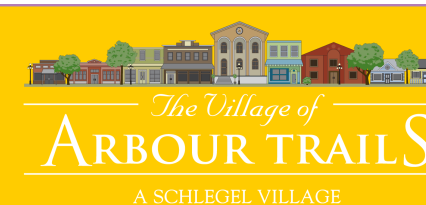




September 2023

Emma's Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Recreation Contact Information: Arbourtrails.recreation@schlegelvillages.com (226)-251- 3065 Extension 811</p>					1 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Live Music: Martin Wall in Town Hall 5:00 Dinner 6:30 Soothing Sensations	2 8:30 Breakfast 11:15 Musical Moments 12:00 Lunch 1:30 Movie Matinee: "Chitty Chitty, Bang Bang" 3:00 Stepping Out 5:00 Dinner
3 8:30 Breakfast 11:15 Vinyl Café 12:00 Lunch 2:00 Neighbourhood Time 3:00 Chapel Service in the Chapel 5:00 Dinner	4 Labour Day 8:30 Breakfast 11:15 Circle of Friends 12:00 Lunch 3:30 DrumFIT 5:00 Dinner 6:30 Musical Moments	5 8:30 Breakfast 11:15 For the Fun of Fit 12:00 Lunch 2:00 In the Kitchen 3:00 Songbird Music Therapy 5:00 Dinner 6:30 Neighbourhood Time	6 8:30 Breakfast 10:30 You and Me 11:15 In the Garden 12:00 Lunch 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner	7 8:30 Breakfast 10:30 Pet Therapy 11:15 Express Yourself 12:00 Lunch 1:30 Neighbourhood Time 2:30 Live Music: Paul Schalm in Town Square 3:30 For the Soul 5:00 Dinner	8 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:00 Team Member Service Awards in Town Square 3:30 Happy Hour 5:00 Dinner 6:30 Soothing Sensations	9 8:30 Breakfast 11:15 Musical Moments 12:00 Lunch 1:00- 3:00 Arbour Trails 10th Anniversary Celebration in Town Square 3:30 Neighbourhood Time 5:00 Dinner
10 Grandparents Day 8:30 Breakfast 11:15 Vinyl Café 12:00 Lunch 2:00 Neighbourhood Time 3:00 Chapel Service in the Chapel 3:30 Ice Cream Social in the Main Floor Café 5:00 Dinner	11 Residents' Council Week 8:30 Breakfast 11:15 Circle of Friends 12:00 Lunch 2:00 Brains and Banter 3:00 DrumFIT 4:00 You and Me 5:00 Dinner 6:30 Musical Moments	12 8:30 Breakfast 11:15 For the Fun of Fit 12:00 Lunch 2:00 In the Kitchen 3:00 Java Time 5:00 Dinner 6:30 Neighbourhood Time	13 8:30 Breakfast 10:30 Outing: Butterfly Conservatory 12:00 Lunch 2:30 Tea and Travels 3:30 Executive Residents' Council Meet & Greet in the Main Floor Café 5:00 Dinner	14 8:30 Breakfast 10:30 Pet Therapy 11:15 Express Yourself 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner	15 Rosh Hashanah 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Live Music: Grace Cowley in Town Hall 3:00 Happy Hour 5:00 Dinner 6:30 Soothing Sensations	16 8:30 Breakfast 11:15 Musical Moments 12:00 Lunch 1:30 Movie Matinee: "Terry Fox: the Power of One" 3:00 Stepping Out 5:00 Dinner
17 8:30 Breakfast 11:15 Vinyl Café 12:00 Lunch 2:15 Terry Fox Walk 3:00 Chapel Service in Chapel 5:00 Dinner	18 8:30 Breakfast 11:15 Circle of Friends 12:00 Lunch 2:30 Live Music: Robert McKinnon in Town Hall 4:30 Brains and Banter 5:00 Dinner 6:30 Musical Moments	19 8:30 Breakfast 11:15 For the Fun of Fit 12:00 Lunch 2:00 In the Kitchen 3:00 Songbird Music Therapy 5:00 Dinner 6:30 Neighbourhood Time	20 8:30 Breakfast 10:30 You and Me 11:15 Circle of Friends 12:00 Lunch 2:30 September Birthday Party 3:30 Stepping Out 5:00 Dinner	21 World Alzheimer's Day 8:30 Breakfast 10:30 Pet Therapy 11:15 Express Yourself 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner	22 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour 5:00 Dinner 6:30 Soothing Sensations	23 First Day of Autumn 8:30 Breakfast 11:15 Musical Moments 12:00 Lunch 1:30 Movie Matinee: National Velvet 3:00 'Welcoming Autumn' Social 5:00 Dinner
24 Arts and Aging Day 8:30 Breakfast 11:15 Vinyl Café 12:00 Lunch 2:00-4:00 Resident Art Show in the Hobby Shop 3:00 Chapel Service in Chapel 5:00 Dinner	25 Yom Kippur 8:30 Breakfast 11:15 Circle of Friends 12:00 Lunch 2:00 Brains and Banter 3:00 DrumFIT 4:00 You and Me 5:00 Dinner 6:30 Musical Moments	26 8:30 Breakfast 11:15 For the Fun of Fit 12:00 Lunch 2:00 In the Kitchen 3:00 Java Time 5:00 Dinner 6:30 Movie Night and Popcorn	27 World Tourism Day 8:30 Breakfast 10:30 You and Me 11:15 Circle of Friends 12:00 Lunch 2:30 Residents' Council Meeting in Town Hall 2:30 Tea and Travels 3:30 Stepping Out 5:00 Dinner	28 8:30 Breakfast 10:30 Pet Therapy 11:15 Express Yourself 12:00 Lunch 1:30 Neighbourhood Time 2:30 For the Soul 3:30 Brains and Banter 5:00 Dinner	29 Harvest Moon Festival 8:30 Breakfast 11:00 For the Fun of Fit 12:00 Lunch 2:30 Happy Hour 5:00 Dinner 6:30 Soothing Sensations	30 National Truth and Reconciliation Day Wear Orange 8:30 Breakfast 11:15 Musical Moments 12:00 Lunch 1:30 Celebrating Canadian Indigenous Music 3:00 Stepping Out 5:00 Dinner