

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Emma's East Neighbourhood September 2023					1 8:00 Breakfast 10:00 Friendly Visits 11:00 Bocce Ball 12:00 Lunch 2:30 Visits with Gilbert 3:00 Exercise Class 5:00 Dinner	2 8:00 Breakfast 10:00 Church Service 11:15 Get Moving 12:00 Lunch 2:15 Stepping Out 5:00 Dinner
	3 8:00 Breakfast 10:00 Café Time 10:45 Get Moving 11:15 Hymn Sing & Devotion 12:00 Lunch 2:00 Active Games 5:00 Dinner	4 Labour Day 8:00 Breakfast 10:30 Art 12:00 Lunch 2:00 Visit with Gilbert 3:30 Bingo 5:00 Dinner	5 8:00 Breakfast 10:30 Friendly Visits 11:00 Get Moving 12:00 Lunch 2:30 Corn Sucking 3:35 Armchair Travel 5:00 Dinner	6 8:00 Breakfast 10:30 Friendly Visits 11:00 Brains And Banter 12:00 Lunch 2:15 Active Games 3:00 Exercise with Andrew 3:30 Stepping Out 5:00 Dinner	7 8:00 Breakfast 12:00 Lunch 2:15 Get Moving 3:30 Stepping Out 4:00 Musical Moments 5:00 Dinner 6:15 Active Games	8 8:00 Breakfast 10:30 Friendly Visits 11:00 Get Moving 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:45 Bowling 5:00 Dinner 6:15 Active Games
10 Grandparents Day 8:00 Breakfast 10:00 Café Time 10:45 Get Moving 11:15 Hymn Sing & Devotion 12:00 Lunch 2:15 Active Games	11 8:00 Breakfast 10:30 Art 12:00 Lunch 3:00 Live Entertainment Notables 5:00 Dinner	12 8:00 Breakfast 10:30 Friendly Visits 11:00 Corn shucking 12:00 Lunch 5:00 Dinner	13 8:00 Breakfast 10:30 Friendly Visits 11:00 Brains And Banter 12:00 Lunch 2:15 Active Games 3:00 Exercise with Andrew 3:30 Stepping Out 5:00 Dinner	14 8:00 Breakfast 12:00 Lunch 2:15 Get Moving 3:30 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 Active Games	15 8:00 Breakfast 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:45 Bowling 5:00 Dinner 6:15 Friendly Visits	16 8:00 Breakfast 10:00 Church Service 11:15 Get Moving 12:00 Lunch 2:15 Car Show 5:00 Dinner
17 8:00 Breakfast 10:00 Terry Fox Walk 11:15 Hymn Sing & Devotion 12:00 Lunch 2:00 Active Games	18 8:00 Breakfast 10:30 Art 12:00 Lunch 2:00 Visit with Gilbert 3:30 Bingo 5:00 Dinner	19 8:00 Breakfast 10:30 Friendly Visits 11:00 Get Moving 12:00 Lunch 2:30 Corn Shucking 3:45 Armchair Travel 5:00 Dinner	20 8:00 Breakfast 10:30 Friendly Visits 12:00 Lunch 2:15 Active Games 3:00 Exercise with Andrew 3:30 Stepping Out 5:00 Dinner	21 8:00 Breakfast 12:00 Lunch 2:15 Get Moving 3:30 Stepping Out 4:00 Musical Moments 5:00 Dinner 6:15 Active Games	22 8:00 Breakfast 10:30 Friendly Visits 11:00 Get Moving 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:45 Bowling 5:00 Dinner 6:15 Active Games	23 First Day of Autumn 8:00 Breakfast 10:00 Church Service 11:15 Get Moving 12:00 Lunch 2:15 Nails 5:00 Dinner
24 Arts & Aging Day 8:00 Breakfast 10:00 Café Time 10:45 Get Moving 11:15 Hymn Sing & Devotion 12:00 Lunch 2:15 Active Games	25 8:00 Breakfast 10:30 Art 12:00 Lunch 2:00 Visit with Gilbert 3:30 Bingo 5:00 Dinner	26 8:00 Breakfast 10:30 Friendly Visits 11:00 Corn Shucking 12:00 Lunch 2:30 Movie 5:00 Dinner	27 8:00 Breakfast 10:30 Friendly Visits 11:00 Brains And Banter 12:00 Lunch 2:15 Active Games 3:00 Exercise with Andrew 3:30 Stepping Out 5:00 Dinner	28 8:00 Breakfast 12:00 Lunch 2:15 Get Moving 3:30 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 Active Games	29 8:00 Breakfast 10:30 Friendly Visits 11:00 Get Moving 12:00 Lunch 2:15 Active Games 3:00 Exercise Class 3:45 Bowling 5:00 Dinner 6:15 Active Games	31 8:00 Breakfast 10:00 Church Service 12:00 Lunch 5:00 Dinner