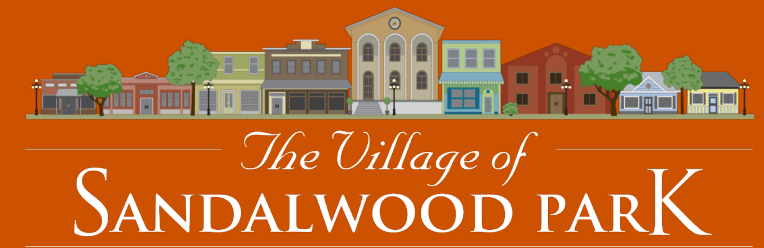


# SEPTEMBER 2023

## Johnston

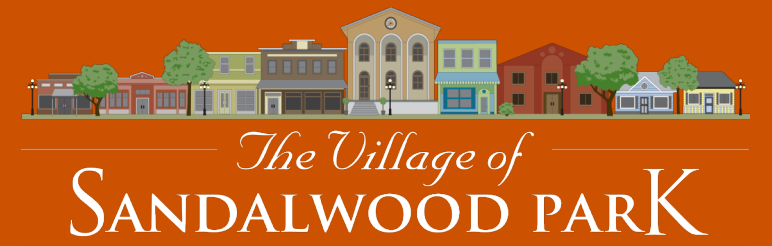


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 Coloring Together 12:00 Lunch 2:30 Balloon Toss 4:00 Stepping Out 5:00 Dinner	<b>2</b>  8:30 Breakfast 10:00 Friendly Visits 10:30 Sing A Long with Susie Q—Main street 12:00 Lunch 2:15 Sing Along 5:00 Dinner
<b>3</b>  8:30 Breakfast 10:00 Friendly Visits 11:00 Hymn Sing 12:00 Lunch 2:00 Brains & Banter 2:15 Stepping Out 5:00 Dinner	<b>4 Labour Day</b>  8:30 Breakfast 10:00 Gentle Fitness 12:00 Lunch 2:15 Walk & Talk 4:00 You & I 5:00 Dinner 6:30 Word Wheel	<b>5</b>  8:30 Breakfast 10:30 Drum Fit 12:00 Lunch 2:30 Art Trivia 4:00 Stepping Out 5:00 Dinner	<b>6</b>  8:30 Breakfast 10:00 Word Wheel 12:00 Lunch 2:15 Mini Bowling 3:30 Mini Manicures 4:00 You & I 5:00 Dinner	<b>7</b>  8:30 Breakfast 9:30 Music with Daivia 10:00 You & I 10:30 Garden Club—Fall Plants (e/s court yard) 12:00 Lunch 2:15 Soothing Sensations 3:30 Bunny Visits 5:00 Dinner 6:30 Corn Roast e court yard 6:30 Bingo	<b>8</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 Word Wheel 12:00 Lunch 2:30 Bingo 4:00 Stepping Out 5:00 Dinner 6:30 Circle of Friends	<b>9</b>  8:30 Breakfast 10:00 Church Service 11:00 Stepping Out 12:00 Lunch 2:30 Active Games 5:00 Dinner
<b>10 Grandparents Day</b>  8:30 Breakfast 10:30 Hymn Sing 11:00 You & Me 12:00 Lunch 2:30 Grandparents Day Social 5:00 Dinner  Residents Council week	<b>11</b>  8:30 Breakfast 10:00 Gentle Fitness 12:00 Lunch 1:30 Art with Glyniss 2:00 Coloring Together-Fall Leaves 3:30 Stepping Out 5:00 Dinner 6:30 Bingo	<b>12</b>  8:30 Breakfast 10:00 Walk & Talk 11:00 Mini Manicures 12:00 Lunch 2:00 Book Club 3:30 Java Music 5:00 Dinner	<b>13</b>  8:30 Breakfast 10:00 Baking Club - Cinnamon Crackle Cookies 12:00 Lunch 2:15 Express Yourself 2:30 Birthday Party with Ryan—C,OA 4:00 Stepping Out 5:00 Dinner	<b>14</b>  8:30 Breakfast 9:30 Music with Daivia 12:00 Lunch 2:15 Pretzel Social 3:30 Beer Trivia 4:00 Aqua Painting 5:00 Dinner 6:30 Movie Night - The Bird Cage	<b>15</b>  8:30 Breakfast 10:00 Gentle Fitness 10:30 For the Fun of Fit 12:00 Lunch 2:00 Soothing Sensations & Spa 5:00 Dinner 6:30 Bingo	<b>16 Oktoberfest Starts</b>  8:30 Breakfast 10:00 Friendly Visits 11:00 Hymn Sing 12:00 Lunch 2:15 You & Me 5:00 Dinner



