



# September 2024

## Downey Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1 9:30 Calendar Hang Up 10:30 Neighbourhood Time 2:30 Brains &amp; Banter</p>	<p>2 <b>Labour Day</b> 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)</p>	<p>3 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You &amp; Me 6:30 In the Kitchen (CC)</p>	<p>4 2:30 Musical Moments 3:30 Balance Class (FC) 3:30 In the Kitchen 6:30 Documentary &amp; Popcorn (C)</p>	<p>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)</p>	<p>6 9:30 You &amp; Me 10:30 Sit 'N Get Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)</p>	<p>7 9:30 You &amp; Me 10:30 Painting 1:30 Card Games Afternoon (CC) 3:00 Stepping Out</p>
<p>8 <b>Grandparent's Day</b> 9:30 For the Soul 10:30 Neighbourhood Time 2:00 Entertainment with Elvis' 3 Brothers (MS)</p>	<p>9 9:30 Manicures &amp; 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)</p>	<p>10 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning &amp; Residents' Bill of Rights Meeting 6:30 Devotions (C)</p>	<p>11 2:00 Java Music Club 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>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)</p>	<p>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)</p>	<p>14 9:30 Outdoor Walks 10:30 In the Kitchen 2:00 Entertainment with Henry Winter (Ma)</p> 
<p>15 9:30 You &amp; Me 10:30 Neighbourhood Time 2:00 Travelling Cart: Ice Cream Sundaes</p>	<p>16 9:30 Manicures &amp; 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)</p>	<p>17 9:30 Rosary (C) 10:00 Terry Fox Walk 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Brains &amp; Banter 6:30 In the Kitchen (CC)</p>	<p>18 2:00 You &amp; Me 3:00 Movie &amp; Popcorn 3:30 Balance Class (FC) 6:30 Games Night (CC)</p>	<p>19 9:30 Church Service (C) 11:00 Trivia 12:30 Greenhouse Drop-in 2:00 Circle of Friends 6:30 Active Games (MS)</p>	<p>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)</p>	<p>21 9:30 Stepping Out 11:00 Ride for Dementia 2:00 Happy Hour &amp; Entertainment with Lynne &amp; Rick (MS)</p>
<p>22 <b>Fall Begins</b> 9:30 For the Soul 10:30 Patio Time 2:00 Balloon Volleyball</p>	<p>23 10:30 Manicures &amp; 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)</p>	<p>24 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Soothing Sensations 6:30 Devotions (C)</p>	<p>25 2:00 Food Committee Meeting (C) 3:00 Daily Perk 3:30 Balance Class (FC) 6:30 Games Night (CC)</p> 	<p>26 9:30 Church Service (C) 11:00 Brains &amp; Banter 12:30 Greenhouse Drop-in 1-4 Bus Outing: Shopping Mall 6:30 Active Games (MS)</p>	<p>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)</p>	<p>28 9:30 Daily Perk 10:30 Duet Bikes 2:00 Entertainment with Jame Skarnikat (Jo)</p>
<p>29 9:30 Daily Perk 10:30 Neighbourhood Time 2:00 Outdoor Walks</p>	<p>30 <b>National Day for Truth and Reconciliation - Wear Orange</b> 10:30 Manicures &amp; 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)</p>		<p>Johnston: Jo Matthews: Ma Pollock: Po Hagey: Ha Wright: Wr Downey: Do</p>	<p>Main Street: MS Community Centre: CC Chapel: C Library: L Fitness Centre: FC Courtyard: CY</p>		