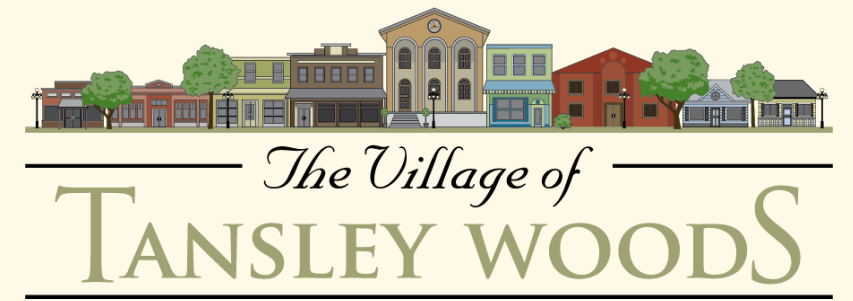


# September 2024

## Nelson



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 9:00 Neighbourhood Time 10:30 Express Yourself 11:00 Total Body Fitness 2:15 For The Soul 3:30 In The Kitchen	<b>2 Labour Day</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 1:30 Art Therapy 2:00 Soothing Sensations 3:30 For The Fun of Fit	<b>3</b> 11:00 Spiritual Visits 1:00 Neighbourhood Time 2:00 Circle of Friends 3:30 Musical Moments 6:00 You and Me	<b>4</b> 9:00 Neighbourhood Time 11:15 Fun & Fit 1:30 Music Therapy 2:00 Soothing Sensations 3:30 Stepping Out	<b>5</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 1:15 Horticulture Therapy 2:30 In The Kitchen– CC	<b>6</b> 9:00 Neighbourhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments	<b>7</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 2:00 Stepping Out 3:00 Ron Tansley –TH
<b>8 Grandparents Day</b> 9:00 Neighbourhood Time 10:30 Movie Matinee 2:15 Church– TH 3:30 In The Kitchen	<b>9</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 1:30 Art Therapy 2:00 Soothing Sensations 3:30 For The Fun of Fit 6:00 Neighbourhood Time	<b>10</b> 9:00 Neighbourhood Time 11:00 Spiritual Visits 2:00 Stepping Out 3:00 Musical Moments 6:00 Express Yourself	<b>11</b> 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 3:30 Stepping Out 6:00 Bike Rides	<b>12</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 1:15 Horticulture Therapy 2:30 Happy Hour Bingo– MS 4:00 You and Me 6:00 Musical Moments	<b>13</b> 9:00 Neighbourhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments 6:00 Neighbourhood Time	<b>14</b> 9:00 Neighbourhood Time 10:30 Donut Social– CC 2:00 Stepping Out 3:00 Brad Boland– TH
<b>15 Terry Fox Run</b> 9:00 Neighbourhood Time 10:30 Express Yourself 11:00 Total Body Fitness 2:15 Church– TH 3:00 Terry Fox Walk	<b>16</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 1:30 Art Therapy 2:00 Soothing Sensations 3:30 For The Fun of Fit 6:00 Neighbourhood Time	<b>17 Harvest Moon Festival</b> Breakfast Club/ Diner's Club 9:00 Neighbourhood Time 10:00 Brains and Banter 11:00 Spiritual Visits 2:00 You and Me 3:00 Concerts in Care 6:00 Express Yourself	<b>18</b> 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 2:00 Soothing Sensations 3:30 Stepping Out 6:00 Bike Rides	<b>19</b> 9:00 Neighbourhood Time 10:30 For The Fun of Fit 1:15 Horticulture Therapy 2:00 Circle of Friends 3:30 In The Kitchen 6:00 Musical Moments	<b>20</b> 9:00 Neighbourhood Time 10:30 Stepping Out 11:15 Line Dancing– FC 2:00 Express Yourself 3:30 Musical Moments	<b>21</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 1:00 Car Show– Out Front 3:00 Paula French– Outside
<b>22 First Day Of Autumn</b> 1:00 Neighbourhood Time 2:15 Church– TH 3:30 In The Kitchen 6:00 Neighbourhood Time	<b>23</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 1:30 Art Therapy 2:00 Soothing Sensations 3:30 For The Fun of Fit 6:00 Neighbourhood Time	<b>24</b> 11:00 Spiritual Visits 1:00 Neighbourhood Time 3:00 Concerts in Care 6:00 Express Yourself	<b>25</b> 9:00 Neighbourhood Time 10:30 For The Soul 11:15 Fun & Fit 1:30 Music Therapy 2:00 Soothing Sensations 3:30 Stepping Out 6:00 Bike Rides	<b>26</b> 9:00 Neighbourhood Time 10:30 Birthday Social– CC 1:15 Horticulture Therapy 2:00 Circle of Friends 3:30 In The Kitchen 6:00 Musical Moments	<b>27</b> 9:00 Neighbourhood Time 10:30 Circle of Friends 2:00 Stepping Out 3:00 David Skolnik– TH 6:00 Neighbourhood Time	<b>28</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 2:00 Stepping Out 3:00 Musical Moments
<b>29</b> 9:00 Neighbourhood Time 10:30 Express Yourself 11:15 Total Body Fitness 2:15 Church– TH 3:30 In The Kitchen	<b>30 National Day For Truth &amp; Reconciliation</b> 9:00 Neighbourhood Time 10:30 Brains and Banter 2:00 Soothing Sensations 3:30 For The Fun of Fit 6:00 Neighbourhood Time	<b>Meal Times</b> 8:15 Breakfast 12:00 Lunch 5:00 Dinner	<b>Legend</b> CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street SC– Senior Center	<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		