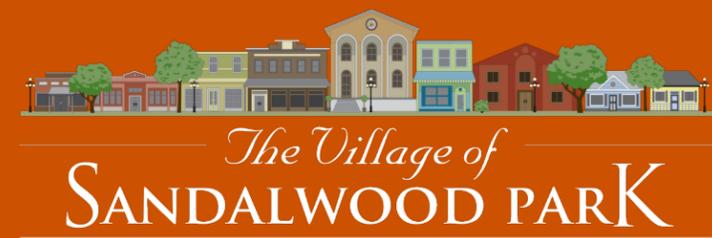




SEPTEMBER 2023

Cumberland



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1

8:30 Breakfast
12:00 Lunch
2:30 Brains & Banter
4:00 Friendly Chat
5:00 Dinner
6:00 Stepping out

2

8:30 Breakfast
10:00 Church Service

10:00 Sing a long with Susie
Q on main street

12:00 Lunch
5:00 Dinner

3

8:30 Breakfast
10:00 Virtual Mass
12:00 Lunch
4:00 You & Me
5:00 Dinner

4 Labour Day

8:30 Breakfast
10:30 Sing A Long
12:00 Lunch
2:30 Word game
3:30 On the move
5:00 Dinner

5

8:30 Breakfast
10:00 You & I
12:00 Lunch
2:30 Bingo
5:00 Dinner
6:00 Musical Moments

6

8:30 Breakfast
10:00 Sensational senses
10:30 Aroma Therapy
12:00 Lunch
3:00 1:1 Visits
5:00 Dinner

7

8:30 Breakfast
10:00 Spa Time
10:30 Garden Club—Fall
Planting
10:45 Bingo
12:00 Lunch
1:30 Music with Daivia

5:00 Dinner
6:00 Corn Roast—Elliot court
yard

8

8:30 Breakfast
10:00 Music in Gazebo
12:00 Lunch
2:30 Word wheel
4:00 Friendly Chat
5:00 Dinner
6:00 Stepping Out

9

8:30 Breakfast
10:30 Church Service
12:00 Lunch
2:30 Balloon tennis
5:00 Dinner

10 Grandparents Day

8:30 Breakfast
10:30 In2I fun and games
12:00 Lunch
2:30 Grandparents Day
Social
3:00 You & I
5:00 Dinner

11

8:30 Breakfast
10:00 Aroma therapy
10:30 Nails Galore
12:00 Lunch
1:30 Art with Glyniss
2:30 Brains & Banter
5:00 Dinner

12

8:30 Breakfast
12:00 Lunch
1:15 you and me
2:30 Bingo
5:00 Dinner
6:00 On the move

13

8:30 Breakfast
10:30 Hand massage
10:45 Stepping out
12:00 Lunch
2:30 Birthday Party with
Ryan
5:00 Dinner

14

8:30 Breakfast
10:00 Musical memories
10:45 Bingo
12:00 Lunch
1:30 Music with Daivia

2:30 Word game
5:00 Dinner

15

8:30 Breakfast
10:00 You & I
12:00 Lunch
2:30 IN2L fun
5:00 Dinner
6:15 Stepping out

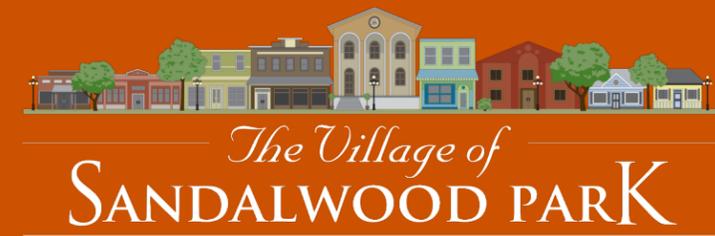
16 Oktoberfest Starts

8:30 Breakfast
10:00 Church Service
11:00 Music Appreciation
12:00 Lunch
2:30 Happy Hour
4:00 You & Me
5:00 Dinner



SEPTEMBER 2023

Cumberland



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 Terry Fox Day 8:30 Breakfast 10:00 Virtual Mass 12:00 Lunch 2:30 Active Games 3:30 You & Me 5:00 Dinner	18 8:30 Breakfast 10:00 Nails Galore 12:00 Lunch 2:30 Word wheel 3:15 Outside walks 5:00 Dinner	19 8:30 Breakfast 10:00 You & I 10:30 Garden Club— Apple Cider 12:00 Lunch 1:30-3:00 Ice Cream Truck 2:30 Bingo 5:00 Dinner 6:00 On the move	20 8:30 Breakfast 10:00 Color your world 11:00 On the move 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner	21 8:30 Breakfast 10:00 Music in gazebo 10:45 Bingo 12:00 Lunch 1:30 Music with Daivia 2:30 IN2L fun 5:00 Dinner	22 8:30 Breakfast 10:30 On the move 12:00 Lunch 1:30 Art with Glyniss 2:30 Brains & Banter 5:00 Dinner 6:00 Music & Memories	23 First Day of Fall 8:30 Breakfast 10:00 Good Morning Sandalwood 10:30 Church service 12:00 Lunch 2:30 Balloon Tennis 5:00 Dinner
24 8:30 Breakfast 10:00 Virtual Mass 12:00 Lunch 3:00 You & I 5:00 Dinner	25 8:30 Breakfast 10:00 On the move 12:00 Lunch 1:30 Art Therapy with Glynis 2:30 Word wheel 5:00 Dinner	26 8:30 Breakfast 10:00 Stepping Out 12:00 Lunch 2:30 Bingo 5:00 Dinner 6:00 Word Games	27 8:30 Breakfast 10:00 Sensational senses 11:00 Hand Massage 12:00 Lunch 2:30 IN2L fun 3:00 1:1 Visits 5:00 Dinner	28 8:30 Breakfast 10:30 Bingo 12:00 Lunch 1:30 Music with Daivia 2:30 Brains & Banter 3:00 1:1 Visits 5:00 Dinner	29 8:30 Breakfast 10:00 You & I 12:00 Lunch 2:30 On the Move 5:00 Dinner 6:15 Stepping out	30 National day of Truth and Reconciliation 8:30 Breakfast 10:00 Church Service 11:00 Music Appreciation 12:00 Lunch 2:30 Happy Hour 4:00 You & Me 5:00 Dinner