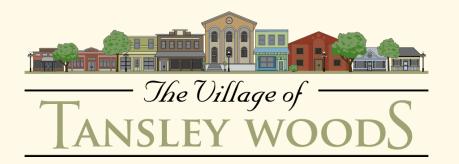


September 2024



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 Neighborhood Time 10:30 Express Yourself 2:15 For the Soul 3:30 In The Kitchen	2 Labour Day 9:00 Neighborhood Time 10:30 Brains and Banter 1:00 Spiritual Visits 2:00 Soothing Sensations 3:00 Meditation 3:30 For The Fun of Fit	9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Art Therapy 2:00 Circle of Friends 3:30 Musical Moments	4 10:30 Horticulture Therapy 1:00 Neighborhood Time 2:00 For The Soul 3:00 Total Body Fitness 3:30 Brains and Banter 6:00 Stepping Out	5 9:00 Neighborhood Time 10:30 For The Fun of Fit 11:00 Spiritual Visits 1:30 Music Therapy 2:00 Circle of Friends 3:30 In The Kitchen	9:00 Neighborhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments	7 9:00 Neighborhood Time 10:30 Brains and Banter 2:00 Stepping Out 3:00 Ron Tansley– TH
8 Grandparents Day 9:00 Neighborhood Time 10:30 Movie Matinee 2:15 Church– TH 3:30 In The Kitchen	9 11:15 Fun & Fit 1:00 Spiritual Visits 3:00 Soothing Sensations 3:00 Meditation 4:00 For The Fun of Fit 6:00 Circle of Friends 7:00 You and Me	10 Team Meeting 9:00 Neighborhood Time 1:30 Art Therapy 2:00 Stepping Out 3:30 Musical Moments 6:00 Express Yourself	11 10:30 Horticulture Therapy 1:00 Neighborhood Time 2:00 For The Soul 3:00 Total Body Fitness 3:30 Brains and Banter 6:00 Stepping Out	9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Music Therapy 2:00 Circle of Friends 3:30 In The Kitchen	13 8:15 Breakfast Club—CC 9:00 Neighborhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments 6:00 Brains and Banter– CC	9:00 Neighborhood Time 10:30 Brains and Banter 11:15 Total Body Fitness 2:00 Stepping Out 3:00 Brad Boland– TH 6:00 Neighbourhood Time
9:00 Neighborhood Time 10:30 Express Yourself 2:15 Church— TH 3:00 Terry Fox Walk 6:00 Neighbourhood Time	16 Resident Council Week 11:15 Fun & Fit 1:00 Spiritual Visits 3:00 Soothing Sensations 3:00 Meditation 4:00 For The Fun of Fit 6:00 Circle of Friends 7:00 You and Me	17 Harvest Moon Festival 9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Art Therapy 2:00 Circle of Friends 3:30 Musical Moments 6:00 Express Yourself	18 10:30 Horticulture Therapy 1:00 Neighborhood Time 2:00 For The Soul 3:00 Total Body Fitness 3:30 Brains and Banter 6:00 Stepping Out	19 9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Music Therapy 2:00 Circle of Friends 3:30 In The Kitchen	20 9:00 Neighborhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments	21 9:00 Neighborhood Time 10:30 Brains and Banter 2:00 Car Show 3:00 Stepping Out 6:00 Neighbourhood Time
9:00 Neighborhood Time 10:30 Movie Matinee 2:15 Church– TH 3:30 In The Kitchen 6:00 Neighbourhood Time	23 11:15 Fun & Fit 1:00 Spiritual Visits 3:00 Soothing Sensations 3:00 Meditation 4:00 For The Fun of Fit 6:00 Circle of Friends 7:00 You and Me	24 Arts & Aging Day 9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Art Therapy 2:00 Circle of Friends 3:30 Musical Moments 6:00 Express Yourself	25 10:30 Horticulture Therapy 1:00 Neighborhood Time 2:00 For The Soul 3:00 Total Body Fitness 3:30 Brains and Banter 6:00 Stepping Out	26 9:00 Neighborhood Time 10:30 For The Fun of Fit 1:30 Music Therapy 2:00 Circle of Friends 3:30 In The Kitchen	27 Oktoberfest Begins 9:00 Neighborhood Time 10:30 Stepping Out 2:00 Express Yourself 3:00 David Shkolnik Performs-TH 6:00 Brains and Banter- CC	28 9:00 Neighborhood Time 10:30 Brains and Banter 11:15 Total Body Fitness 2:00 Stepping Out 3:00 Musical Moments 6:00 Neighbourhood Time
9:00 Neighborhood Time 10:30 Express Yourself 2:15 Church– TH 3:30 In The Kitchen 6:00 Neighbourhood Time	30 National Day for Truth & Reconciliation 11:15 Fun & Fit 1:00 Spiritual Visits 3:00 Soothing Sensations 3:00 Meditation 4:00 For The Fun of Fit 6:00 Circle of Friends 7:00 You and Me	Meal Times 8:15 Breakfast 12:00 Lunch 5:00 Dinner	Legend CC- Community Center FC- Fitness Center TH- Town Hall L- Library MS- Main Street SC- Senior Center	Residents Bill Of Rights 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To De- velop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Inter- ests And To Develop Their Potential		