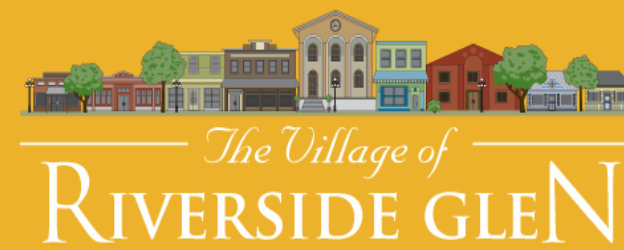




SEPTEMBER 2023

Nichol Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Recreation Team: Stephanie & Dayna</p> <p>Neighbourhood Coordinator: Angela Gaultero</p>					<p>1</p> <p>8:30 Breakfast 9:30 Calendar Visits 10:30 Hymn Sing 12:00 Lunch 1:00 Sensory 1:1 2:30 Rosary Prayer Chapel</p>	<p>2</p> <p>8:30 Breakfast 12:00 Lunch 1:30 Duet Bike 2:30 Java Music Club 5:00 Dinner 6:30 IN2L</p>
<p>3</p> <p>8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 1:30 Golf Cart Tour 2:30 Basket Toss 5:00 Dinner</p>	<p>4 Labour Day</p> <p>8:30 Breakfast 12:00 Lunch 1:00 News & Views 3:00 Basketball Shots 5:00 Dinner 6:30 Aromatherapy Visits</p>	<p>5</p> <p>8:30 Breakfast 10:00 Chair Tai Chi 11:00 Move N Groove 12:00 Lunch 1:30 Flower Arrangements 3:00 Outdoor Leisure 5:00 Dinner</p>	<p>6 Read a Book Day</p> <p>8:30 Breakfast 9:30 Manicures 10:45 Songbird Choir (RH) 12:00 Lunch 2:00 Stories on the Courtyard 5:00 Dinner 6:30 Sunset Seekers</p>	<p>7</p> <p>8:30 Breakfast 10:00 IN2L 11:00 Virtual Pets Visits 12:00 Lunch 1:00 Music with Mallory 1:1 2:00 Courtyard Leisure 3:00 Chocolate Chats</p>	<p>8</p> <p>8:30 Breakfast 10:30 Catholic Mass (library) 12:00 Lunch 2:00 Paul Schalm Piano Concert (Café) 5:00 Dinner</p>	<p>9</p> <p>8:30 Breakfast 10:00 Walk and Talk 12:00 Lunch 3:00 Mocktails and Music 5:00 Dinner</p>
<p>10 Grandparent's Day</p> <p>8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 2:00 Grandparents Day Party (Erin) 5:00 Dinner</p>	<p>11 Residents' Council Week Begins</p> <p>8:30 Breakfast 10:00 Apple Baking 11:00 Short Stories 12:00 Lunch 1:30 Apple Social 5:00 Dinner</p>	<p>12</p> <p>8:30 Breakfast 10:00 IN2L 11:00 Move N Groove 12:00 Lunch 1:30 Card Bingo 2:30 Fish Pond Friends 5:00 Dinner</p>	<p>13 Multicultural Day</p> <p>8:30 Breakfast 10:45 Songbird Choir (LTC) 12:00 Lunch 1:30 Multicultural Fair (Mainstreet & Café) 5:00 Dinner 6:30 Foreign Film Night</p>	<p>14</p> <p>8:30 Breakfast 10:00 IN2L 11:00 Putting Practice 12:00 Lunch 1:00 Group Music with Mallory 2:00 Birthday Social (café) 5:00 Dinner</p>	<p>15 Polka Dot Day Wear Polka Dots!</p> <p>8:30 Breakfast 9:00 Dot to Dot's 10:30 Hymn Sing 12:00 Lunch 1:30 Dot Art Attack 3:00 Budgie Visits 5:00 Dinner</p>	<p>16</p> <p>8:30 Breakfast 10:00 Fish Pond Friends 11:00 German Folk Hour 12:00 Lunch 2:00 Disco Dance Party (Café) 5:00 Dinner</p>
<p>17</p> <p>8:30 Breakfast 10:00 Putting Practice 11:00 Church Service (Erin) 12:00 Lunch 1:30 Collage Making 3:00 Terry Fox Documentary 5:00 Dinner</p>	<p>18 Terry Fox Day</p> <p>8:30 Breakfast 10:30 Terry Fox Walk (Pond) 12:00 Lunch 1:00 Quilt Art 3:00 What's in the Bag? 5:00 Dinner 6:30 Movie & Munchies</p>	<p>19</p> <p>8:30 Breakfast 10:30 Aidan Purnell (Café) 11:00 Move N Groove 12:00 Lunch 2:00 Outdoor Gardening 3:00 Balloon Toss 5:00 Dinner</p>	<p>20</p> <p>8:30 Breakfast 10:45 Songbird Choir (RH) 12:00 Lunch 2:00 Neighbourhood Time 5:00 Dinner</p>	<p>21 World Alzheimer's Day Wear Purple!</p> <p>8:30 Breakfast 10:00 IN2L 11:00 Memories Cafe 12:00 Lunch 1:00 Music with Mallory 1:1 2:00 Fall Decorating 3:00 Chocolate Chats 5:00 Dinner</p>	<p>22 First Day of Fall</p> <p>8:30 Breakfast 10:30 Hymn Sing 11:00 Fall Poems 12:00 Lunch 1:30 Bowling 2:30 Java Music Club 5:00 Fall Formal Dinner</p>	<p>23</p> <p>8:30 Breakfast 12:00 Lunch 1:00 Walk and Talk 2:00 Sign Language Presentation (RH) 5:00 Dinner 6:30 Beatlemania</p>
<p>24 Arts & Aging Day</p> <p>8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 2:00 Fall Leaves Art 5:00 Dinner 6:30 Relax and Unwind (Courtyard)</p>	<p>25</p> <p>8:30 Breakfast 10:00 Bread Baking 11:00 Dance it out! 12:00 Lunch 1:30 Balloon Badminton 2:30 Hand Massage 5:00 Dinner</p>	<p>26</p> <p>8:30 Breakfast 10:00 IN2L 11:00 Move N Groove 12:00 Lunch 2:00 Baking Bingo 3:00 Fish Pond Friends 5:00 Dinner</p>	<p>27</p> <p>8:30 Breakfast 10:00 Cooking Cabbage Rolls 10:45 Songbird Choir (LTC) 11:00 Move and Groove 12:00 Lunch 1:30 Taster's Social 5:00 Dinner 6:30 Armchair Travels</p>	<p>28</p> <p>8:30 Breakfast* 10:00 IN2L 11:00 Group Walk to RH 12:00 Lunch 1:00 Group Music with Mallory 2:00 Tabletop Balloon Game 5:00 Dinner</p>	<p>29</p> <p>8:30 Breakfast 10:30 Hymn Sing 11:00 Outdoor Sensory 12:00 Lunch 1:00 Duet Bike Rides 3:00 Sunflower Art 5:00 Dinner</p>	<p>30 Day for Truth & Reconciliation Wear Orange!</p> <p>8:30 Breakfast 10:00 First Nations Colouring 11:00 Brains & Banter 12:00 Lunch 1:30 Algonquin Tea Time 5:00 Dinner</p>