

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>Emma's West Neighbourhood September 2023</b>	<b>Birthdays</b> Lilly 9th Susan T 16th Lois 18th Patsy 27th Antonio 29th	1 8:00 Breakfast 12:00 Lunch 2:00 Circle of Friends 3:00 Social 4:00 Musical Moments 5:00 Dinner 6:15 Java Time	2 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:00 Circle of Friends 2:30 Exercise Class 3:30 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 Stepping Out
3 8:00 Breakfast 12:00 Lunch 2:00 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner 6:15 Nails	4 <b>Labour Day</b> 8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Exercise Class 2:15 For the Fun of Fit 3:30 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 Java Time	5 8:00 Breakfast 12:00 Lunch 1:30 Dog Visits 2:00 Stepping Out 3:00 Corn Shucking 5:00 Dinner 6:00 Brains and Banter 7:00 Soothing Sensations	6 8:00 Breakfast 9:30 Stepping Out 10:30 Art Workshop 12:00 Lunch 2:00 Exercise Class 2:30 Express Yourself 5:00 Dinner	7 8:00 Breakfast 10:00 Piano Performance 11:15 Stepping Out 12:00 Lunch 1:30 Exercise Class 2:30 Dog Visits 4:00 Musical Moments 5:00 Dinner	8 8:00 Breakfast 9:30 Stepping Out 11:00 Java Time 12:00 Lunch 2:00 Musical Moments 3:15 Wine and Cheese 5:00 Dinner	8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Church Service <b>2:15 Live Entertainment: Brent Meidinge</b> 4:00 Chocolate Bingo 5:00 Dinner
10 <b>Grandparents Day</b> 8:00 Breakfast 12:00 Lunch 1:30 Water Plants 2:00 For the Fun of Fit 3:00 Café Time 4:00 Brains and Banter 5:00 Dinner 6:15 Nails	11 8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Exercise Class 2:15 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 Stepping Out	12 8:00 Breakfast 12:00 Lunch 3:30 Corn Shucking 5:00 Dinner 6:00 Brains and Banter 7:00 Soothing Sensations	13 8:00 Breakfast 9:30 Stepping Out 10:30 Art Workshop 12:00 Lunch 2:00 Exercise Class 2:30 Express Yourself 5:00 Dinner	14 8:00 Breakfast 10:00 Piano Performance 11:15 Stepping Out 12:00 Lunch 1:30 Exercise Class 2:30 Dog Visits 4:00 Musical Moments 5:00 Dinner	15 8:00 Breakfast 9:30 Stepping Out 11:00 Java Time 12:00 Lunch 2:00 Musical Moments 3:00 Brains and Banter 5:00 Dinner	16 8:00 Breakfast 10:00 Water Plants 11:15 Circle of Friends 12:00 Lunch <b>1:00 Car Show</b> 1:30 Church Service 2:30 Exercise Class 3:30 Chocolate Bingo 5:00 Dinner
17 8:00 Breakfast <b>10:00 Terry Fox Walk</b> 12:00 Lunch 2:30 For the Fun of Fit 3:30 Stepping Out 5:00 Dinner	18 8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Exercise Class 2:15 For the Fun of Fit 3:30 Brains and Banter 4:00 Musical Moments 5:00 Dinner 6:15 Java Time	19 8:00 Breakfast 12:00 Lunch 1:30 Dog Visits 2:00 Stepping Out 3:00 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 Soothing Sensations	20 8:00 Breakfast 9:30 Stepping Out 10:30 Art Workshop 12:00 Lunch 2:00 Exercise Class 2:30 Express Yourself 5:00 Dinner	21 8:00 Breakfast 10:00 Piano Performance 11:15 Stepping Out 12:00 Lunch 1:30 Exercise Class 2:30 Dog Visits 4:00 Musical Moments 5:00 Dinner	22 8:00 Breakfast 9:30 Stepping Out 11:00 Java Time 12:00 Lunch 2:00 Musical Moments 3:30 Brains and Banter 5:00 Dinner	23 8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Church Service 2:30 For the Fun of Fit 3:45 Chocolate Bingo 5:00 Dinner
24 8:00 Breakfast 12:00 Lunch 1:30 Water Plants 2:00 For the Fun of Fit 3:00 Café Time 4:00 Brains and Banter 5:00 Dinner 6:15 Nails	25 8:00 Breakfast 12:00 Lunch 1:00 Water Plants 1:30 Exercise Class 2:15 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 Stepping Out	26 8:00 Breakfast 12:00 Lunch 1:30 Dog Visits 2:00 Stepping Out 3:00 For the Fun of Fit 5:00 Dinner 6:00 Brains and Banter 7:00 Soothing Sensations	27 8:00 Breakfast 9:30 Stepping Out 10:30 Art Workshop 12:00 Lunch 2:00 Exercise Class 2:30 Express Yourself 5:00 Dinner	28 8:00 Breakfast 10:00 Piano Performance 11:15 Stepping Out 12:00 Lunch 1:30 Exercise Class 2:30 Dog Visits 4:00 Musical Moments 5:00 Dinner	29 8:00 Breakfast 9:30 Stepping Out 11:00 Java Time 12:00 Lunch 2:30 Birthday Party 5:00 Dinner	30 8:00 Breakfast 10:00 Water Plants 11:15 Circle of Friends 12:00 Lunch 1:30 Church Service 2:30 Exercise Class 3:30 Chocolate Bingo 5:00 Dinner