



SEPTEMBER 2023

Dundas



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Main Street—MS Activity Room—AR Country Kitchen— CK Community Centre—CC Fitness Centre— FC Open Area— OA Touring— TO Town Hall - TH Virtual - V Library - Lib	Programs may be subject to change if required					1 9:30 Bowling 10:30 word in a word 11:00 Friendly visits 2:00 Coloring club 3:00 Travelogue 6:30 Movie Night-FC	2 9:30 Beach ball toss 10:30 walk and talk 11:00 1:1 activities 2:00 Bingo— MS 3:00 Short story 6:30 A Little Bit of This and That-FC
3 9:30 Axe Throwing 10:30 Wheel of fortune 11:00 Walk and talk 2:00 Back to School-FC 4:00 Church Service - Lib 6:30 School Days Reminiscing-FC	4 Labor Day 10:00 Active games 10:30 Art—CK 11:00 1:1 activities 2:00 Entertainment with Sparklettes-MS 3:00 Sing along 6:30 Brain Boosters-FC	5 9:30 Basketball 10:30 Short story 11:15 Music Therapy— OA 1:30 Chime Choir-L 2:00 Jeopardy 3:00 1:1 activities 6:30 Bingo— MS	6 10:00 Fancy Nails 11:00 1:1 Visits 2:00 Art and Craft 3:00 Java Music Club-CC 4:00 Word within word 6:30 Travelogue-FC	7 10:00 Feel & Fold— CK 10:30 Sing along 1:30 Walk and talk 2:00 Active games 3:00 Brain teasers 4:00 Friendly visits 6:30 Music on Demand— FC	8 9:30 Bowling 10:30 coloring club 11:00 iPad visits 2:00 Travelogue 3:00 Musical memories 6:30 Active Games— FC	9 9:30 Balloon tennis 9:30 Green thumb—CC 10:30 Word in a word 1:00 Friendly Visits 2:00 Golden Oldies-MS 3:00 Short Story 6:30 Bingo— MS	
10 1:00 1:1 Activities 2:00 Picture Bingo 3:30 Church Service - Lib 6:30 Brain Boosters— FC	11 10:00 Active Games 10:30 Art—CK 11:15 Music Therapy— OA 1:30 Chime Choir-L 2:00 Coloring Club 3:00 Music With David - OA 6:30 Trivia-FC	12 9:30 Beach ball toss 10:30 sing and dance 11:00 1:1 visits 2:00 Afternoon Social with Emilio-MS 3:30 Jeopardy 6:30 Bingo— MS	13 10:00 Balloon Tennis 11:00 Friendly Visits 2:00 Art and Craft 3:00 Word Games 6:30 Java Music Club-CC	14 10:00 Feel & Fold— CK 10:30 Art and craft 11:00 Helping hands 1:00 R.C. Private Comm - TO 2:00 R.C. Communion - TH 3:00 Friendly vists 6:30 Musical Hour— FC	15 9:30 Axe throwing 10:30 Word in a word 11:00 iPad visits 2:00 Seth's Amazing Pet Show-MS 3:30 Short story 6:30 Movie Night-FC	16 9:30 Bowling 10:30 walk and talk 11:00 1:1 activities 2:00 Bingo— MS 3:00 Board games 6:30 A Little Bit of This and That-FC	
17 9:30 Balloon tennis 10:30 Play with letters 11:00 Friendly visits 2:00 Aet and craft 3:30 Church Service - Lib 6:30 Jeopardy-FC	18 10:00 Active Games 10:30 Art—CK 11:15 Music Therapy— OA 1:30 Chime Choir-L 1-4 Trip to Classic Bowl— Sign up is required 6:30 Mental Aerobic-FC	19 10:00 Chaplain's Chat— OA 10:30 Hymn Sing - OP 2:00 Smile Theatre-MS 3:00 Music on Demand 6:30 Bingo— MS	20 10:00 Balloon Tennis 11:00 Friendly Visits 2:00 Anglican Comm - TH 2:30 Art and Crafts 3:30 Brain Teasers 6:30 Java Music Club-CC	21 10:00 Feel & Fold— CK 1:00 R.C. Private Comm - TO 2:00 Catholic Mass - TH 3: 30 Fancy nails 4:00 Walk and talk 6:30 Music and Memories— FC	22 9:30 Bowling 10:30 coloring club 11:00 iPad visits 2:00 Travelogue 3:00 Musical memories 7:00 Pub Night-MS	23 9:30 Green thumb—CC 1:00 Friendly Visits 2:00 Bingo— MS 3:00 Short story 6:30 A Little Bit of This and That-FC	
24 1:00 1:1 Activities 2:00 Picture Bingo 3:30 Church Service - Lib 6:30 Famous Places-FC	25 10:00 Active Games 10:30 Art—CK 11:15 Music Therapy— OA 1:30 Chime Choir-L 2:00 Word within word 3:00 Short Story 6:30 Brain Games— FC	26 9:30 Beach Ball toss 10:00 Bible Mind Teaser - OA 2:00 Birthday Bash-MS 3:30 Jeopardy 6:30 Bingo— MS	27 10:00 Balloon Tennis 11:00 Friendly Visits 2:00 Art and Craft 3:00 Helping Hands 3:30 Walk and talk 6:30 Java Music Club-CC	28 10:00 Feel & Fold— CK 10:30 Baking 1:00 R.C. Private Comm - TO 2:00 R.C. Communion - TH 3:00 Fancy nails 6:30 Music from the Past-FC	29 9:30 Active Games 10:30 coloring club 11:00 iPad visits 2:00 Travelogue 3:00 Musical memories 6:30 Old TV Shows-FC	30 9:30 Bowling 10:00 Walk and Talk 2:00 Bingo— MS 3:30 1:1 activities 6:30 A Little Bit of This and That-FC	