



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Locations: C– Café DK– Demo Kitchen ER– Exercise Room HS– Hobby Shop TH– Town Hall	Locations: L– Library SH– School House MS– Main Street TR– Training Room \$- Money Required		1 10:30 For the Fun of Fit 11:00 Sing a long 1:30 Express Yourself 3:00 Stepping Out	2 10:30 For the Fun of Fit 11:00 Musical Moments 1:00 Manicures 2:15 Saturday Movie Matinee
3 10:30 Church Service 2:00 Bingo 3:00 You and Me	4 Labour Day Birthday Celebration 1:30 Brain and Banter 2:30 Birthday Celebration by Hawk's Nest Trio (MS) 6:00 Musical Moments	5 10:30 For the Fun of Fit 11:00 Soothing Sensations 1:30 Bowling 3:00 Stepping Out	6 10:30 Ex Factor with Malvina 2:00 Bingo 3:00 Tea/ Coffee Social 6:00 Musical Moments	7 10:30 For the Fun of Fit 11:00 In the Kitchen 1:30 Indoor Games 2:15 Hymn Sing (TH) 3:00 You and Me	8 10:30 For the Fun of Fit 11:00 Sing a long 1:30 Express Yourself 3:00 Stepping Out	9 10:30 For the Fun of Fit 11:00 Musical Moments 1:00 Manicures 3:30 Golden Oldies (MS)
10 Grandparents' Day 10:30 Church Service 2:30 Grandparents' Day Celebration with The Notables (MS) 3:00 You and Me	11 1:30 Brain and Banter 3:00 Pet shop Visit 6:00 Musical Moments	12 10:30 For the Fun of Fit 11:00 Soothing Sensations 1:30 Movie Social with Egerton	13 10:30 Ex Factor with Malvina 6:00 Musical Moments 2:00 Mega Bingo	14 10:30 For the Fun of Fit 11:00 In the Kitchen 1:30 Indoor Games 2:00 Catholic Comm. (TH) 3:00 You and Me	15 10:30 For the Fun of Fit 11:00 Sing a long 1:30 Express Yourself 3:00 Stepping Out	16 10:30 For the Fun of Fit 11:00 Musical Moments 1:00 Manicures 2:15 Saturday Movie Matinee
17 10:30 Church Service 2:00 Bingo 3:00 You and Me	18 10:00 For the Soul 1:30 Brain and Banter 3:00 Pet shop Visit 6:00 Musical Moments	19 10:30 For the Fun of Fit 11:00 Soothing Sensations 1:30 Bowling 3:00 Stepping Out	20 10:30 Ex Factor with Malvina 2:00 Bingo 2:00 Anglican Communion(TH) 3:00 Tea/ Coffee Social 6:00 Musical Moments	21 10:30 For the Fun of Fit 11:00 In the Kitchen 1:30 Indoor Games 2:00 Catholic Mass (TH) 3:00 You and Me	22 10:30 For the Fun of Fit 11:00 Sing a long 1:00 Bowling Outing (\$)	23 10:30 For the Fun of Fit 11:00 Musical Moments 1:00 Manicures 2:15 Saturday Movie Matinee
24 10:30 Church Service 2:00 Bingo 3:00 You and Me	25 1:30 Brain and Banter 3:00 Pastoral Visit/ Hymn Sing 6:00 Musical Moments	26 10:30 For the Fun of Fit 11:00 Soothing Sensations 1:30 Baking Social	27 10:30 Ex Factor with Malvina 2:00 Bingo 3:00 Tea/ Coffee Social 6:00 Musical Moments	28 10:30 For the Fun of Fit 11:00 In the Kitchen 1:30 Indoor Games 2:00 Catholic Comm. (TH) 3:00 You and Me	29 10:30 For the Fun of Fit 11:00 Sing a long 1:30 Express Yourself 2:30 Afternoon Music with Mario (MS)	30 10:30 For the Fun of Fit 11:00 Musical Moments 1:00 Manicures 2:15 Saturday Movie Matinee

Weekly Programs

Monday

1:30 Brain and Banter
3:00 Pet Shop Visit

Tuesday

11:00 Soothing Sensations
1:30 Bowling
2:00 Word Games

Wednesday

2:00 Bingo
6:00 Musical Moments

Thursday

11:00 In the Kitchen
2:00 Indoor Games

Friday

11:00 Sing a Long
1:30 Express Yourself

Saturday

1:00 Manicures
2:15 Saturday Movie Matinee

Sunday

10:30 Church Service
2:00 Bingo

Happy Birthday

Jane Kurta

Jean Gerrie

September Celebrations

Birthday Celebration with Hawks Nest Trio
Monday, September 4th, 3:30 PM

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

Grandparent's Day Celebration with The Notables
Sunday, 10th September, 2:00 PM

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

Outing

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