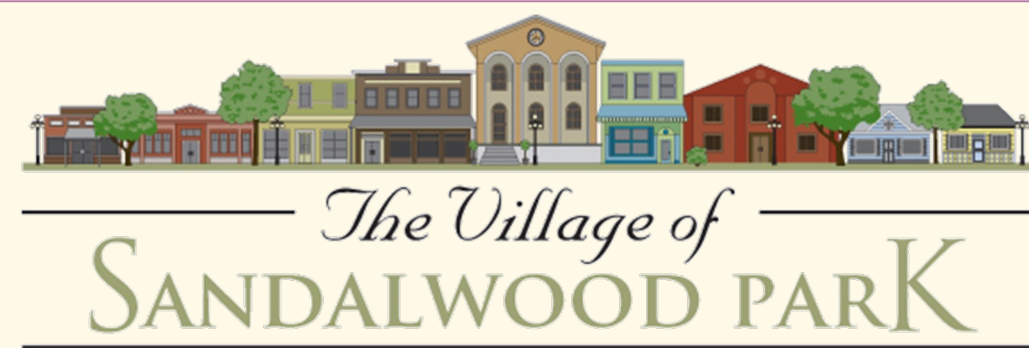




# September 2024

Sanders



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

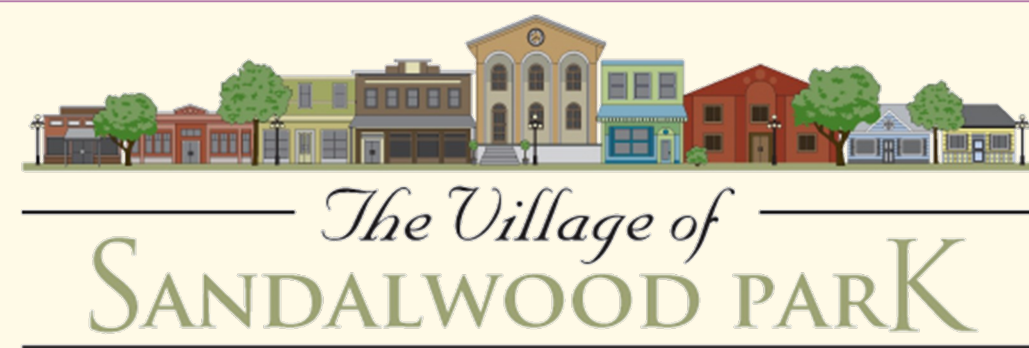
SATURDAY

<p><b>1</b></p> <p>8:30 Breakfast 10:00 Express Yourself 11:00 Stepping Out 12:00 Lunch 2:30 Church Service 2:30 In The Kitchen 4:30 You &amp; I 5:00 Dinner</p>	<p><b>2 Labour Day</b></p> <p>8:30 Breakfast 10:30 Soothing Sensation 11:00 Reading Circle 12:00 Lunch 2:30 Fun for the fit 3:30 Walk &amp; Talk 5:00 Dinner</p>	<p><b>3</b></p> <p>8:30 Breakfast 10:30 Express Yourself 11:30 You &amp; Me 12:00 Lunch 2:30 Brains &amp; Banter 3:30 Reading Circle 5:00 Dinner 6:30 Stepping Out</p>	<p><b>4</b></p> <p>8:30 Breakfast 9:15 For the Soul 10:30 Soothing Sensations 12:00 Lunch 1:30 Brains &amp; Banter 2:30 In the Kitchen 5:00 Dinner 6:30 Outdoor Walks</p> <p>Jays Game 1pm—8pm</p>	<p><b>5</b></p> <p>8:30 Breakfast 10:00 Soothing Sensations 12:00 Lunch 2:30 Fun for the fit 3:00 Music with Daiva 5:00 Dinner 6:00 IN2L Games - Trivia</p>	<p><b>6</b></p> <p>8:30 Breakfast 10:00 Garden club with Jenny 11:00 circle of friends 12:00 Lunch 2:30 Express Yourself 4:00 Musical Moments 5:00 Dinner</p>	<p><b>7</b></p> <p>8:30 Breakfast 10:00 Musical Moments 11:00 Soothing Sensations 12:00 Lunch 2:30 Grandparents day craft- ing social 4:00 Reading Circle 5:00 Dinner</p>
<p><b>8 Grandparents Day</b></p> <p>8:30 Breakfast 10:00 Virtual Church Service—Hymn Sing 11:00 Stepping Out 12:00 Lunch 2:30 Grandparents Day social with Elvis –MS 3:30 You &amp; Me 5:00 Dinner</p>	<p><b>9</b></p> <p>8:30 Breakfast 10:00 Musical Moments 10:30 Catholic Mass—Ch 11:00 Express Yourself 12:00 Lunch 2:30 Brains and Banter 3:30 Walk &amp; Talk 5:00 Dinner</p>	<p><b>10</b></p> <p>8:30 Breakfast 10:30 You &amp; Me 12:00 Lunch 1:30 Manicure/ Hand Mas- sage 2:30 Musical Moments 3:00 Walk &amp; Talk 5:00 Dinner 6:30 Card Games</p> <p>Shopping 9am—2pm</p>	<p><b>11</b></p> <p>8:30 Breakfast 9:15 FOR THE SOUL 10:30 Circle of Friends 2:30 Brains &amp; Banter 4:00 Musical Moments 5:00 Dinner 6:30 Card Games</p>	<p><b>12</b></p> <p>8:30 Breakfast 10:30 Musical Moments 11:30 Soothing Sensations 12:00 Lunch 2:30 Fun for the fit 3:00 Music with Daiva 5:00 Dinner</p> <p>Fall fair outing 430pm—8:30pm</p>	<p><b>13</b></p> <p>Community Engagement Day</p> <p>8:30 Breakfast 10:00 Garden club with Jenny 10:30 Brains and Banter 12:00 Lunch 1:30 You &amp; Me 2:30 In the Kitchen 3:30 Fun for the Fit 5:00 Dinner 6:30 Card Games</p>	<p><b>14</b></p> <p>8:30 Breakfast 10:00 Hymn Sing 11:00 Express Yourself 12:00 Lunch 2:30 You &amp; I 4:00 Stepping Out 5:00 Dinner</p>



