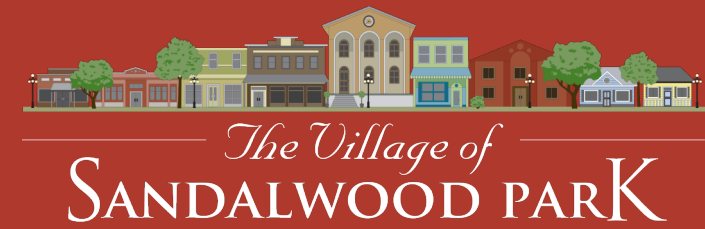


SEPTEMBER 2022

Cumberland



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

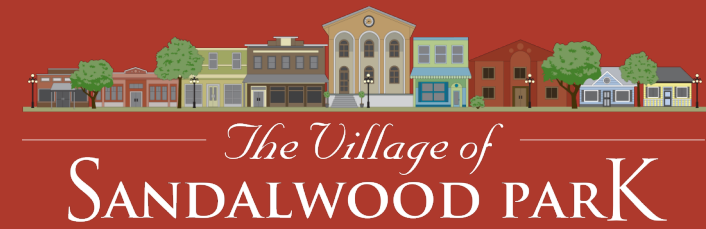
FRIDAY

SATURDAY

<p>HAPPY GRANDPARENTS DAY!</p>			<p>Also See Johnston Calendar for Open area Programs, for September</p>	<p>1 8:30 Breakfast 10:00 Spa Time 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>	<p>2 8:30 Breakfast 10:00 Neighbourhood time 12:00 Lunch 5:00 Dinner</p>	<p>3 8:30 Breakfast 10:00 Good Morning Sandalwood! 12:00 Lunch 5:00 Dinner</p>
<p>4 8:30 Breakfast 10:00 Good Morning Sandalwood 12:00 Lunch Movie Afternoon 5:00 Dinner</p>	<p>5 8:30 Breakfast Sing A Long 12:00 Lunch 3:15 Bingo! 4:00 Chair Yoga 5:00 Dinner</p>	<p>6 8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:00 Brains and Banter 5:00 Dinner</p>	<p>7 8:30 Breakfast 10:00 Outside walks 12:00 Lunch 5:00 Dinner</p>	<p>8 8:30 Breakfast 10:00 Spa Time 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>	<p>9 8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 2:30 Active Games 4:00 Beauty Hour 5:00 Dinner</p>	<p>10 8:30 Breakfast 10:00 Good Morning San- dalwood 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>
<p>11 Grandparents Day! 8:30 Breakfast 10:00 Good Morning San- dalwood 12:00 Lunch 2:15 Movie Matinee 4:00 Neighbourhood Time 5:00 Dinner</p>	<p>12 Residents 8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 4:00 Chair Yoga 5:00 Dinner</p>	<p>13 Council 8:30 Breakfast 10:00 Musical Moments 12:00 Lunch 3:15 Active Games 5:00 Dinner</p>	<p>14 Awareness 8:30 Breakfast 10:30 12:00 Lunch 2:30 Music with Eugene 5:00 Dinner</p>	<p>15 Week! Fall Fair Day! 8:30 Breakfast 10:30 Residents Council 12:00 Lunch Sing a long 5:00 Dinner</p>	<p>16 8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 4:00 Beauty Hour 5:00 Dinner</p>	<p>17 8:30 Breakfast 10:00 Good Morning San- dalwood! 12:00 Lunch 2:15 Spa 4:00 Dinner</p>

SEPTEMBER 2022

Cumberland



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>18</p> <p>8:30 Breakfast 10:00 Good Morning Sandalwood 12:00 Lunch Neighbourhood Time 5:00 Dinner</p>	<p>19</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 3:15 Outside walks 4:00 Chair Yoga 5:00 Dinner</p>	<p>20</p> <p>8:30 Breakfast 10:00 Neighbourhood Time 12:00 Lunch 3:15 Stepping Out 5:00 Dinner</p>	<p>21</p> <p>8:30 Breakfast 10:30 Bike Rides 12:00 Lunch 2:00 3:00 1:1 Visits 5:00 Dinner</p>	<p>22</p> <p>8:30 Breakfast 10:00 Music in gazebo 12:00 Lunch 3:00 1:1 Visits 5:00 Dinner</p>	<p>23</p> <p>8:30 Breakfast 10:30 Stepping out 12:00 Lunch 2:30 Music Moments 5:00 Dinner</p>	<p>24</p> <p>8:30 Breakfast 10:00 Good Morning Sandalwood 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>
<p>25</p> <p>8:30 Breakfast 10:00 Good Morning Sandalwood 12:00 Lunch 2:15 Movie Matinee Neighbourhood Time 5:00 Dinner</p>	<p>26</p> <p>8:30 Breakfast 10:00 Funny videos 12:00 Lunch 3:15 Bingo! 4:00 Music with Marcus! 5:00 Dinner</p>	<p>27</p> <p>8:30 Breakfast 10:00 Musical Moments 12:00 Lunch 3:15 Stepping Out 5:00 Dinner</p>	<p>28</p> <p>8:30 Breakfast 10:00 Sing A Long 12:00 Lunch 3:00 1:1 Visits 5:00 Dinner</p>	<p>29</p> <p>Multi Cultural Day! 8:30 Breakfast 10:00 Neighbourhood Time 12:00 Cumberland BBQ 3:00 1:1 Visits 5:00 Dinner</p>	<p>30</p> <p>8:30 Breakfast 10:30 Spa time 12:00 Lunch 2:30 Bike Rides 5:00 Dinner</p>	