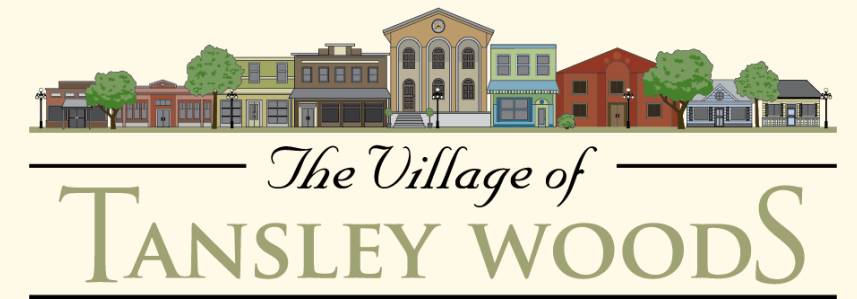


# September 2024

## Appleby



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 Neighborhood Time 10:00 Movie Matinee 2:00 For the Soul 3:30 Circle of Friends-CK	<b>2 Labour Day</b> 1:00 Neighborhood Time 2:30 In the Kitchen-CK 3:30 Circle of Friends 6:00 Neighborhood Times	<b>3</b> 9:00 Neighborhood Time 11:00 Brains & Banter 2:00 Stepping Out 3:30 Musical Moments 4:15 Spiritual Visits	<b>4</b> 9:00 Neighbourhood Time 11:00 Total Body Fitness 2:00 Horticulture Therapy 2:00 Stepping Out 3:30 Musical Moments	<b>5</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:30 In the Kitchen-Pizza 3:30 Circle of Friends	<b>6</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 NT Drum Fit-Bronte 3:00 Meditation 3:30 Stepping Out 6:00 Brains and Banter	<b>7</b> 9:00 Neighborhood Time 10:30 Brains & Banter 2:00 Stepping Out 3:00 Ron Tansley Performs-TH
<b>8 Grandparents Day</b> 9:00 Neighborhood Time 11:00 For the Fun of Fit 2:15 Church Service –TH 3:30 In the Kitchen-CK	<b>9</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Brains & Banter 6:00 Circle of Friends	<b>10</b> 9:00 Neighborhood Time 2:00 Circle of Friends 3:30 Musical Moments 4:15 Spiritual Visits 6:00 Art Therapy	<b>11</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 7:00 Stepping Out	<b>12</b> 9:00 Neighborhood Time 11:00 Music Therapy 11:00 You & Me 2:30 Happy Hour Bingo-MS 3:30 Stepping Out 7:00 Musical Moments	<b>13</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 NT Drum Fit-Bronte 3:00 Meditation 3:30 Circle of Friends 6:00 Brains and Banter– CC	<b>14</b> 9:00 Neighborhood Time 10:30 Tim Horton Social-CC 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Brad Boland Performs-TH 6:00 Neighbourhood Time
<b>15 Terry Fox Day</b> 9:00 Neighborhood Time 10:00 Movie Matinee-TH 2:15 Church Service –TH 3:00 Terry Fox Walk 6:00 Neighbourhood Time	<b>16 Resident Council Week</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:30 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends	<b>17 Harvest Moon Festival</b> 9:00 Neighborhood Time 11:00 Brains & Banter 12:00 Diner's Club 2:15 Concerts in Care 3:30 You & Me 4:15 Spiritual Visits 6:00 Art Therapy	<b>18</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 2:00 Circle of Friends 3:30 Express Yourself 7:00 Stepping Out	<b>19</b> 9:00 Neighborhood Times 11:00 Music Therapy 11:00 You & Me 2:30 In the Kitchen-CK 3:30 Circle of Friends 7:00 Musical Moments	<b>20</b> 10:00 Art Therapy 11:15 Line Dancing-FC 1:00 Neighbourhood Time 2:00 NT Drum Fit-Bronte 3:00 Meditation 3:30 Stepping Out 6:00 Brains and Banter	<b>21</b> 1:00-3:00 Car Show 3:30 Musical Moments 6:00 Neighbourhood Time
<b>22 First day of Autumn</b> 9:00 Neighborhood Time 10:00 Fall Decorating 2:15 Church Service –TH 3:30 In the Kitchen-CK 6:00 Neighbourhood Time	<b>23</b> 9:15 Fun & Fit 1:00 Neighborhood Time 2:00 Express Yourself 3:30 Musical Moments 6:00 Circle of Friends	<b>24 Art &amp; Aging Day</b> 9:00 Neighborhood Time 11:00 Brains & Banter 2:15 Concerts in Care 3:30 Stepping Out 4:15 Spiritual Visits 6:00 Art Therapy	<b>25</b> 9:00 Neighborhood Time 10:30 Musical Moments 11:00 Total Body Fitness 2:00 Horticulture Therapy 2:00 Circle of Friends 3:30 Express Yourself 7:00 Stepping Out	<b>26</b> 9:00 Neighborhood Time 10:30 September Birthday Social-cc 11:00 Music Therapy 2:30 In the Kitchen-CK 3:30 Circle of Friends 7:00 Musical Moments	<b>27</b> 1:00 Neighbourhood Time 2:00 NT Drum Fit-Bronte 3:00 Meditation 3:00 Oktoberfest—TH 6:00 Brains and Banter– CC	<b>28</b> 9:00 Neighborhood Time 10:30 Brains & Banter 2:00 Stepping Out 2:00 Total Body Fitness 3:00 Musical Moments-CC 6:00 Neighbourhood time
<b>29</b> 8:15 Breakfast 9:00 Neighborhood Time 10:00 Movie Matinee-TH 2:15 Church Service –TH 3:30 Circle of Friends-CK 6:00 Neighbourhood Time	<b>30 National Day for Truth &amp; Reconciliation</b> 9:15 Fun & Fit 1:00 Neighborhood Times 2:00 In the Kitchen-CK 3:30 Musical Moments 6:00 Circle of Friends	<b>Legend</b> CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street	<b>Meal Times</b> 8:15 Breakfast 12:00 Lunch 5:00 Dinner	<b>Residents Bill Of Rights</b> 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.		