






# SEPTEMBER 2023

## Alderwood Neighbourhood



| Sunday  | Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday   |
|---|--|---|---|---|--|--|
|    |  |   |   |    | <b>1</b><br>9:00 Ribbon Craft<br>10:00 Bingo<br>11:00 Dance w Me<br>12:00 Meal Assistance<br>2:30 Popcorn Social<br>4:00 Family Feud                                   | <b>2</b><br>9:30 Stepping Out<br>10:30 Brain Banters<br>12:00 Meal Assistance<br>2:00 Movie Time<br>4:00 Friendly Visits   |
| <b>3</b><br>9:30 Musical Moments<br>9:30-10:00 Church Service<br>10:30 Dominoes<br>12:00 Meal Assistance<br>2:00 Stepping Out<br>4:00 Coloring                                      | <b>4 Labour Day</b><br>9:00 Soothing Sensations<br>10:00 Chit Chat & Coffee<br>12:00 Meal Assistance<br>2:30 <b>Entertainment: Tristan</b><br>4:00 Family Feud                 | <b>5</b><br>9:00 Chit-Chat<br>10:00 Watercolor Painting<br>12:00 Meal Assistance<br>2:15 Racquet Balloon<br>3:30 Fun Facts<br>4:00 Family Feud  | <b>6</b><br>9:00 Meet & Greet<br>9:30 Bowling w/ Sharon<br>10:30 Discussion Group<br>12:00 Meal Assistance<br>2:30 Mother Nature<br>3:30 Active Games               | <b>7</b><br>9:30 Gospel Music<br>10:30 Aqua Painting<br>11:30 Dance w/ Me<br>12:00 Meal Assistance<br>2:30 <b>Its Never to Late</b><br>3:30 Sing-A-Long                         | <b>8 Adrian's Family Clothing 11am-4pm</b><br>10:00 For the Fun of Fit<br>11:00 Express Yourself<br>12:00 Meal Assistance<br>2:00 Ball Toss<br>4:00 Musical Moments    | <b>9</b><br>9:15 Stepping Out<br>10:00 Zumba Fitness<br>11:00 Eye Glass Care<br>12:00 Meal Assistance<br>2:15 Shake Loose a Memory (lifetime 1950's)<br>3:00 It's Never too Late |
| <b>10 Grandparents Day</b><br>9:00 Gospel Music<br>9:30-10:00 Church Service<br>11:00 Hymn Sing<br>12:00 Meal Assistance<br>02:30 Grandparents Day Social<br>5:00 Dinner            | <b>11</b><br>12:00 Meal Assistance<br>1:45 Reading Group<br>3:00 Java Memory<br>4:00 Family Feud<br>5:00 Dinner<br>6:30 Music w/ Sharon  | <b>12</b><br>10:00 Puzzles<br>11:00 Social<br>12:00 Meal Assistance<br>2:00 Stepping Out<br>3:00 Painting<br>4:00 Family Feud                   | <b>13</b><br>9:30 Rainbow Ball Toss<br>10:30 <b>Music Therapy</b><br>12:00 Meal Assistance<br>2:30 <b>Entertainment: Pianist Jordan Klapman</b><br>4:00 Family Feud | <b>14 Living in mt Today 11:00</b><br>9:30 One on Ones<br>10:30 Building Blocks<br>11:00 Aqua Painting<br>12:00 Meal Assistance<br>2:30 Baking w/ Sharon<br>3:30 Balcony Social | <b>15 Chudleigh's Apple Farm Outing</b><br>9:00 Building Blocks<br>10:00 Bingo<br>12:00 Meal Assistance<br>2:30 Table Bowling<br>3:30 Card Games                       | <b>16</b><br>9:30 Musical Moments<br>10:30 Bingo<br>12:00 Meal Assistance<br>2:00 Balloon Toss<br>3:00 Stepping Out  |
| <b>17</b><br>9:30 Stepping Out<br>9:30-10:00 Church Service<br>10:30 Dominoes<br>11:00 Music and Dance<br>12:00 <b>Outing: Blue Jays</b><br>2:00 Bowling                            | <b>18</b><br>12:00 Meal Assistance<br>1:45 Racquet Balloon<br>3:00 Animal Bingo<br>4:00 Family Feud<br>5:00 Dinner<br>6:30 Karaoke Music                                       | <b>19</b><br>9:00 Watercolor Painting<br>10:00 Ring Toss<br>12:00 Meal Assistance<br>2:30 Tool Shed Activity<br>3:30 Balloon Fun<br>5:00 Dinner | <b>20 Holistic Health Vendor 11am-4pm</b><br>9:15 One to Ones<br>10:00 For the Fun of Fit<br>12:00 Meal Assistance<br>2:30 Root Beer Social<br>3:30 Afternoon Movie | <b>21</b><br>9:00 Hymn Sing<br>9:30 Express Yourself<br>10:30 Hot Chocolate Social<br>11:00 Stepping Out<br>12:00 Meal Assistance<br>2:30 Travelodge                            | <b>22 Oktoberfest Day</b><br>9:30 Stepping Out<br>10:30 Music Therapy<br>12:00 Meal Assistance<br>2:00 One on Ones<br>3:45 <b>Entertainment: Filipa</b><br>5:00 Dinner | <b>23 Autumn Begins</b><br>10:00 For the Fit of Fun<br>11:00 Baking Hour<br>12:00 Meal Assistance<br>02:00 Fall Leaves Coloring<br>03:00 Brains & Banter                         |
| <b>24</b><br>9:00 Gospel Music<br>9:30-10:00 Church Service<br>11:00 Hymn Sing<br>12:00 Meal Assistance<br>1:00 Meal Assistance<br>2:30 Homemaker Reminiscing<br>3:30 Great Outdoor | <b>25</b><br>12:00 Meal Assistance<br>1:45 One to Ones<br>2:30 <b>Birthday Celebration Entertainment: John Lettieri Accordion player</b><br>5:00 Dinner<br>6:30 Music w Sharon | <b>26</b><br>9:30 Stepping out<br>10:30 Coloring<br>12:00 Meal Assistance<br>2:00 Social<br>3:00 IN2L<br>4:00 Hand Massage<br>5:00 Dinner       | <b>27</b><br>9:15 Puzzle Buddies<br>10:00 Baking w Sharon<br>11:00 Active Games<br>12:00 Meal Assistance<br>Brain Banter<br>3:00 Balloon Fun<br>4:00 Family Feud    | <b>28</b><br><b>09:30 Outing: Shoppers Drug Mart</b><br>9:00 Meet & Greet<br>10:00 Active Games<br>11:00 Bowling<br>12:00 Meal Assistance<br>2:15 National Geographic           | <b>29</b><br>9:00 Meet & Greet<br>9:30 Banter Bird Bingo<br>10:00 Stepping Out<br>12:00 Meal Assistance<br>2:30 Social Hour<br>4:00 Family Feud<br>5:00 Dinner         | <b>30 National Day for Truth &amp; Reconciliation Wear Orange</b><br>9:30 Horticulture therapy<br>10:30 Sing Along<br>12:00 Meal Assistance<br>2:00 Social<br>4:00 Bingo         |