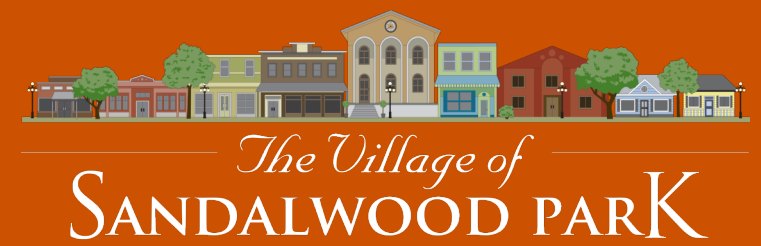




SEPTEMBER 2023

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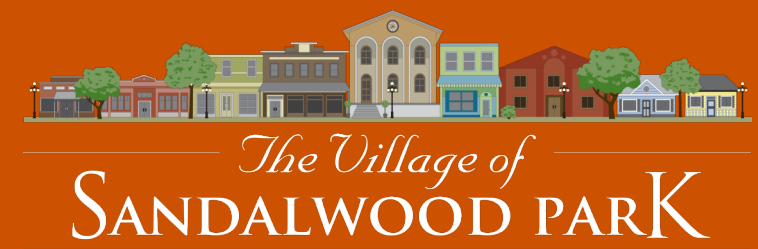


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 8:30 Breakfast 10:15 Pool Noodle exercise 12:00 Lunch 2:15 Balloon Tennis 5:00 Dinner	2 8:30 Breakfast 10:00 Sing a long with Susie Q 12:00 Lunch 2:00 Stepping Out 3:00 You and Me 5:00 Dinner
3 8:30 Breakfast 10:30 In the Kitchen 12:00 Lunch 2:15 Elliot Mass and Hymns 5:00 Dinner	4 Labour Day ! 8:30 Breakfast 12:00 Lunch 1:15 Circle of Friends 2:15 Balloon Tennis 3:00 Aroma Touch and Hand Massages 5:00 Dinner 6:30 IN2L and Card Games	5 8:30 Breakfast 10:30 Musical Moments 12:00 Lunch 2:00 You and Me 5:00 Dinner	6 8:30 Breakfast 10:15 Back to School Reminisce 11:00 Stepping Out 12:00 Lunch 2::30 Moneyball 5:00 Dinner	7 8:30 Breakfast 10:15 Musical Moments 10:30 Garden Club Fall Plants 10:45 Music with Daiva –MT 12:00 Lunch 1:30 Stepping out 2:15 Balloon Tennis 6:30 Corn Roast	8 8:30 Breakfast 10:15 Express Yourself 12:00 Lunch 2:15 Drum Fit 3:30 Musical Moments 5:00 Dinner	9 8:30 Breakfast 10:15 Musical Moments 12:00 Lunch 2:15 Circle of Friends 5:00 Dinner
10 Grandparents Day 8:30 Breakfast 10:30 Active Games 12:00 Lunch 2:30 Grandparents social 5:00 Dinner Residents Council Week	11 8:30 Breakfast 12:00 Lunch 1:00 Circle of Friends 1:30 Art with Glyniss 2:15 Balloon Tennis 3:00 Musical Moments 5:00 Dinner 6:30 IN2L and Card Games	12 8:30 Breakfast 10:15 Reading Circle 12:00 Lunch 2:15 Sing Along 3:00 Ball toss 5:00 Dinner	13 8:30 Breakfast 10:15 Reminiscing word activity 12:00 Lunch 2:00 You and Me 3:30 Birthday Party with Ryan –eOA 5:00 Dinner	14 8:30 Breakfast 10:00 Stepping Out 10:45 Music with Daiva –MT 12:00 Lunch 2:00 You and Me 5:00 Dinner	15 8:30 Breakfast 10:15 Pool Noodle exercise 11:00 Aroma Touch 12:00 Lunch 2:30 Bingo 5:00 Dinner	16 Oktoberfest Starts 8:30 Breakfast 10:00 Stepping out 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit Games 5:00 Dinner



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
17 Terry Fox Day 8:30 Breakfast 10:15 In the Kitchen 12:00 Lunch 2:30 Elliot Hymn Mass 5:00 Dinner	18 8:30 Breakfast 10:15 Games and Puzzles 2:00 Lunch 1:15 Circle of Friends 2:30 Drum Fit 5:00 Dinner 6:30 IN2L and Card Games	19 8:30 Breakfast 10:15 Musical Moments 10:30 Garden Club—Apple Cider 12:00 Lunch 1:30-3:00 Ice Cream Truck 2:30 You and Me 5:00 Dinner	20 8:30 Breakfast 10:15 Reading Circle 11:15 Circle of Friends 12:00 Lunch 2:30 For the Fun of Fit Games 5:00 Dinner	21 8:30 Breakfast 10:15 Stepping Out 10:45 Music with Daiva –MT 12:00 Lunch 2:15 Balloon Tennis 5:00 Dinner 6:30 Bingo	22 8:30 Breakfast 10:15 Pool Noodle exercise 12:00 Lunch 1:30 Art with Glyniss 2:30 Bingo 5:00 Dinner	23 First Day of Fall 8:30 Breakfast 10:00 Stepping Out 10:30 You and Me 12:00 Lunch 2:30 Express Yourself Fall Craft 5:00 Dinner
24 8:30 Breakfast 10:15 Friendly Chats 10: 30 In the Kitchen 12:00 Lunch 2:00 Elliot Mass 5:00 Dinner	25 8:30 Breakfast 12:00 Lunch 10:15 Balloon Tennis 1:30 Art with Gynniss 2:30 Drum Fit 5:00 Dinner 6:30 Bingo	26 8:30 Breakfast 10:15 Reading Circle 11:15 You and Me 12:00 Lunch 2:15 Sing Along 3:15 Circle of Friends 5:00 Dinner	27 8:30 Breakfast 10:15 Fall Reminisce 11:00 IN2L Games 12:00 Lunch 2:30 Bowling 5:00 Dinner	28 8:30 Breakfast 10:15 You and Me 10:45 Music with Daiva –MT 12:00 Lunch 1:00 Circle of Friends 2:30 For the Fun of Flt 5:00 Dinner 6:30 Card Games	29 8:30 Breakfast 10:15 Pool Noodle exercise 12:00 Lunch 2:30 Bingo 5:00 Dinner	30 National Day of Truth and Reconciliation 8:30 Breakfast 10:15 Musical Moments 11:00 Stepping Out 12:00 Lunch 2:30 Balloon Tennis 5:00 Dinner