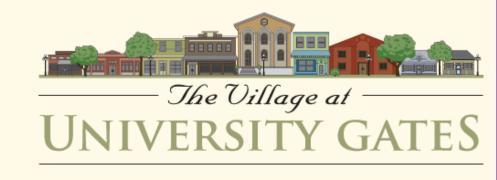
September 2024



Downey Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30 Calendar Hang Up 10:30 Neighbourhood Time 2:30 Brains & Banter	 2 Labour Day 9:00 Daily Perk 12:30 Greenhouse Drop-in 1:30-3 Picture day Photos 3:30 Green Thumbs 6:30 Game Show Trivia (CC) 	3 9:30 Rosary (C) 10:45Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You & Me 6:30 In the Kitchen (CC)	4 2:30 Musical Moments 3:30 Balance Class (FC) 3:30 In the Kitchen 6:30 Documentary & Popcorn (C)	5 9:30 Church Service (C) 11:00 Stepping Out 12:30 Greenhouse Drop-in 1-4 Van Outing: Arcade 6:30 Active Games (MS)	6 9:30 You & Me 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	7 9:30 You & Me 10:30 Painting 1:30 Card Games After- noon (CC) 3:00 Stepping Out
8 Grandparent's Day 9:30 For the Soul 10:30 Neighbourhood Time 2:00 Entertainment with Elvis' 3 Brothers (MS)	 9 9:30 Manicures & Nail Care 10:30 Village Updates (C) 12:30 Greenhouse Drop-in 2:00 Stepping Out 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC) 	10 9:30 Rosary (C) 10:45Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Resi- dents' Bill of Rights Meeting 6:30 Devotions (C)	112:00 Java Music Club3:30 Balance Class (FC)6:30 Games Night (CC)	12 9:30 Church Service (C) 11:00 For the Fun of Fit 12:30 Greenhouse Drop-in 2:00 Residents' Council (C) 6:30 Active Games (MS)	 13 9:30 Daily Perk 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC) 	14 9:30 Outdoor Walks 10:30 In the Kitchen 2:00 Entertainment with Henry Winter (Ma)
15 9:30 You & Me 10:30 Neighbourhood Time 2:00 Travelling Cart: Ice Cream Sundaes	 16 9:30 Manicures & Nail Care 10:30 Conversation Café 12:30 Greenhouse Drop-in 2:00 Soothing Sensations 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC) 	 17 9:30 Rosary (C) 10:00 Terry Fox Walk 10:45Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Brains & Banter 6:30 In the Kitchen (CC) 	18 2:00 You & Me 3:00 Movie & Popcorn 3:30 Balance Class (FC) 6:30 Games Night (CC)	19 9:30 Church Service (C) 11:00 Trivia 12:30 Greenhouse Drop-in 2:00 Circle of Friends 6:30 Active Games (MS)	20 8:30 Pancake Breakfast 10:30 Sit 'N Get Fit 11:15 Daily Perk 3:30 Active Games (FC) 1-4 50s Car Show (RH Parking) 2:00 Bingo on Downey 6:30 Crafting Club (CC)	21 9:30 Stepping Out 11:00 Ride for Dementia 2:00 Happy Hour & Entertainment with Lynne & Rick (MS)
22 Fall Begins9:30 For the Soul10:30 Patio Time2:00 Balloon Volleyball	 23 10:30 Manicures & Nail Care 12:30 Greenhouse Drop-in 2:30 Tim Hortons Social 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC) 	24 9:30 Rosary (C) 10:45Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Soothing Sensations 6:30 Devotions (C)	 25 2:00 Food Committee Meeting (C) 3:00 Daily Perk 3:30 Balance Class (FC) 6:30 Games Night (CC) 	26 9:30 Church Service (C) 11:00 Brains & Banter 12:30 Greenhouse Drop-in 1-4 Bus Outing: Shopping Mall 6:30 Active Games (MS)	 27 9:30 Daily Perk 10:30 Sit 'N Get Fit 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC) 	28 9:30 Daily Perk 10:30 Duet Bikes 2:00 Entertainment with Jame Skarnikat (Jo)
29 9:30 Daily Perk 10:30 Neighbourhood Time 2:00 Outdoor Walks	30 National Day for Truth and Reconciliation - Wear Orange 10:30 Manicures & Nail Care 12:30 Greenhouse Drop-in 2:00 Every Child Matters Film (C) 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)		Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do	Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY		