. It’s a great way to warm up after the Remembrance Day ceremony, and an excuse to check out the store’s latest shipment of Cobble Hill jigsaw puzzles before the winter holidays. See you there.

World Traveler
I just ran into a guy who once sold me a tiny globe. It’s a small world.

Edgewater Services
The service in Edgewater will begin with the parade formation at 3:15 pm at the Legion. The parade will march to the Cenotaph where a Memorial Service will be performed. Dinner follows at the Legion at 5:00 pm. It is always a great meal. Everyone is invited to spend the day remembering and respecting the folks that gave it all for us. Enjoy the fellowship of a great community. Lest we forget.

Remembrance Day Sunday, November 11
Invermere Ceremonies at Cenotaph at 11 am
Edgewater 3:30 pm
Open 7 am-10 pm daily
www.agvalleyfoods.com

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For repairs or service call:
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24 Hour emergency service

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WE HAVE SNOW TIRES!
250-342-0800
Industrial Road # 2, Invermere
Next to NAPA Auto Parts
Rockies Hockey
The Columbia Valley Rockies had a tough weekend with a loss in Kimberley and another at home to Grand Forks. It has been some great hockey. This coming weekend they visit Creston on Friday and host the Golden Rockets this Saturday, November 10 at 7:30 pm. It is a great way to get with friends and family. You see a lot of members of the community and have a chance to win a few prizes, including the 50/50 draw. The hockey games are great too and the players would love to hear you cheering them on from the stands.

Riddliculous

Answer on page 8.

The Pickups in Radium
Father and son duo The Pickups will return to the stage at the Horsethief Creek Pub on Monday, November 12, for what is always a great show. Larry and Travis play popular covers and original tunes, with everything from rock to country. Live Music Monday events are free, which leaves you more cash to treat yourself to a great meal and drinks. Grab the shuttle after for a safe ride home. The Pickups take the stage from 7 to 9 pm, and accompanied minors are welcome to come enjoy the show.

My Favourite Things
I’m a huge fan of whiteboards. I find them quite re-markable.

Broken?...Fix It!
The Columbia Valley Makerspace Society is holding another ‘Repair Café’ this Saturday, November 10. They will be at the Invermere Legion from 10 am to 4 pm. Bring along an item that you want fixed for free and you may even learn how to fix it. There will be coffee and treats available as well. This is a great concept that these folks are putting out there. Take advantage of it.

www.valleypeak.ca
Remember that you can enjoy The Valley Peak when you are not in the valley or too late to pick up an issue. Just go to the website, listed above, and you can download current as well as past issues and advertising information.

For Rent
3 Bedroom, 2 bathroom House, walking distance to schools, college. Hydro, water, shared laundry, pets negotiable. $1,600/month. 250-688-5564.


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Classes

Help Wanted
Part time sales associate. No experience needed. Flexible hours, good starting wage. Valley Spas.

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KOOTENAY BEHIND THE SEAMS

#3 1206
7th Ave
(Main St)
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Will be open Saturday, November 17
10 am to 8 pm
Sales will be on all day long.

KOOTENAY BEHIND THE SEAMS

ESSENTIAL BREATH WORKSHOP

Sunday, November 18
10 am to 1 pm

Cost is $69.00 per person.
Includes hot spring admission & spa access afterwards.
Space is limited: call 250-347-2288 to reserve.
Located at the Radium Hot Springs

ESSENTIAL BREATH WORKSHOP

PLEIADES

spa & wellness

Sunday, November 18
10 am to 1 pm

Cost is $69.00 per person.
Includes hot spring admission & spa access afterwards.
Space is limited: call 250-347-2288 to reserve.
Located at the Radium Hot Springs

Welcome back to the valley!

Eddy English
is your new Interior Sales Manager at Cranbrook KIA

He would like to welcome past customers and friends by and see him for all your automotive sales needs.
1101 Victoria Ave N, Cranbrook, BC

250-426-3133 • eddy@lagauto.ca

2ND ANNUAL SNOWBALL DROP

#3 1206
7th Ave
(Main St)
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Will be open Saturday, November 17
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Sales will be on all day long.

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I read an incredible sentence the other day. ‘All that I desire is to do what is for the good of all’. That is quite the unselfish statement. Is it even possible to choose to do what is best for everyone? The World would be a pretty good place to live if everyone thought that way. But unfortunately, we pretty much place ourselves before and above everyone and everything else. I believe that is one of the reasons that society is so off-balance. There are huge differences in the classes out there. Multi-billionaires with so much money that they could never spend it and people with so little that they cannot even afford a piece of bread. And once you are down, it is a tough climb back up. You need to give more and more money to the rich to survive. It is hard to consider sharing with everyone, especially when you consider yourself ‘better’ than many of the others. But it would be quite the World if it was happening. Everyone does have something to offer but for some folks, they feel so devalued that they don’t believe it themselves. So if you can afford it, try a random act of kindness. Buy someone a lunch or something and see how that feels.

Grammar Woes
I hate making spelling errors. You switch around two letters and your whole sentence is unrecognizable.

World Kindness Day
November 13 is World Kindness Day. Part of what makes this valley special is all the ways in which we’re kind to one another: supporting our neighbours when they’re going through a tough time, volunteering, being polite to that person at the till, or holding the door open for someone else. Why not celebrate this day by thanking someone for their kindness, or doing something kind for someone else?

Murder Mystery
So I was at the Murder Mystery at the Horsethief Creek Pub last week and I have to say, it was quite entertaining. The cast and crew did a great job with some fantastic and funny improve, some outstanding singing and some great outfits. I would say that everyone who attended had a wonderful night out. Thanks to the pub for finding such great variety in entertainment throughout the year.
Watson’s Waddle

One of things about being such a handsome Bassett Hound is that everyone wants to touch my ears. They get petted a lot and well, I do enjoy it. My ears tell Rob a lot about how things are going. They lift into different formations depending on what I am hearing or if I have picked up a scent or even if I am happy or not. Body language is important. Lately I have been hanging low on one side. Plus I was not showing as much ‘pep in my step’ and I would often rub my head sideways on the ground or rub it with my paws. As it turned out, I was dealing with an ear infection (common with my breed) and a bit of a dental issue. Rob and Jen (Kootenay Kritters) figured out something was up right away so we went to visit my vet, Catherine.

She was quick to get me in and fix me up and sent us home with some drops for my ears. It is great how much better I feel and how much more active I have become again. Please make sure you are paying attention to your pets. They will give you signs of when they are not feeling well and they are counting on you, their loved one, to help them out.

Pool Kudos

Probably the worst thing you can hear when you’re wearing a bikini is “good for you.”

What Planet Am I?

I am the brightest natural object in the sky after the moon. I am also by far the hottest planet in the Solar System and the densest atmosphere of the four terrestrial planets. I am considered the ‘Evening Star’ and also Earth’s ‘sister planet’ due to my similar size and mass. What planet am I?

See page 9.

Invermere Light Up

Always a great kickoff to the Christmas season, Invermere Light Up is happening on Saturday, November 17. Enjoy fire pits, hot chocolate, music, photos with Santa, the Snowball Drop and the Santa parade. Many businesses will be open late with great discounts for your shopping convenience. Get downtown for a great dose of Christmas spirit. There is lots of room for volunteers at Light Up. Give Cortney a call at 250-342-9281, ext 1232.
Kidney Failure

So here I am, plugging away with home peritoneal dialysis 4 times a day. My kidneys are showing no interest in regaining function so this is pretty much it for the rest of my life. That is, unless someone gives me a kidney.

It is great that things are under control enough that I am not forced to go back and forth to Cranbrook 3 times a week. It is pretty much once a month at this point. I do still have to get lots of bloodwork done to make sure that this is all working properly. Plus I have to get my hemo lines flushed weekly (Home Care at Invermere Hospital) until they are removed from my chest. The lines actually run directly into my heart chamber. They have to be kept clear in case I need to use them.

Last week I wrote an article about not always trusting everything a doctor is telling you but I have to admit, total trust is involved when you are starting on dialysis. A lot of things happen very quickly. I am very thankful for the nurse who figured it out in emergency, the paramedics who transported me to Trail and the doctors and staff that got me going on dialysis.

Concentrating

Don’t interrupt someone working intently on a puzzle. Chances are you’ll hear some crosswords.

Used Book Donations

The Friends of the Invermere Library collect used books year-round, but this month is a great time to donate, in support of the annual book sale fundraiser on November 30 and December 1. Books in good condition can be brought to the dropbox at the courthouse, across from the library.

CRESTEEL HVAC (‘81) LIMITED

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**My Progress**

It was a year ago this week that I was told that I have Multiple Myeloma. I can’t really describe that moment. The doctor was pretty casual about it and pretty much mentioned it as he stroked past me through the ward. I had to follow him and ask him what he meant and what Multiple Myeloma was. Bone marrow cancer that had put a protein in my blood that went on to take down my kidneys.

There it was, cancer, a ‘death sentence’. Or is it? Apparently, not always and actually, quite often that is not the case. So here I am, a year later, done with ‘traditional’ pharmaceutical treatments (chemo) and still kicking. I’m definitely not kicking as hard as I used to, but I try. I am focusing on alternative, more natural treatments to strengthen my immune system and let my body defend itself much better. Just paying attention to what food goes into my body makes a difference.

There are many things a person can do to make a difference in how their immune system performs. Do some research and do your best to keep yours strong.

---

**Hard Body Truth**

Being cremated is my last hope for a smoking hot body.

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**The Thrifty Reporter**

The colder weather has arrived. There is a nip to the air. Everything is starting to add up to signs of winter months to come and our thoughts go to the many winter activities we can do here in the valley. There will be skating on the Whiteway, hiking the beautiful trails or skiing the snow covered mountains. Now would be a good time to take a look at your winter activity gear and get everything ready. You can buy/donate skates and boots to the Invermere Thrift Store but please remember the store can not accept hockey equipment (adult or children) nor do they have the room to accept skis and big toboggans.

---

**Tender and Tasty**

Thanks to the Millers and Home Hardware for lunch last Saturday. The free beef on a bun was incredibly tasty and tender. Very well done (well medium actually). But yes, they fed a lot of people and everyone was quite happy with the food. Donations to STARS were also accepted.

---

**Treasures in the Wind**

WE SELL, CONSIGN & BUY
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**Wind in your Hair salon**
Side Effects

One of the interesting side effects of all of this health stuff is the fact that you really learn to look at a lot of things differently. I used to worry about a lot of things that really mean nothing in the big picture. I also find myself feeling a lot more grateful. There are many amazing things that happen every day and it is very enlightening as I become more aware of them.

One thing that I am extremely grateful for is the Canadian Kidney Foundation. They are there for people with kidney failure, that is certain. They are definitely my charity of choice right now. It is wonderful to have their services available.

I do not know what the administrative end of it looks like but I know that they finance all of my supplies. That is a lot of supplies, about 25 boxes of dressings, cleaning solutions, tape, masks, dialysis solutions and more every month. It is delivered right to my storage room.

I am pretty happy with the service of Baxter, the company that produces and sends the supplies. It is a life and death situation for many people so they have to be very accurate and prompt with a lot of deliveries. I am impressed.

And thanks to all the support from everyone. It has been a wild ride with a lot of help from a lot of people.

Canadian Sports Trivia Answer
Norman Kwong was the first ‘Chinese-Canadian’ player in the CFL and he led Edmonton 3 consecutive Grey Cups as the leading rusher in the Western Division.

In a Hurry

There is no reason to tailgate me when I am doing 70 in a 50 zone. And those red and blue flashing lights on your car don’t look that good as decorations.
We see a lot of opportunities to get a poppy at this time of year. Lately, with all the political ‘correctness’ some folks question whether or not it is okay to wear a poppy. But the really important question I have to ask is whether I will wear a poppy.

Of course I will. My father was in WWII and well, if there is anyone who deserves my respect, I would say it is my father. He lost a lot of friends in that war and Remembrance Day always meant a lot to him.

Do I care if you wear a poppy? Not at all. Do I want to listen to your reasons for not wearing a poppy? Not at all as it won’t change my opinion of the poppy but it might change my opinion of you. Just do your own thing.

**Rididulous Answer**

(From page 2) M31 is the next combination representing May having 31 days after January, February, March and April having 31, 28, 31 and 30 respectively.

**Winter Wonderland Market**

There is a magical market coming up next weekend at the CV Centre. The Winter Wonderland Market will run Saturday, November 17, 10 am to 4 pm and Sunday, November 18, 11 am to 3 pm.

The Saturday coincides with Light Up in Invermere so plan a visit to the market before the parade to check out all the wonderful vendors and the items that they have for you. Admission is free.

**Cooking Tips**

A lot of people cry when they cut onions. The trick is not to form an emotional bond.

**Curling Cougars**

Congratulations to the Ladies Curling Club in Invermere for hosting a great event, the ‘Cocktail Spiel’. Fifteen teams ascended on the ‘Cougar Lounge’ and prepared for battle on the ice.

Champions were the Seitz team with Sue, Sheila, Barb and Karen. The B Event was won by the local Jones team of Holly, Stephanie, Emily and Hayley. The C winners were the Rogers team of Anne, Judy, Joann and Reta.

