



SEPTEMBER 2023

Appleby NEIGHBOURHOOD



The Village of

TANSLEY WOODS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<p>Residents Bill Of Rights</p> <p>23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To</p>	<p>1</p> <p>8:00 Breakfast 9:00 Neighborhood Times 12:00 Lunch 1:45 Drum Fit 3:00 Bingo 4:00 Friendly Visits 5:00 Dinner 6:30 Pub Night - SC</p>	<p>2</p> <p>8:00 Breakfast 9:45 Daily Perk 10:00 Musical Moments 11:00 For the Fun of Fit 12:00 Lunch 2:00 Friendly Visits 3:00 Gerry Larkin-TH 5:00 Dinner</p>
<p>3</p> <p>8:00 Breakfast 10:00 Bookmark Social-CC 12:00 Lunch 2:00 Church Service-TH 3:00 Musical Moments 4:00 Friendly Visits 5:00 Dinner</p>	<p>4 Labour Day</p> <p>8:00 Breakfast 9:00 Neighborhood Times 12:00 Lunch 1:30 Arm Chair Travel 3:30 Brains & Banter 5:00 Dinner 6:30 Documentary</p>	<p>5</p> <p>8:00 Breakfast 9:45 Daily Perk 10:30 Standing Balance-FC 11:00 Brains & Banter 12:00 Lunch 2:00 Group Fitness-FC 2:30 Bible Study-L 3:00 In the Kitchen-- Pizza Making 4:00 Friendly Visits 5:00 Dinner</p>	<p>6</p> <p>8:00 Breakfast 10:00 Java Music 11:00 Total Body Fitness 12:00 Lunch 2:00 Laughter Yoga-TH 2:30 Ice Cream Social-TH 4:00 Friendly Visits 5:00 Dinner</p>	<p>7</p> <p>8:00 Breakfast 9:45 Daily Perk 10:15 Basketball & Ball Toss - FC 11:00 Music Therapy 12:00 Lunch 1:30 Devotions 3:00 Yoga Class-FC 3:00 Musical Moments 4:00 Friendly Visits 5:00 Dinner</p>	<p>8</p> <p>8:00 Breakfast 9:30 Daily Perk 10:00 Art Therapy 11:00 Line Dancing 12:00 Lunch 1:45 Drum Fit 3:00 Bingo 4:00 Stepping Out 5:00 Dinner</p>	<p>9</p> <p>8:00 Breakfast 9:45 Daily Perk 10:30 Tai Chi-FC 11:00 Music Trivia 12:00 Lunch 2:00 Total Body Fitness 2:30 You & Me 3:30 Brent Meidinger-TH 5:00 Dinner</p>
<p>10 Grandparents Day</p> <p>8:00 Breakfast 9:30 Daily Perk 10:00 Movie Matinee-- Father of the Bride 2-TH 12:00 Lunch 2:00 Church Service-TH 3:00 Traveling Photobooth 4:00 Friendly Visits 5:00 Dinner</p>	<p>11</p> <p>8:00 Breakfast 9:15 Fun & Fit 10:30 Horticulture Therapy 12:00 Lunch 1:30 In the Kitchen 2:00 Sweat Squad 3:45 Circle of Friends 5:00 Dinner 6:30 Table Games</p>	<p>12</p> <p>8:00 Breakfast 9:45 Daily Perk 10:30 Standing Balance-FC 11:00 Brains & Banter 12:00 Lunch 2:00 Group Fitness-FC 2:30 Bible Study-L 3:00 Neighborhood Times 5:00 Dinner</p>	<p>13</p> <p>8:00 Breakfast 10:00 Tim Hortons Social-- CC 11:00 Total Body Fitness 12:00 Lunch 2:00 Java Music 3:00 Soothing Sensation-- Nails 5:00 Dinner</p>	<p>14</p> <p>8:00 Breakfast 9:45 Daily Perk 10:15 Basketball & Ball Toss - FC 11:00 Music Therapy 12:00 Lunch 1:30 Devotions 3:00 Yoga Class-FC 3:00 Musical Moments 4:00 Friendly Visits</p>	<p>15</p> <p>8:00 Men's Breakfast Club 9:45 1:1 10:00 Art Therapy 11:00 Line Dancing 12:00 Lunch 1:45 Drum Fit 3:00 Bingo 4:00 Stepping Out 5:00 Dinner</p>	<p>16</p> <p>8:00 Breakfast 9:45 Daily Perk 10:00 For the Fun of Fit 11:00 Musical Moments 12:00 Lunch 1:00-3:30 Car Show-Parking Lot 4:00 Friendly Visits 5:00 Dinner</p>
