

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Third Floor Neighbourhood

					1 8:00 Breakfast 12:00 Lunch 3:00 Duet Bike Rides 4:30 Circle of Friends 5:00 Dinner 6:30 For the Fun of Fit	2 8:00 Breakfast 12:00 Lunch 5:00 Dinner
3 8:00 Breakfast 12:00 Lunch 5:00 Dinner	4 8:00 Breakfast 12:00 Lunch 3:30 Walk to Delaware Park 4:30 You & I 5:00 Dinner 6:30 BINGO Labor Day	5 National Cheese Pizza Day 8:00 Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 3:15 In the Kitchen 5:00 Dinner 6:30 Paint and Sip Night	6 Music with Jennifer 8:00 Breakfast 12:00 Lunch 1:30 Ice Cream Truck! 3:30 Stepping Out 4:00 News and Views 5:00 Dinner 6:30 Neighbourhood Time	7 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 3:30 Duet Bike Rides 4:30 You & I 5:00 Dinner 6:30 Triva Night	8 8:00 Breakfast 12:00 Lunch 5:00 Dinner	9 8:00 Breakfast 12:00 Lunch 3:00 You & I 4:30 Stepping Out 5:00 Dinner 6:30 Horticulture Time
10 Happy Grandparents Day! 8:00 Breakfast 12:00 Lunch 10:15 Triple C Farm Visits 2:00 Music with Paula French 4:30 Circle of Friends 5:00 Dinner 6:30 Express Yourself Grandparents Day	11 8:00 Breakfast 12:00 Lunch 5:00 Dinner	12 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 3:00 Resident Council 4:00 Neighbourhood Time 5:00 Dinner 6:30 BINGO	13 8:00 Breakfast 12:00 Lunch 2:00 Music with Kim Atkins 3:30 You & I 4:00 Tattoo Parlour 5:00 Dinner 6:30 Trivia Hour	14 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 4:30 Soothing Sensations 5:00 Dinner 6:30 Pub Night- Dine In	15 8:00 Breakfast 12:00 Lunch 3:00 In the Kitchen 4:00 Circle of Friends 5:00 Dinner 6:30 Express Yourself Rosh Hashanah Begins	16 8:00 Breakfast 12:00 Lunch 5:00 Dinner Oktoberfest Begins
17 8:00 Breakfast 12:00 Lunch 5:00 Dinner International Country Music Day	18 8:00 Breakfast 12:00 Lunch 2:30 Greeting the Day 3:30 Walk to Tim Hortons 5:00 Dinner 6:30 BINGO	19 8:00 Breakfast 8:00 Birthday Breakfast 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Legion of Mary Visits 3:30 Stepping Out 5:00 Dinner 6:30 Soothing Sensations	20 Music with Jennifer 8:00 Breakfast 12:00 Lunch 3:00 HCC Hair Salon 5:00 Dinner 6:30 Movie and Munch	21 8:00 Breakfast 10:30 Outing to African Lion Safari 10:30 Exercise with Jonathan 12:00 Lunch 4:00 Friendly Visits 5:00 Dinner	22 8:00 Breakfast 12:00 Lunch 5:00 Dinner	23 8:00 Breakfast 11:00 HCC Car Wash! 12:00 Lunch 3:00 Stepping Out 4:30 For the Soul 5:00 Dinner 6:30 Karaoke Night Autumn Begins
24 8:00 Breakfast 12:00 Lunch 3:00 Java Music Club 4:30 Zumba! 5:00 Dinner 6:30 Take a Break Yom Kippur Begins	25 8:00 Breakfast 12:00 Lunch 5:00 Dinner	26 8:00 Breakfast 10:30 Bible Study with Connie 12:00 Lunch 1:30 Exercise with Jonathan 2:00 Marion Shynal Performs 3:30 You & I 5:00 Dinner 6:30 Trivia Hour	27 HCC's Festival or Flavours! 8:00 Breakfast 12:00 Lunch 3:30 Travelling Cart & Happy Hour 5:00 Dinner 6:30 Arm Chair Travel	28 8:00 Breakfast 10:30 Exercise with Jonathan 12:00 Lunch 1:30 Trip to Jackson Square 4:00 You & I 4:30 Neighbourhood Time 5:00 Dinner	29 8:00 Breakfast 12:00 Lunch 3:30 You & I 4:30 News and Views 5:00 Dinner 6:30 For the Soul Sukkot Begins	30  National Day for Truth and Reconciliation