**Grizzly Bear Presentation**

Wildsight and the Jumbo Creek Conservation Society invite you to head to DTSS high school on Tuesday, November 13 for a presentation from Clayton Lamb on grizzly bears, as part of the JCCS AGM.

Doors open at 7 pm, with Clayton’s talk starting at 7:30 pm. Come learn about the effects of habitat quality, road density and other factors on our local bear populations.
**Closed for Reno Touch-ups**

We’ll have to go elsewhere for our meals and Keno on Tuesdays and Wednesdays these next couple week: the Horseshoe Creek Pub will be closed those days to do some final touch-ups following their recent renovations.

Closure dates are November 13 and 14, November 20 and 21. The closures won’t affect the weekly Live Music Monday and Thursday Karaoke events.

**I am This Planet**

(From page 4) Venus is the hottest planet, even though Mercury is closer to the Sun. It is nearly the same size as Earth (hence ‘sister planet’) but has 92 time the atmospheric pressure. Look to the West at sunset any evening in the spring and summer and you will see how bright I am.

**Windermere Handmade Market**

The holiday craft season is in full swing this month, with the Handmade Market taking place at the Windermere Community Hall on Saturday, November 10. Come from 10am to 3pm to browse and buy local arts, crafts, baking and more.

Admission is free, which leaves you with more cash to fill your shopping bags and check items off that Christmas gift list. The best gifts are often unique items created by local businesses: head to Windermere and get inspired.

**DIY Mattress Tip**

You can make a water bed more bouncy by using spring water.

**Snowball Drop**

The second annual Snowball Drop will be happening during Light Up on Saturday, November 17. The drop will begin at 7 pm with a gumball drop for the children followed by a snowball drop for adults only. Both the children and adults can redeem their balls for prizes and discounts donated by local businesses. Customers are limited to one ball per person (children and adults).

Thanks to all the businesses that are participating this year. It is a wonderful community.

**Essential Breath Workshop**

Pleiades Spa at Radium Hot Springs is hosting this workshop on Sunday, November 18. Check their ad on page 2 for more details.
Personal Goal Support Group

Have a goal in mind? Get a monthly kick in the butt at the Posse Meet Up. Join a group of like-minded folks who will cheer you on, with a guest presenter each month to share strategies and tips on achieving your goals.

Cost is $12/meeting, or free with your Mountain Hub membership. The group meets at the Mountain Hub on the second Tuesday each month from 7 to 9 pm, including Tuesday, November 13. Get motivated and out of that rut.

Where I Was

The photo on page 6 this week is related to this weekend and the Remembrance Day ceremonies. It is a photo of the luncheon after the ceremonies at the Invermere Legion.

Addictions Awareness Talk

Humanitarian award winner, best-selling author and former NHL all-star Theo Fleury will be in town on Tuesday, November 13 to give a talk as part of National Addictions Awareness Week. This event is presented by theʔakisq̓ nuk First Nation and Shuswap Band. Admission is free to this 6 pm event at the CV Centre, but you’re encouraged to bring food bank donations.

Nature Studies

What does it sound like when a ptarmigan goes pee?

Nothing. The ‘p’ is silent.

Pork Producers Info Event

Local farmers are hosting an information session on pig farming on Tuesday, November 13, from 1 to 4 pm. New and existing pork producers are invited to come to this free event at the Lions Hall at the Invermere crossroads.

Featured guest speakers include swine veterinarian Dr. Kelsey Gray and regional agrologist Kevin Murphy. Register online at www.kbfa.ca/events or call 778-771-5851.

Food security is very important for all of us, especially when it involves bacon.

Inside ICAN

Flame, reporting for inside ICAN Rescue and Adoption Facility. Meowember is here! Now is a great time to adopt an adult cat with 50% off adult cat adoption fees until the end of November. Visit our Facebook page for more information or give us a call 250-341-7888.
Senior Singers
If you enjoy singing and are looking for a group to sing with, check out the folks at Columbia Garden Village. They get together every Monday morning at 10 am for a singalong, fun and fellowship. Enjoy coffee or tea and snacks afterwards. Everyone is welcome to join the group.

Wild Film Festival Tickets
Get your tickets for Wildsight’s Wild & Scenic Film Festival. This is one of the largest environmental film festivals in North America, and yet... the venue is our very own CV Centre in Invermere. The festival takes place on Saturday, November 24 from 5 to 9:30 pm, with 10 films, pizza, beer and wine, popcorn, door prizes, a silent auction, a 50/50 draw and stimulating discussion.

