

September 2023

Matthews Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. 9:00 The Daily Perk 10:00 Bingo 2:00 In the Kitchen 3:30 Active Games (FC) 6:30 Knitting Club (L)	2. 9:00 The Daily Perk 10:30 Circle of Friends 2:00 Musical Moments 3:30 Neighbourhood Time
3. 9:00 Short Stories 10:30 Stepping Out 1:30 Patio Time 3:30 You & Me	4. Labour Day 10:00 Brains & Banter 1:30 Movie Time 3:30 You and Me 6:30 Musical Moments (CC)	5. First Day of School 9:30 Rosary (C) 11:00 The Daily Perk 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	6. 12:15 Pancake Lunch 2:00 Food Committee Meeting (C) 2:30 Happy Hour with Wright 3:30 Balance Class (FC) 4:00 You and Me 6:30 Movie Night (C)	7. 10:00 Celebration of Life 10:30 Sit and Get Fit with PAL 1-4pm Bus Outing: Rockway Gardens with Hagey 2:30 Green Thumbs 2:30 Flute With Laura (C/L) 6:30 Brains & Banter (CC)	8. 9:00 Express Yourself 10:00 Bingo on Wright 2:00 Photo Day 3:30 Active Games (FC) 6:30 Knitting Club (L)	9. 9:00 The Daily Perk 10:30 Circle of Friends 2:00 Do You Hear What I Hear? 3:30 Neighbourhood Time
10. Grandparent's Day 9:00 Short Stories 10:30 In The Kitchen 2:00 Entertainment with Kevin Coates (MS) 3:30 You & Me	11. 2:00 Travelogue on Wright 3:30 You and Me 3:30 Total Body Fitness (FC) 6:30 Jeopardy (CC)	12. 9:30 Rosary (C) 11:00 The Daily Perk 11-4pm Nelly's Comfort Shoes 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	13. 2:30 Express Yourself: Tie Dye with Wright 3:30 Balance Class (FC) 4:00 You and Me 6:30 Board Games (C)	14. 9:30 Church Service 10:30 Sit and Get Fit with PAL 1-4pm Bus Outing: Beertown 2:00 Residents' Council (C) 2:30 Green Thumbs 6:30 Brains & Banter (CC)	15. 10:00 Bingo 11-4pm KmW Clothing 11:30 Short Stories 2:00 Terry Fox Walk (MS) 6:30 Knitting Club (L)	16. 9:00 The Daily Perk 10:30 Circle of Friends 2:00 Entertainment with The Piano Tuners (Wr) 3:30 Neighbourhood Time
17. 9:00 Short Stories 10:30 Stepping Out 1:30 Patio Time 3:30 You & Me	18. 9:30 Conversation Cafe 1:30 Manicures 3:00 Express Yourself 6:30 Musical Moments (CC)	19. 9:30 Rosary (C) 10:30 Calendar Planning and Resident Bill of Rights 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	20. Carnival Day 10-3 Carnival in Retirement 3:30 Balance Class (FC)	21. 9:30 Church Service 10:30 Sit and Get Fit with PAL 2:00 Circle of Friends 2:30 Green Thumbs 6:30 Brains & Banter (CC)	22. 9:00 The Daily Perk 10:00 Bingo on Wright 2:00 In the Kitchen 3:30 Active Games (FC) 6:30 Knitting Club (L)	23. 9:00 The Daily Perk 10:30 Circle of Friends 2:00 Dynamic Duo Entertains (Jo) 3:30 Neighbourhood Time
24. 9:00 Short Stories 10:30 Stepping Out 1:30 Patio Time 3:30 You & Me	25. 2:00 In The Kitchen: Apple Day On Wright 3:30 You and Me 3:30 Total Body Fitness (FC) 6:30 Jeopardy (CC)	26. 9-12pm Bus Outing: Fall Harvest Farm 9:30 Rosary (C) 2:00 Bingo (MS) 3:30 Tai Chi (FC) 6:30 Circle of Friends (CY)	27. 1:30 Manicures 3:30 Circle of Friends 3:30 Balance Class (FC) 6:30 Board Games (C)	28. 9:30 Church Service 10:30 Sit and Get Fit with PAL 12:00 Lunch at the Ruby (Sign Up Required) 2:30 Green Thumbs 3:00 You and Me 6:30 Brains & Banter (CC)	29. 9:00 Express Yourself 10:00 Bingo 2:00 Musical Moments 3:30 Active Games (FC) 6:30 Knitting Club (L)	30. Orange Shirt Day for Truth and Reconciliation 9:00 The Daily Perk 10:30 Circle of Friends 2:00 Music with Twas Now (Do) 3:30 Neighbourhood Time