



SEPTEMBER 2023

Sheridan



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	<h3>Programs may be subject to change if required</h3>				1 Neighbourhood Time 6:30 Movie Night-FC	2 10:30 Active Game —OA 11:15 Walk & Talk 2:00 Bingo— MS 3:30 I Hear Music —OA 4:00 Old TV Show — OA 6:30 A Little Bit of This and That-FC
3 10:30 Active Game — OA 11:15 Walk & Talk— TO 2:00 Back to School-FC 3:30 I Hear Singing — OA 4:00 Travelogue— OA 6:30 School Days Reminiscing-FC	4 Labor Day 10:30 Active Game— OA 11:15 You & Me — TO 2:00 Entertainment with Sparkettes-MS 4:00 Neighbourhood Time—TO 6:30 Brain Boosters-FC	5 10:00 Feel & Fold-CK 10:30 Music Therapy-OA 11:15 Music & Memory— TO 2:00 Melody Lane— OA 3:00 Board Game — OA 4:00 All About You — TO 6:30 Bingo— MS	6 1:30 Green thumb—CK Neighbourhood Time 3:00 Java Music Club-CC 6:30 Travelogue-FC	7 1:30 I Hear Music 6:30 Music on Demand— FC	8 10:30 Manicure— PA 11:15 Scenes of Serenity— PA 2:00 Melody Lane— OA 3:00 Brain Booster— OA 4:00 Friendly Visits— TO 6:30 Active Games— FC	9 9:30 Green thumb—CC Neighbourhood Time 2:00 Golden Oldies-MS 6:30 Bingo— MS
10 Neighbourhood Time 6:30 Brain Boosters— FC	11 10:30 Music Therapy-OA 11:15 You & me — TO 2:00 Sing a Long — OA 3:00 Sensory Stimulation—PA 4:00 Neighbourhood Time—TO 6:30 trivia-FC	12 10:00 Feel & Fold-CK 11:15 Music & Memory— TO 2:00 Afternoon Social with Emilio-MS 3:30 I Hear Singing — OA 4:00 All About You — TO 6:30 Bingo— MS	13 10:30 Making Jam — CK 10:30 Craft—CK 11: 15 Comfy Place— PA 2:00 Making Jam Cont — CK 3:00 I Hear Music— OA 4:00 You & Me — TO 6:30 Java Music Club-CC	14 10:30 1:1 Art—CK 1:30 I Hear Music 6:30 Musical Hour— FC	15 Neighbourhood Time 6:30 Movie Night-FC	16 10:30 Exercise — OA 11:15 Walk & Talk— TO 2:00 Bingo— MS 3:30 I Hear Music— OA 4:00 Old TV Show— OA 6:30 A Little Bit of This and That-FC
17 10:30 Exercise— OA 11:15 Walk & Talk— TO 2:00 I Hear Singing— OA 3:00 Board Game — OA 4:00 Old TV Show — OA 6:30 Jeopardy-FC	18 10:30 Music Therapy-OA 11:15You & Me — TO 1-4 Trip to Classic Bowl— Sign up is required 2:00 Sing a Long — OA 3:00 Sensory Stimulation—PA 6:30 Mental Aerobic-FC	19 10:00 Feel & Fold-CK 11:15 Music & Memory— TO 2:00 Smile Theatre-MS 3:30 Melody Lane — OA 4:00 All About You — TO 6:30 Bingo— MS	20 1;30 Green thumb—CK Neighbourhood Time 6:30 Java Music Club-CC	21 1:30 I Hear Music 6:30 Music and Memories— FC	22 10:30 Manicure— PA 11:15 Scenes of Serenity— PA 2:00 Melody Lane— OA 3:00 Board Game— OA 4:00 Friendly Visits— TO 7:00 Pub Night-MS	23 9:30 Green thumb—CC Neighbourhood Time 2:00 Bingo— MS 6:30 A Little Bit of This and That-FC
24 Neighbourhood Time 6:30 Famous Places-FC	25 10:30 Music Therapy-OA 11:15 You & Me — TO 2:00 Sing a Long — OA 3:00 Sensory Stimulation—PA 4:00 Neighbourhood Time— TO 6:30 Brain Games— FC	26 10:00 Feel & Fold-CK 11:15 Music & Memory — TO 2:00 Birthday Bash-MS 3:30 I Hear Singing — OA 4:00 All About You — TO 6:30 Bingo— MS	27 10:30 Making Jam — CK 10:30 Craft—CK 11:15 Comfy Place — PA 2:00 Making Jam Cont— CK 3:00 I Hear Singing — OA 4:00 You & Me — To 6:30 Java Music Club-CC	28 10:30 1:1 Art—CK 1:30 I Hear Music 6:30 Music from the Past-FC	29 Neighbourhood Time 6:30 Old TV Shows-FC	30 10:30 Exercise — OA 11:15 Walk & Talk — TO 2:00 Bingo— MS 3:30 I Hear Music — OA 4:00 Travelogue — OA 6:30 A Little Bit of This and That-FC