Sounds like an interesting night with interesting people. Come join the fun.

Wildsight’s Wild & Scenic Film Festival

Wise Rhymes
Red sky at night: sailor’s delight. Blue sky at night: day.

Depression
Life can be very tough. Things don’t always fall into place and we find ourselves really hurting. We all are fighting internal demons and many of us win the battle, but many folks get really down. Don’t let depression take control. Nothing is so bad that it cannot be resolved. Talk to someone about your thoughts. Talk to a real person who can listen and share your feelings. It can make a huge difference. And if you notice a friend becoming very neutral in their life and not really caring either way about many things, take a moment to ask them if they are okay or what is going on. You may be all that they need. Many folks have thoughts of suicide every single day of the year. Please go to www.suicideprevention.ca. They will offer some tools to help you through things.

Winter is Coming
It is getting a bit cooler every night these days. The snow is creeping down the mountains (Fairmont range looks gorgeous), there is a bit of frost on the windshields and the Curling Centre is open for business. Are you ready? At my place, heating costs get out of control through the winter. Fortunately I can save some money by winterizing the place a bit. RONA can help. They have the window film, weather stripping, door sweeps, space heaters, wood pellets and more. Stop in and check it out.

Sports Parenting
“Love to watch you play” is the best sentence you could ever say to your kid about sports. Not “I love when you score a goal” or “That was a great win”. We all want to see our child score a goal and win every game. But that is not a realistic expectation for our children and it puts an incredible amount of pressure on kids. You are the person they want to impress and you don’t want them to think that it takes a winning goal to impress them. They need to know that you love them regardless of the game’s outcome and regardless of their performance. They say that 70% of kids quit a sport by the age of 14 because they are no longer having fun with it.

Math Time
So the question I ask myself nearly every day is this, “Do I dig out the manual and figure out how to change the clock in my car or do I be aware and just subtract an hour from the time for six months?” The answer will be seen in due time or only time will tell.

Names We’ve Heard
8 Milton Bradley, Tara Reid
9 Carl Sagan, Lou Ferrigno
10 Richard Burton, Roy Scheider
11 Leonardo DiCaprio, Demi Moore
12 Neil Young, David Schwimmer
13 Whoopi Goldberg
14 Prince Charles, Claude Monet

Local Celebrities
8 Barb Thorne
9 Len O’Rourke, Teryl Hemmelgarn, Vaughn Hemmelgarn, Wendi Ede, Thorsten Gaul
10 Hawk Martin, Royce Young
12 Amanda Brash, Donovan, Courtney Allie, Chris Prosser
13 Frank Kirkby
14 Irene LaRochelle

Submit your free birthday or anniversary greetings to rob@valleypeak.ca or call 250-341-7243
### Free Listings for Community Events

**Columbia Valley Food Bank Hours**
- Tuesdays & Thursdays, 1-2 pm.
- 3rd Wed., 5:30-7 pm. By appt. 342-0850.
- 201, 7 Ave, Invermere.

**Museum Hours**
- Tuesday 10 am-4 pm.

**Thrift Store Hours**
- Thursday, Friday, Saturday, 10 am-4 pm.
- 342-1811.

**Invermere Library**
- **Storytime**
  - 11 am.
- **Family Lego Club**
  - 10:30 am.
  - Every Saturday.
- **3rd Friday Every Month**
  - Open Mic, all ages, Pynelogs, 7-9 pm.
  - Karaoke, Whitehouse.
- **Every Tuesday**
  - Storytime, Invermere Library 11 am. 342-6416.
  - Tech Support, Invermere Library, 1-4 pm.
  - Darts, Drop-in, Invermere Library, 4-6 pm.
- **Climbing Wall**
  - Laird School, 5-8 pm. 250-688-5228.
  - Alcoholics Anonymous, 8 pm. 250-342-2424.

**Every Sunday**
- **Latter Day Saints’ Service**, Fairmont, 10 am. 270-0299.
- **Music Jam**, all ages, Canal Flats Base Camp, 10 am.
- **Worship & Fellowship**, Alliance Church, 10:30 am.
- **Crib**, Edgewater Legion, 1 pm.
- **Crib Bowling**, Radium Centre, 1:30 pm.
- **Lutheran Service**, Christ Church Trinity, 1:30 pm.
- **Climbing Wall**, Laird School, 5-8 pm. 250-688-5228.
- **Jiu Jitsu**, 7-9 pm, next to Vet, 250-341-7113.
- **Alcoholics Anonymous**, 8 pm. 250-342-2424.