# September 2024

Sanders



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>15</p> <p>8:30 Breakfast 10:00 You &amp; I 11:00 For The Fun of Fit 12:00 Lunch 2:30 Soothing Sensations 2:30 Church Service 3:15 Express Yourself 4:00 Walk &amp; Talk 5:00 Dinner</p>	<p>16</p> <p>8:30 Breakfast 10:30 Musical Moments 11:00 Soothing Sensations 12:00 Lunch 2:30 Fun For the Fit 3:30 Brains and Banter 5:00 Dinner</p>	<p>17</p> <p>8:30 Breakfast 10:30 Soothing Sensations 11:30 You and Me 12:00 Lunch 2:30 Fun for the fit 3:30 Express Yourself 5:00 Dinner</p>	<p>18</p> <p>8:30 Breakfast 9:30 For the Soul 10:00 Brains &amp; Banter 10:30 Residents Council 12:00 Lunch 1:30 Fun for the fit 2:30 Word Games 3:30 Musical Moments 5:00 Dinner 6:30 IN2L Games</p>	<p>19</p> <p>8:30 Breakfast 10:00 Musical Moments 11:30 Express Yourself 12:00 Lunch 2:30 Music with Daiva 3:30 Stepping Out 5:00 Dinner 6:30 Corn Roast with Berry—MS</p>	<p>20</p> <p>8:30 Breakfast 10:00 Garden club w/ Jenny 11:00 Stepping Out 12:00 Lunch 2:30 Express Yourself 4:00 Musical Moments 5:00 Dinner</p>	<p>21</p> <p>8:30 Breakfast 10:00 Musical Moments 11:00 Soothing Sensations 12:00 Lunch 2:30 In the kitchen 3:30 You and me 5:00 Dinner</p>
<p>22</p> <p>8:30 Breakfast 10:00 Virtual Church Service— Hymn Sing 11:00 Reading Circle 12:00 Lunch 2:30 Fun for the fit 4:00 Card Games 5:00 Dinner</p>	<p>23</p> <p>8:30 Breakfast 10:30 Musical Moments 11:00 Soothing Sensations 12:00 Lunch 1:30 Art with Glynis 2:30 Brains and Banter 3:30 You and me 5:00 Dinner</p>	<p>24 Art &amp; Aging Day</p> <p>8:30 Breakfast 10:30 You &amp; Me 12:00 Lunch 1:30 Soothing Sensations 3:00 Manicure/ hand Massage 5:00 Dinner 6:30 Outdoor Card Games</p>	<p>25</p> <p>8:30 Breakfast 9:30 For the Soul 10:30 You &amp; Me 12:00 Lunch 2:00 Birthday Bash with Mitch, - E,OA 3:30 Express yourself 5:00 Dinner 6:30 In2L Games</p>	<p>26</p> <p>8:30 Breakfast 10:30 Soothing Sensations 11:30 Walk and Talk 12:00 Lunch 1:30 Brains and Banter 3:00 Music with Daiva 3:15 Concerts in care –S.OA 5:00 Dinner</p>	<p>27</p> <p>8:30 Breakfast 10:00 Garden club with Jenny 10:30 Express Yourself 10:30 Food Committee 12:00 Lunch 1:30 Card Games 2:30 Reading Circle 3:30 Brains &amp; Banters 5:00 Dinner 6:30 You &amp; Me</p>	<p>28</p> <p>8:30 Breakfast 10:00 Express Yourself 11:00 Brains and Banter 12:00 Lunch 2:30 You &amp; I 4:00 Stepping Out 5:00 Dinner</p>
<p>29</p> <p>8:30 Breakfast 10:00 Friendly Visits 11:00 Coloring Together 12:00 Lunch 2:30 Church Service 3:15 Ball Toss 4:00 You &amp; I 5:00 Dinner</p>	<p>30 National day of truth and reconciliation</p> <p>8:30 Breakfast 10:30 Musical Moments 11:00 Reading Circle 12:00 Lunch 1:30 Art with Glynis 2:30 Word Games 3:30 Brains and Banter 5:00 Dinner</p>	