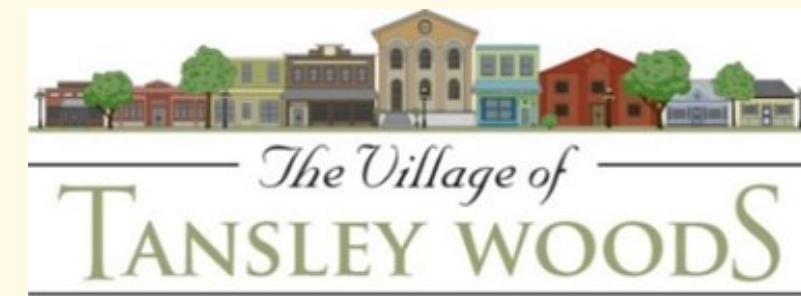




September 2024

Emma's West Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:30 Stepping Out 5:00 Dinner	2 Labour Day 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 5:00 Dinner	3 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	4 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Stepping Out 5:00 Dinner	5 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	6 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Grandparents celebration 3:45 Musical Moments 5:00 Dinner	7 8:00 Breakfast 12:00 Lunch 1:30 Church Service 2:15 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
8 8:00 Breakfast 12:00 Lunch 2:30 For the Fun of Fit 3:30 Stepping Out 5:00 Dinner 6:15 You and Me	9 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 2:30 Brains and Banter 3:30 For the Fun of Fit 5:00 Dinner 6:15 Stepping Out	10 8:00 Breakfast 12:00 Lunch 2:00 Neighbourhood Time 3:00 Stepping Out 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	11 8:00 Breakfast 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Stepping Out 5:00 Dinner	12 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	13 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Wine and Cheese 3:45 Musical Moments 5:00 Dinner	14 8:00 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:30 Church Service 2:15 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
15 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:00 Terry Fox Walk 5:00 Dinner	16 8:00 Breakfast 10:30 Mother Goose (Town Hall) 12:00 Lunch 1:45 Exercise Class 2:30 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 For the Fun of Fit	17 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	18 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 2:30 Brains and Banter 3:30 Stepping Out 5:00 Dinner	19 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	20 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Tea Party 3:45 Musical Moments 5:00 Dinner	21 8:00 Breakfast 12:00 Lunch 1:00—3:30 Car Show 5:00 Dinner
22 First Day of Autumn 8:00 Breakfast 12:00 Lunch 2:30 For the Fun of Fit 3:30 Stepping Out 5:00 Dinner 6:15 You and Me	23 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 3:00 Live Entertainment: Peter Harding 5:00 Dinner 6:15 Stepping Out	24 8:00 Breakfast 12:00 Lunch 2:00 Stepping Out 3:30 Musical Moments 5:00 Dinner 6:00 Brains and Banter 7:00 You and Me	25 8:00 Breakfast 9:30 Java Time 10:30 Art Workshop 12:00 Lunch 1:30 Exercise Class 1:30 Stepping Out: Bus Outing 5:00 Dinner	26 8:00 Breakfast 9:30 Neighbourhood Time 10:30 You and Me 12:00 Lunch 2:15 For the Fun of Fit 3:30 Circle of Friends 5:00 Dinner	27 8:00 Breakfast 10:00 Soothing Sensations 11:00 Circle of Friends 12:00 Lunch 2:30 Birthday Party 3:45 Musical Moments 5:00 Dinner	28 8:00 Breakfast 10:00 Circle of Friends 12:00 Lunch 1:30 Church Service 2:15 For the fun of Fit 3:30 Chocolate Bingo 5:00 Dinner
29 8:00 Breakfast 10:00 Neighborhood Time 11:15 For the Soul 12:00 Lunch 2:30 For the fun of Fit 3:30 Stepping Out 5:00 Dinner	30 National Day of Truth & Reconciliation (Orange Shirt Day) 8:00 Breakfast 12:00 Lunch 1:45 Exercise Class 2:30 Circle of Friends 4:00 Brains and Banter 5:00 Dinner 6:15 For the Fun of Fit					Birthdays Lilly 9th Nikki 16th Isabel 18th Lois 18th Patsy 27th Lovely 29th