



SEPTEMBER 2023

Meadowvale



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	<h3>Programs may be subject to change if required</h3>				1 10:00-Balloon Badminton-OA 11:00-Word Games-OA 2:00-Travelogue-OA 3:00-Walk and talk-TO 6:30 Movie Night-FC	2 10:00-Exercises-OA 11:00-Board Games-OA 2:00 Bingo— MS 3:00-1:1 session-TO 6:30 A Little Bit of This and That-FC
3 10:00-Balloon Badminton-OA 11:00-Music and Memories-OA 2:00 Back to School-FC 4:00 Church Service - Lib 6:30 School Days Reminiscing-FC	4 Labor Day 10:00 Feel and Fold— CK 11:00-Puzzles-OA 2:00 Entertainment with Sparklettes-MS 3:00-Coloring-OA 6:30 Brain Boosters-FC	5 10:00-Bowling-OA 11:00-Craft-AR 2:00-Playing Cards-OA 3:00-Trivia-OA 6:30 Bingo— MS	6 10:30 Craft—CK 1:00-Baking Delights-CK 3:00 Java Music Club-CC 6:30 Travelogue-FC	7 10:15 Music Therapy— OA 11:00-Exercise-OA 1:30 1:1 Art—CK 2:30-Reading group-OA 6:30 Music on Demand— FC	8 10:00-Balloon Badminton-OA 11:00-Word Games-OA 2:00-Travelogue-OA 3:00-1:1 sessions-TO 6:30 Active Games— FC	9 9:30 Green thumb—CC 10:00-Exercises-OA 11:00-Board Games-OA 2:00 Golden Oldies-MS 3:00-1:1 sessions-TO 6:30 Bingo— MS
10 10:00-Balloon Badminton-OA 11:00-Music and Memories-OA 2:00-1:1 sessions-TO 3:30 Church Service - Lib 6:30 Brain Boosters— FC	11 10:00-Feel and Fold-CK 11:00-Puzzles-OA 2:00-Coloring-OA 6:30 Trivia-FC	12 10:00-Bowling-OA 11:00-Crafts-AR 2:00 Afternoon Social with Emilio-MS 3:00-Trivia-OA 6:30 Bingo— MS	13 1:30 Green thumb—CK 2:30-Crafts-OA 4:00 Pastoral visit/Hymn Sing 6:30 Java Music Club-CC	14 10:15 Music Therapy— OA 11:00-Exercises-OA 1:00 R.C. Private Comm - TO 2:00 R.C. Communion - TH 3:00-Reading group-OA 6:30 Musical Hour— FC	15 10:00-Balloon Badminton-OA 11:00-Word Games-OA 2:00-Travelogue-OA 3:00-Walk and talk-TO 6:30 Movie Night-FC	16 10:00-Exercises-OA 11:00-Board Games-OA 2:00 Bingo— MS 3:00-Walk and talk-TO 6:30 A Little Bit of This and That-FC
17 10:00-Balloon Badminton-OA 11:00-Music and Memories-OA 2:00-1:1 sessions-TO 3:30 Church Service - Lib 6:30 Jeopardy-FC	18 10:00 Feel and Fold— CK 11:00-Puzzles-OA 1-4 Trip to Classic Bowl— Sign up is required 6:30 Mental Aerobic-FC	19 10:00-Bowling-OA 11:00-Jam Making-CK 2:00-Playing Cards-OA 3:00-Trivia-OA 6:30-Bingo-MS	20 10 :30 Craft—CK 1:00-Jam making-CK 2:00 Anglican Comm - TH 3:00 Music With David 6:30 Java Music Club-CC	21 10:15 Music Therapy— OA 11:00-Exercise-OA 1:00 R.C. Private Comm - TO 1:30 1:1 Art—CK 2:00 Catholic Mass - TH 3:00-Reading group-OA 6:30 Music and Memories—	22 10:00-Balloon Badminton-OA 11:00-Word Games-OA 2:00-Travelogue-OA 3:00-1:1 sessions-TO 7:00 Pub Night-MS	23 9:30 Green thumb—CC 10:00-Exercises-OA 11:00-Board Games-OA 2:00 Bingo— MS 3:00-1:1 sessions-TO 6:30 A Little Bit of This and That-FC
24 10:00-Balloon Badminton-OA 11:00-Music and Memories-OA 2:00-1:1 sessions-TO 3:30 Church Service - Lib 6:30 Famous Places-FC	25 10:00 Feel and Fold— CK 11:00-Puzzles-OA 2:00-Coloring-OA 6:30 Brain Games— FC	26 10:00-Bowling-OA 11:00-Crafts-AR 2:00 Birthday Bash-MS 3:00-Trivia-OA 6:30 Bingo— MS	27 1:30 Green thumb—CK 2:30-Crafts-OA 3:00-Active Games-OA 4:00 Hymn Sing/Pastoral visit 6:30 Java Music Club-CC	28 10:15 Music Therapy— OA 11:00-Exercises-OA 1:00 R.C. Private Comm - TO 1:30 1:1 Art—CK 2:00 R.C. Communion- TH 3:00 Music With David— OA	29 10:00-Balloon Badminton-OA 11:00-Word Games-OA 2:00-Travelogue-OA 3:00-Walk and talk-TO 6:30 Old TV Shows-FC	30 10:00-Exercises-OA 11:00-Board Games-OA 2:00 Bingo— MS 3:00-Walk and talk-OA 6:30 A Little Bit of This and That-FC