





SEPTEMBER 2023

LAMBTON NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 09:30 For the Fun of Fit 10:30 Express Yourself - Watercolor painting 12:00 Meal Assistance 02:00 Java Time 03:00 Brains & Banter	2 09:30 Stepping Out 10:30 For the Fun of Fit - Parachute 12:30 Meal Assistance 02:30 Baking 4:00 Reading
3 9:30 Active Games 10:30 Exercise 12:00 Meal Assistance 2:30 Parachute 4:00 Bocce Ball	4 Labour Day 9:30 Manicure 10:30 Ladder Toss 12:00 Meal Assistance 2:30 Entertainment: Tristan 4:00 Friendly Visit	5 09:30 Brain and Banter 10:30 Dancing for Memory Care with Robin 12:00 Meal Assistance 02:30 Trivia 4:00 Family Freud	6 12:00 Meal Assistance 2:00 Baking 3:30 Stepping Out 5:00 Dinner Assistance 7:00 Express Yourself	7 9:30 Express Yourself 11:00 Outing: Etobicoke Valley - Picnic Lunch 12:00 Meal Assistance 2:30 Soothing Sensation 4:00 Friendly Visit	8 Adrian's Family Clothing 11am - 4pm 09:30 Sing Along 12:00 Meal Assistance 1:30 Spiritual Service 2:30 Stepping Out	9 09:30 Hymn Sing 10:30 Bean Bag Toss 12:30 Meal assistance 02:30 Trivia 03:30 Watercolor Painting
10 Grandparents Day 9:30 Soothing Sensation 10:30 Steeping Out 12:00 Meal Assistance 02:30 Grandparents Day Social 4:00 Friendly Visit	11 09:30 Express Yourself 10:30 Music Therapy 12:00 Meal Assistance 02:30 Bean Bag Toss 04:00 Dominos	12 9:30 For the Fun of Fit 10:30 Italian Club 12:00 Meal Assistance 2:30 Puzzles Buddies 4:00 Water color	13 1:00 Manicure 2:30 Entertainment: Pianist Jordan Klapman 4:00 Friendly Visit 5:00 Dinner Assistance 7:00 Stepping out	14 9:30 Sing Along 10:30 Banana Smoothies 12:00 Meal Assistance 2:30 Bowling 4:00 Tumbling Tower	15 9:30 Java Time 10:30 Parachute 12:00 Meal Assistance 01:00 Outing: Chudleigh's Apple Farm Trip - Tickets \$15.50 4:00 Express yourself	16 9:30 Aromatherapy 10:30 Social 12:00 Meal Assistance 2:30 Water color 4:00 Stepping Out
17 9:30 Express Yourself 10:30 Banana Smoothies 12:00 Meal Assistance 12:00 Blue James Outing 2:30 Patio social	18 9:30 Bean Bag Toss 10:30 Trivia 12:00 Meal Assistance 2:30 Bocce Ball 4:00 Hand Massage	19 9:30 Manicure 10:30 Baking 12:00 Meal Assistance 2:30 Steeping Out 4:30 Ladder Toss	20 12:00 Meal Assistance 1:30 Sing Along 11-4:00 Holistic Health Vendor 5:00 Dinner Assistance 6:00 Movie and Popcorn	21 9:30 Brain and banter 10:30 Exercise 12:00 Meal Assistance 03:00 Resident Council 4:00 Water Color	22 Oktoberfest Day 9:30 Music Therapy 10:30 Active Games 1:30 Spiritual Service 12:00 Meal Assistance 02:30 Oktoberfest Entertainment with "Filipa"	23 Autumn Beings 09:30 Hymn Sing 10:30 Autumn crafts 12:00 Meal Assistance 2:30 Soothing Sensation 4:00 Dominos
24 9:30 Hymn Sing 10:30 Parachute 12:00 Meal Assistance 2:30 Java Memory 4:00 Friendly Visits	25 9:30 Manicure 10:30 Hymn Sing 12:00 Meal Assistance 2:30 Birthday Entertainment John Lettieri Accordion Player	26 9:30 Hymn Sing 10:30 Stepping Out 12:00 Meal Assistance 2:30 Horse Racing 4:00 Dominos	27 12:00 Meal Assistance 1:15 Soothing Sensation 3:00 Manicure 4:00 Balloon Toss 5:00 Dinner Assistance 7:00 Stepping Out	28 09:30 Outing: Shoppers Drug Mart 10:30 Baking 12:00 Meal Assistance 2:30 Brains and Banter 4:00 Music Therapy	29 9:30 For the fun of fit 10:30 Social Club 12:00 Meal Assistance 2:30 Trivia 4:00 Dominos	30 National Day for Truth & Reconciliation 9:30 Brain and Banter 10:30 Music Moments 2:30 Craft with orange color 4:00 Hand Massage