**Every Monday**
- **Senior Singalong**, Columbia Gardens, 10 am.
- **Invermere Seniors’ Centre Fitness**, 10:30 am.
- **Indoor walking**, free, clean shoes, CV Centre, 10 am.
- **Stretch & Move**, 10:30 am, Invermere Seniors Hall.
- **Invermere Seniors’ Carpet Bowling** at 1:30 pm.
- **Drum Circle**, Pynelogs, 7 pm.
- **Army Cadets**, Invermere Legion, 6:15 pm, 6:30 pm.
- **Karaoke at the Horsethief Creek Pub**, 7-9 pm.
- **Live Music**, Horsethief Creek Pub, 7-9 pm.
- **Al-Anon**, Inver. Catholic Church, 7:15 pm. 342-8255.
- **Pool Tournament**, Copper City Saloon, 7:30 pm.

**Every Tuesday**
- **Knitting/handcrafts**, Invermere Library, 1:30 pm.
- **Cards**, Radium Centre, 1:30 pm.
- **Invermere Seniors Centre games**, 1:30 pm.
- **Adult Programs**, Radium Library, 5:30 pm.
- **Zumba Strong**, Laird School, 5:30 pm.
- **Bingo**, Shuswap Band Hall, 6:45 pm.
- **Jiu Jitsu**, 7-9 pm, next to Vet, 250-341-7113.
- **Trivia Night**, Bears Paw, Fairmont, 7-9 pm.
- **Invermere Seniors Crib**, 7 pm.

**Every Wednesday**
- **ROPA**
  - 3 pm.
- **Radium Rotary**, Radium Springs Golf Course, 8 am.
- **Alcoholics Anonymous**, 8 pm. 250-342-2424.
- **1st and 3rd Wednesday Each Month**
  - Radium Rotary, Radium Springs Golf Course, 8 am.
- **Last Wednesday of Each Month**
  - Co-Housing Info Session, Invermere Library, 6 pm.

**November 8, Thursday**
- **Invermere Flu Clinic**, CV Centre, 10 am-3 pm.

**November 9, Friday**
- **Roast Beef Dinner**, Invermere Legion. 6:30 pm.
- **Broken Down Suitcase**, Station Pub, 9 pm.

**November 10, Saturday**
- **Repair Café**, Invermere Legion, 10 am-4 pm.
- **Rockies host Golden Rockets**, 7-9 pm.

**November 11, Sunday**
- **Remembrance Day**
  - Family Game Day, free, Main Street Fun & Games, 12:30-3:30 pm.
- **November 12, Monday**
  - **Pickups**, Horsethief Creek Pub, 7-9 pm.

**November 13, Tuesday**
- **Personal goal support group**, Mountain Hub, 7 pm.
- **Grizzly talk & JCCS AGM**, DTSS, 7 pm.
- **Theo Fleury**, food bank donation, CV Centre, 6 pm.

**November 14, Wednesday**
- **Wilmer Community Club AGM**, 6:30 pm.

**November 15, Thursday**
- **Light Up**, downtown Invermere, 1-10 pm.
- **Pop-Up Market**, free, Mountain Hub, 1-7 pm.
- **Snowball Drop**, Centalop, Invermere, 3-4 pm.
- **Parade**, Invermere, 6 pm.
- **Wine Survivor Night**, 19+, $10 & a bottle of wine, Wilmer Hall, 7-9 pm, 342-2019.

**November 18, Sunday**
- **Winter Market**, free, CV Centre, 11am-3pm.
- **Essential Breathe**, Pleiades, 10 am-1 pm.

**November 19, Monday**
- **Fairwater 54**, Horsethief Creek Pub, 7-9 pm.

**November 21, Wednesday**
- **Eating for immunity**, $5 or food bank donation, Mountain Hub, 12-1 pm.

**November 22, Thursday**
- **Barbara Brown** (author), Invermere Library, 6-7:30 pm.
- **November 24, Saturday**
  - **WildSight Film Festival**, CV Centre, 5-9:30 pm.

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### Lest We Forget

**Remembrance Day**
- Sunday, November 11

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**HorseThief Creek Pub & Eatery**
- **The Pickups**
  - Monday, November 12, 7-9 pm
  - **Fairwater 54**
  - Monday, November 19
  - **Karaoke-Thursdays**
  - Monday, November 26

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