



September 2023

Pollock Calendar



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Week 1					1. 9:00 Hello Pollock 10:30 Express Yourself 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Knitting Club (L)	2. 9:30 Daily Perk 10:30 Short Stories 2:00 For the Fun of Fit 3:00 You and Me
3. 9:00 Devotions 10:30 You and Me 1:30 Stepping Out 2:30 Neighbourhood Time	4. Labour Day 9:00 Hello Pollock 9:30 Stepping Out 2:00 Picture Day 6:30 Musical Moments (CC)	5. First Day of School 9:30 Rosary (C) 10:30 Sit N Get Fit with PAL 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumbs 6:30 Circle of Friends (CY)	6. 9:00 You and Me 10:00 Nail Care 2:00 Food Committee Meeting (C) 3:30 Balance Class (FC) 6:30 Movie Night (C)	7. 10:00 Celebration of Life 11:30 Stepping Out 2:30 Flute With Laura 6:30 Brains & Banter (CC)	8. 1:00 Hello Pollock 2:00 Bingo with Downey 3:30 Active Games (FC) 6:30 Knitting Club (L)	9. 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Movie and Popcorn 3:00 You and Me
10. Grandparent's Day 9:00 Short Stories 10:30 You and Me 2:00 Entertainment with Kevin Coates (Main Street)	11. 1:00 Word Games 3:30 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Jeopardy (CC)	12. 9:30 Rosary (C) 10:30 Sit N Get Fit with PAL 11-4pm Nelly's Comfort Shoes 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumbs 6:30 Circle of Friends (CY)	13. 9:00 You and Me 11:00 Nail Care 2:00 Musical Moments 3:30 Balance Class (FC) 6:30 Board Games (C)	14. LIMT 11-1 9:30 Church Service 10:30 Stepping Out 2:00 Resident Council 3:00 Soothing Sensations 6:30 Brains & Banter (CC)	15. 9:30 Hello Pollock 11-4pm KmW Clothing 2-3:30 Terry Fox Walk 6:30 Knitting Club (L)	16. 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Entertainment The Piano Tuners (Wr)
17. Terry Fox Day 9:00 Devotions 10:30 You and Me 1:30 Stepping Out 2:30 Neighbourhood Time	18. 9:00 Hello Pollock 10:00 Conversation Cafe 2:00 Calendar Planning & Resident Bill of Rights 3:00 Aquatherapy *sign up required 6:30 Musical Moments (CC)	19. 9:30 Rosary (C) 10:30 Sit N Get Fit with PAL 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumbs 6:30 Circle of Friends (CY)	20. Carnival Day 10:00-3:00 Carnival Activities in Retirement 3:30 Balance Class (FC)	21. 9:30 Church Service 10:30 Stepping Out 1-4 Outing: Laurel Creek Park 6:30 Brains & Banter (CC)	22. 1:00 Hello Pollock 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Knitting Club (L)	23. 9:00 Daily Perk 10:30 For the Fun of Fit 2:00 LTC Dynamic Duo (Jo)
24. 9:00 Short Stories 10:30 Travelling Cart 2:00 Movie and Popcorn 3:00 You and Me	25. 1:00 Word Games 3:30 Stepping Out 3:30 Total Body Fitness (FC) 6:30 Jeopardy (CC)	26. 9:30 Rosary (C) 10:30 Sit N Get Fit with PAL 2:00 Bingo (MS) 3:30 Tai Chi (FC) 3:30 Green Thumbs 6:30 Circle of Friends (CY)	27. 9:00 You and Me 10:30 Nail Care 2:00 Musical Moments 3:30 Balance Class (FC) 6:30 Board Games (C)	28. 9:30 Church Service 10:30 Stepping Out 1-4 Outing: TBD 6:30 Brains & Banter (CC)	29. 9:00 Hello Pollock 10:30 Express Yourself 2:00 Bingo with Downey 3:30 Active Games (FC) 6:30 Knitting Club (L)	30. 9:30 Daily Perk 10:30 For the Fun of Fit 2:00 Twas Now (Do)
					Johnston: Jo	Main Street: MS