



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Locations:</b> <b>C– Café</b> <b>DK– Demo Kitchen</b> <b>ER– Exercise Room</b> <b>HS– Hobby Shop</b>	<b>Locations:</b> <b>L– Library</b> <b>SH– School House</b> <b>MS– Main Street</b> <b>TR– Training Room</b>		<b>1</b> 10:00 For the fun of fit 11:00 Soothing Sensations 2:00 Indoor Games 3:00 Stepping Out 3:30 Express Yourself	<b>2</b> 10:00 Morning Stretch 11:00 Musical Moments 2:30 Afternoon Matinee
<b>3</b> 10:30 Church Service (TH) 2:00 Bingo 3:00 Circle of Friends	<b>4 Labour Day Birthday Celebration</b>  10:00 For the fun of fit 11:00 Word in a word 1:30 You and Me <b>2:30 Birthday Celebration with Hawks Nest (MS)</b>	<b>5</b> 10:30 Ex Factor with Malvina 11:00 Indoor Games 2:00 Pet shop visit 3:00 Express Yourself 3:30 Stepping out	<b>6</b> 10:00 For the fun of fit 11:00 Manicures 2:00 Bingo 3:00 Stepping Out 3:30 You and Me	<b>7</b> 10:00 Morning Stretch 11:00 Arts and Craft 2:15 Hymn sing (TH) 3:00 Express Yourself 3:30 You and Me	<b>8</b> 10:00 For the fun of fit 11:00 Soothing Sensations 2:00 Indoor Games 3:00 Stepping Out 3:30 Express Yourself	<b>9</b> 10:00 Morning Stretch 11:00 Musical Moments <b>3:30 Golden Oldies (MS)</b>
<b>10 Grandparents' Day</b>  10:30 Church Service (TH) <b>2:30 Grandparents' Day Celebration with The Notables (MS)</b>	<b>11</b> 10:00 For the fun of fit 11:00 Word in a word 2:00 Bowling 3:00 You and Me	<b>12</b> 10:30 Ex Factor with Malvina 11:00 Super Quiz <b>1:30 Afternoon Movie with Emmas</b> 3:30 Stepping out	<b>13</b> 10:00 For the fun of fit 11:00 Manicures <b>2:00 Mega Bingo with Emmas</b> 3:00 Stepping Out 3:30 You and Me	10:00 Morning Stretch 11:00 Kurling 2:00 Catholic Communion(TH) 3:00 Express Yourself 3:30 You and Me	<b>15</b> 10:00 For the fun of fit 11:00 Soothing Sensations 2:00 Indoor Games 3:00 Stepping Out 3:30 Express Yourself	<b>16</b> 10:00 Morning Stretch 11:00 Musical Moments 2:30 Afternoon Matinee
<b>17</b> 10:30 Church Service (TH) 2:00 Bingo 3:00 Circle of Friends	<b>18</b> 10:00 For the fun of fit 11:00 Hymn Sing 2:00 Bowling 3:00 You and Me	<b>19</b> 10:30 Ex Factor with Malvina 11:00 Indoor Games 2:00 Pet shop visit 3:00 Express Yourself 3:30 Stepping out	<b>20</b> 10:00 For the fun of fit 11:00 Manicures 2:00 Afternoon Social 2:00 Anglican Communion (TH) 3:30 You and Me	<b>21</b> 10:00 Morning Stretch 11:00 Arts and Craft 2:00 Catholic Mass ((TH) 3:00 Express Yourself 3:30 You and Me	<b>22</b> 10:00 For the fun of fit 11:00 Soothing Sensations <b>1:00 Bowling Outing (\$)</b>	<b>23</b> 10:00 Morning Stretch 11:00 Musical Moments 2:30 Afternoon Matinee
<b>24</b> 10:30 Church Service (TH) 2:00 Bingo 3:00 Circle of Friends	<b>25</b> 10:00 Fireside Philosophers 10:30 Pastoral Visit 11:00 Word in a word 2:00 Bowling 3:00 You and Me	<b>26</b> 10:00 Morning Stretch 11:00 Super Quiz <b>1:30 Baking Social with Emmas</b>	<b>27</b> 10:00 For the fun of fit 11:00 Manicures 2:00 Bingo 3:00 Stepping Out 3:30 You and Me	<b>28</b> 10:00 Morning Stretch 11:00 Kurling 2:00 Catholic Communion(TH) 3:00 Express Yourself 3:30 You and Me	<b>29</b> 10:00 For the fun of fit 11:00 Soothing Sensations 1:30 You and Me <b>2:30 Afternoon Music with Mario (MS)</b>	<b>30</b> 10:00 Morning Stretch 11:00 Musical Moments 2:30 Afternoon Matinee

## Weekly Programs

### Monday

11:00 Word in a word  
2:00 Bowling

### Tuesday

11:00 Super Quiz  
2:00 Pet shop Visit

### Wednesday

11:00 Manicures  
2:00 Bingo

### Thursday

11:00 Kurling  
3:00 Express Yourself

### Friday

11:00 Soothing Sensations  
2:00 Indoor Games

### Saturday

11:00 Musical Moments  
2:30 Afternoon Matinee

### Sunday

10:30 Church Service  
3:00 Circle of Friends

# Happy Birthday

Monica Matsubuchi

Nari Nargolwalla

## September Celebrations

Birthday Celebration with Hawks Nest Trio  
Monday, September 4th, 2:30 PM

Golden oldies  
Saturday, September 9th, 3:30 PM

Grandparent's Day Celebration with The Notables  
Sunday, September 10th, 2:30 PM

Afternoon Music with Mario  
Friday, September 29th, 2:30 pm

## Outing

Bowling Outing  
Friday, 22nd September, 1:00 PM