<p>17 Terry Fox Run</p> <p>8:00 Breakfast 9:30 Daily Perk 10:00 Terry Fox Run-- Café 12:00 Lunch 2:00 Church Service-TH 3:00 Craft Social-CC 5:00 Dinner</p>	<p>18 National Cheeseburger Day</p> <p>8:00 Breakfast 9:15 Fun & Fit 10:30 Horticulture Therapy 12:00 Mc Donald's Diner's Club-MS 1:30 Arm Chair Travel 2:00 Sweat Squad 3:00 Circle of Friends 4:00 Stepping Out 5:00 Dinner 6:30 Trivia</p>	<p>19</p> <p>8:00 Breakfast 9:45 Daily Perk 10:00 Hummingbird Draw A-long-- TH 10:30 Standing Balance-FC 11:00 Stepping Out 12:00 Lunch 2:00 Group Fitness-FC 2:30 Bible Study-L 3:00 Brains & Banter 4:00 Friendly Visits</p>	<p>20</p> <p>8:00 Breakfast 10:00 Java Music 11:00 Total Body Fitness 12:00 Lunch 2:00 Express Yourself 3:30 Stepping Out 5:00 Dinner</p>	<p>21</p> <p>8:00 Breakfast 9:45 Daily Perk 10:15 Basketball & Ball Toss - FC 11:00 Music Therapy 12:00 BBQ Lunch 1:30 Devotions 2:00 Paint A-Long-- TH 3:00 Yoga Class-FC 3:15 Musical Moments 4:00 Friendly Visits</p>	<p>22</p> <p>8:00 Breakfast 9:30 Friendly visits 10:00 Art Therapy 11:00 Line Dancing 12:00 Lunch 1:45 Drum Fit 3:00 Bingo 4:00 Stepping Out 5:00 Dinner 6:30 Pub Night-SC</p>	<p>23 First Day Of Autumn</p> <p>8:00 Breakfast 9:30 Daily Perk 10:00 Fall Decorating 10:30 Tai Chi-FC 11:00 For the Fun of Fit 12:00 Lunch 2:00 Total Body Fitness 2:15 1:1 3:00 Paula French-TS 5:00 Dinner</p>
<p>24</p> <p>8:00 Breakfast 9:30 Daily Perk 10:30 Chair Dance 12:00 Lunch 2:00 Church Service-TH 3:00 Stepping Out 5:00 Dinner</p>	<p>25</p> <p>8:00 Breakfast 9:15 Fun & Fit 10:30 Horticulture Therapy 12:00 Lunch 1:00 In the Kitchen 2:00 Sweat Squad 3:00 Name that tune-One Hit Wonder 4:00 Friendly Visits 5:00 Dinner 6:30 Cards</p>	<p>26</p> <p>8:00 Breakfast 9:45 Daily Perk 10:30 Standing Balance-FC 11:00 Brains & Banter 12:00 Lunch 2:00 Group Fitness-FC 2:30 Bible Study-L 3:00 Drum Fit 4:00 Friendly Visits 5:00 Dinner</p>	<p>27</p> <p>8:00 Breakfast 10:00 Java Music 11:00 Total Body Fitness 12:00 Lunch 2:00 Soothing Sensations-Nails 3:30 Circle of Friends 5:00 Dinner</p>	<p>28</p> <p>8:00 Breakfast 9:45 Daily Perk 10:15 Basketball & Ball Toss - FC 11:00 Music Therapy 12:00 Lunch 1:30 Devotions 3:00 Yoga Class-FC 3:00 Musical Moments 4:00 Friendly Visits 5:00 Dinner</p>	<p>29 Oktoberfest Day</p> <p>8:00 Breakfast 9:45 1:1 10:00 Art Therapy 11:00 Line Dancing 12:00 Lunch 1:45 Drum Fit 2:30 Oktoberfest Social-TH 3:00 David Skolnik-TH 5:00 Dinner</p>	<p>30 National Day of Truth and Reconciliation/Orange Shirt Day</p> <p>8:00 Breakfast 9:45 Daily Perk 10:00 Circle of Friends 11:00 Brains & Banter 12:00 Lunch 2:00 Friendly Visits 3:00 Sing Along-- TH 5:00 Dinner</p>