






September 2023

Downey Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1	Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY				
					1. 9:30 Stepping Out 10:30 Sit and Get fit with PAL 2:00 Bingo with Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	2. 9:30 Daily Perk Drop Off 10:30 Express Yourself 1:30 For the Soul 2:30 Pub Cart
3. 9:30 You & Me 10:30 Circle of Friends 2:30 Brains & Banter	4. Labour Day 9:30 Daily Perk Drop Off 10:00 Picture Day Photos 1:00 Soothing Sensations 6:30 Musical Moments (CC)	5. First Day of School 9:30 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	6. 1:00 You & Me 2:00 Food Committee Meeting (C) 4:00 For the Fun of Fit 3:30 Balance Class (FC) 6:30 Movie Night (C)	7. 9:30 For the Soul 10:00 Celebration of Life 2:30 Flute With Laura 3:30 Green Thumbs 6:30 Brains & Banter (CC) 	8. 9:30 Stepping Out 10:30 Sit and Get fit with PAL 11:00 You & Me 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	9. 9:30 Daily Perk 10:30 Musical Moments 2:00 Stepping Out 3:00 Express Yourself
10. Grandparent's Day 9:30 You & Me 10:30 Neighbourhood Time 2:00 Entertainment with Kevin Coates (MS)	11. 9:30 Circle of Friends 11:00 Manicures & Nail Care 2:30 Brains & Banter 3:30 Total Body Fitness 6:30 Jeopardy (CC)	12. 9:30 Rosary (C) 11-4pm Nelly's Comfort Shoes 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	13. 2:30 You & Me 3:00 Calendar Planning & Residents Bill of Rights Meeting 3:30 Balance Class (FC) 6:30 Board Games (CC)	14. 9:30 Church Service 2:00 Resident's Council (C) 3:30 Green Thumbs 6:30 Brains & Banter (CC) 	15. 9:30 You & Me 10:30 Sit and Get fit with PAL 11-4pm KmW Clothing Sale (CC) 2:00 Terry Fox Walk 3:30 Active Games (FC)	16. 9:30 Morning Devotions 10:30 Stepping Out 2:00 Entertainment with The Piano Tuners (Wr)
17. 9:30 For the Soul 10:30 In the Kitchen 2:30 For the Fun of Fit	18. 9:30 Manicures & Nail Care 10:30 Conversation Café 2:30 Card Bingo 3:30 Total Body Fitness 6:30 Musical Moments (CC)	19. 9:30 Rosary (C) 10:30 Soothing Sensations 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	20. 10 - 3 UG Carnival (RH) 3:30 Balance Class (FC)	21. 9:30 Church Service 10:30 Musical Moments 1-4 Outing: Laurel Creek Conservation Area 3:30 Green Thumbs 6:30 Brains & Banter (CC)	22. 9:30 Daily Perk 10:30 Sit and Get fit with PAL 2:00 Bingo with Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	23. 9:30 Weekend Walks 10:30 Card Games 2:00 Entertainment with The Dynamic Duo (Jo)
24. 9:30 You & Me 10:30 Neighbourhood Time 2:00 Travelling Cart: Ice cream Sundaes	25. 10:30 Tim Hortons Social 2:00 Daily Perk Drop Off 3:00 Express Yourself 3:30 Total Body Fitness 6:30 Jeopardy (CC)	26. 9:30 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY) 	27. 1-7 Bus Outing: Movie Matinee & Dinner *Sign Up Required* 2:30 Movie & Popcorn 3:30 Balance Class (FC) 6:30 Board Games (CC)	28. 9:30 Church Service 10:30 Musical Moments 2:00 Stepping Out 3:30 Green Thumbs 6:30 Brains & Banter (CC)	29. 8:30 Pancake Breakfast 10:30 Sit and Get fit with PAL 11:00 For the Soul 2:30 Bingo on Pollock 3:30 Active Games (FC) 6:30 Knitting Club (L)	30. National Day for Truth & Reconciliation - Wear Orange 9:30 You & Me 10:30 In the Kitchen 2:00 Music with Twas Now (Do)