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>17 Terry Fox Day</b>  8:30 Breakfast 10:00 Hymn Sing 11:00 You & Me 12:00 Lunch 2:00 Sunday Church Service 2:15 Circle of Friends 5:00 Dinner	<b>18</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 Soothing Sensations & Spa 12:00 Lunch 2:00 You & Me 3:00 Balloon Tennis 5:00 Dinner 6:30 Bingo	<b>19</b>  8:30 Breakfast 10:30 Bowling 10:30 Garden Club—Apple Cider 12:00 Lunch 1:30-3:00 Ice Cream Truck 2:15 Mini Manicures 3:00 Apple Pie Social 4:00 Walk & Talk 5:00 Dinner	<b>20</b>  8:30 Breakfast 10:00 Friendly Visits 10:30 Residents council 11:00 Java Music 12:00 Lunch 2:15 Crafts— Traditional Alpine Hats 3:00 You & Me 5:00 Dinner	<b>21</b>  8:30 Breakfast 9:30 Music with Daivia 10:00 Bean Bag Toss 12:00 Lunch 1:30 Baking Club - Butterscotch Shortbread 2:15 Circle of Friends 3:00 You & Me 5:00 Dinner 6:30 Evening Social	<b>22</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 Coloring Together 12:00 Lunch 1:30 Art with Glyniss 2:30 Horse Racing 4:00 You & Me 5:00 Dinner	<b>23</b>  8:30 Breakfast 10:00 Church Service 11:00 Express Yourself 12:00 Lunch 2:30 Happy Hour 3:30 You & Me 5:00 Dinner
<b>24</b>  8:30 Breakfast 10:00 Virtual Mass 11:00 Brains & Banter 12:00 Lunch 2:15 Sunday Service 3:30 Musical Moments 5:00 Dinner	<b>25</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 You & Me 12:00 Lunch 1:30 Art with Glyniss 2:15 Apple Cider Social 4:00 Aqua Painting 5:00 Dinner 6:30 Bingo	<b>26</b>  8:30 Breakfast 9:00 Friendly Visits 10:30 Walk & Talk 11:00 Mini Manicures 12:00 Lunch 2:15 Soothing Sensations & Spa 4:00 Poetry Appreciation 5:00 Dinner	<b>27</b>  8:30 Breakfast 10:00 Word Wheel 12:00 Lunch 2:15 You & Me 4:00 Bowling 5:00 Dinner	<b>28</b>  8:30 Breakfast 9:30 Music with Daivia 10:00 Music Appreciation 12:00 Lunch 1:30 Arm Chair Travel - Portugal 3:30 You & Me 5:00 Dinner 6:30 Bingo	<b>29</b>  8:30 Breakfast 10:00 Gentle Fitness 11:00 Word Wheel 12:00 Lunch 2:30 Book club 4:00 For the Fun of Fit 5:00 Dinner	<b>30</b> National Day of Truth and Reconciliation Day  8:30 Breakfast 10:00 Church Service 11:00 Friendly Visits 12:00 Lunch 2:30 Happy Hour 3:30 You & Me 5:00 Dinner