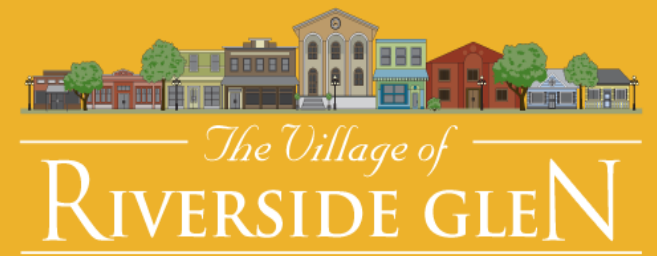




SEPTEMBER 2023

Emma Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 2:00 Brains and Banter 3:00 Happy Hour 5:00 Dinner	2 8:00 Breakfast 10:00 Morning Movie 12:00 Lunch 2:00 Stepping Out 3:00 For the Fun of Fit 5:00 Dinner
3 8:00 Breakfast 10:00 Church Service 11:00 Corn Shucking 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	4 8:00 Breakfast 10:00 Greeting The Day 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Soothing Sensations 5:00 Dinner 6:30 Sing Along	5 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 2:00 Music with Paul Schalm 3:00 Fitness with Megan 5:00 Dinner 6:30 Movie Night	6 8:00 Breakfast 10:00 Greeting The Day 10:45 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	7 8:00 Breakfast 10:00 Greeting The Day 11:00 Fitness with Megan 12:00 Lunch 2:00 Musical Moments 3:00 Golf Cart Rides 5:00 Dinner 6:30 Soothing Sensations	8 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 2:00 Stepping Out 3:00 Happy Hour 5:00 Dinner	9 8:00 Breakfast 10:00 Greeting The Day 11:00 For the Soul 12:00 Lunch 2:00 Movie Matinee 3:30 Fitness with Megan 5:00 Dinner
10 Grandparents Day 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Grandparents Social 3:30 You and Me 5:00 Dinner	11 8:00 Breakfast 10:00 Greeting The Day 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Soothing Sensations 5:00 Dinner 6:30 Sing Along	12 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 1:30 Hymn Sing 3:00 For the Fun of Fit 5:00 Dinner 6:30 Movie Night	13 Multicultural Festival 8:00 Breakfast 10:00 Greeting The Day 10:30 Roman Catholic Mass 11:00 Songbirds Choir 12:00 Lunch 2:00 Multicultural Festival 5:00 Dinner 6:30 You and Me	14 8:00 Breakfast 10:00 Greeting The Day 11:00 Vendor Visits 12:00 Lunch 2:00 Musical Moments 3:30 Praying the Rosary 5:00 Dinner 6:30 Soothing Sensations	15 Polka Dot Day 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 2:00 Stepping Out 3:00 Happy Hour 5:00 Dinner	16 8:00 Breakfast 10:00 Greeting The Day 11:00 Stepping Out 12:00 Lunch 2:00 Movie Matinee 3:00 For the Fun of Fit 5:00 Dinner
17 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner	18 8:00 Breakfast 10:30 Terry Fox Walk 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Soothing Sensations 5:00 Dinner 6:30 Sing Along	19 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 2:00 Aiden Purnell 3:00 For the Fun of Fit 5:00 Dinner 6:30 Movie Night	20 8:00 Breakfast 10:45 Songbirds Choir 12:00 Lunch 3:00 Church Service 5:00 Dinner	21 World Alzheimer's Day 8:00 Breakfast 10:00 Greeting The Day 11:00 DrumFit 12:00 Lunch 1:45 Music with Wendy 3:00 Golf Cart Rides 5:00 Dinner 6:30 Soothing Sensations	22 8:00 Breakfast 10:30 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 2:00 Stepping Out 3:00 Happy Hour 5:00 Fall Formal Dinner	23 First Day of Fall 8:00 Breakfast 10:00 Greeting The Day 11:00 For the Soul 12:00 Lunch 2:00 Movie Matinee 3:30 For the Fun of Fit 5:00 Dinner
24 Arts & Aging Day 8:00 Breakfast 10:00 Church Service 11:00 Brains and Banter 12:00 Lunch 2:00 Express Yourself 3:00 You and Me 5:00 Dinner	25 8:00 Breakfast 10:00 Greeting The Day 11:00 Circle of Friends 12:00 Lunch 2:00 Express Yourself 3:00 Soothing Sensations 5:00 Dinner 6:30 Sing Along	26 8:00 Breakfast 10:00 Greeting The Day 11:00 Brains and Banter 12:00 Lunch 1:30 Hymn Sing 3:00 For the Fun of Fit 5:00 Dinner 6:30 Movie Night	27 8:00 Breakfast 10:00 Greeting The Day 11:00 Songbirds Choir 12:00 Lunch 2:00 Brains and Banter 3:00 Church Service 5:00 Dinner 6:30 You and Me	28 8:00 Breakfast 10:00 Greeting The Day 11:00 For the Fun of Fit 12:00 Lunch 2:00 Musical Moments 3:00 Golf Cart Rides 5:00 Dinner 6:30 Soothing Sensations	29 8:00 Breakfast 10:00 Greeting The Day 11:00 In the Kitchen 12:00 Lunch 2:00 Birthday Social 3:00 Happy Hour 5:00 Dinner	30 Day for Truth & Reconciliation 8:00 Breakfast 10:00 Greeting The Day 11:00 For the Soul 12:00 Lunch 2:00 Movie Matinee 3:30 For the Fun of Fit