



# September 2024

## Kingsdale Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> 10:00 Spiritual Connection 11:00 Active Games 1:30 You and Me 2:00 Scrabble 3:30 Stepping Out	<b>2</b> 10:00 Exercise 11:00 Express Yourself 1:30 Bingo <b>3:00 Charles Bailargeon – KD</b>	<b>3</b> 9:45 Horticulture 10:45 Button Craft 1:30 Friendly Visits 2:00 Manicures 3:30 Book Club	<b>4</b> 9:45 Music Therapy <b>10:30 Catholic Communion—RV</b> 1:30 Brains and Banter 3:00 Fun and Fitness (PAL) 3:45 Coloring Mandalas	<b>5</b> 10:00 For the Spirit 1:30 Friendly Visits <b>2:00 Darrel Martin –HV</b> 3:00 Scrabble 6:15 Games Corner	<b>6</b> 10:00 Exercise 10:30 Bingo 2:00 UNO Card Game 3:00 Church 4:00 Friendly Visits	<b>7</b> 10:00 Express Yourself <b>10:30 Rosary- PH</b> 1:30 You and Me <b>2:00 Grandparent’s Day Carnival– EBY NB/TL</b>
<b>8 Grandparent’s Day</b> 10:00 Spiritual Connection 11:00 Grandparent’s Day Cards 1:45 You and Me 3:45 Conversation Cards	<b>9</b> 10:00 Total Body Fitness (PAL) 11:00 Active Games 2:00 Hand Therapy (PAL) 2:00 Bingo 3:30 Board Games	<b>10 Timbit Day</b> 9:45 Horticulture 10:45 Word Games 1:30 Stepping Out 2:00 Manicures 3:30 Book Club	<b>11</b> 9:45 Music Therapy 1:30 Brains and Banter <b>2:00 Peg Talks- SH</b> 3:00 Fun and Fitness (PAL) 3:45 Coloring Mandalas 6:00 Board Games	<b>12</b> 10:00 For the Spirit 2:00 Acrylic Painting <b>3:00 Hobby Farm– SH</b> 4:00 You and Me <b>6:15 Tom Denomme– HV</b>	<b>13</b> 10:00 Exercise 10:45 In the Kitchen 1:30 Express Yourself <b>2:00 Ladies Coffee Break– SB</b> 3:00 Church	<b>14</b> 10:00 Arts and Crafts 11:00 Morning Trivia <b>2:30 Bingo Village Wide-KD</b> 3:45 You and Me
<b>15</b> 10:00 Spiritual Connections 11:00 Hangman 2:00 Armchair Travels to England 3:00 Express Yourself 3:45 Friendly Visits	<b>16</b> 10:00 Total Body Fitness (PAL) 11:00 Express Yourself 1:30 Stepping Out <b>2:00 Men’s Coffee Break – SH</b> 2:30 Bingo	<b>17</b> 9:45 Horticulture 10:45 Spray Painting 1:30 Friendly Visits 2:00 Manicures 3:30 Book Club	<b>18</b> 9:45 Music Therapy 1:30 Active Games <b>2– 3:30 Meet and Greet– PH</b> 4:00 Jigsaw Puzzles 6:00 Games Corner	<b>19</b> 10:00 For the Spirit 1:30 You and Me 2:00 Ice Cream Social 3:00 Mind Joggers 6:15 Card Games	<b>20</b> 10:00 Exercise <b>10:30 Anglican/Lutheran Communion- PC</b> <b>2:00 Grace Cowley- EBY</b> 3:00 Church 4:00 You and Me	<b>21</b> 10:00 Balloon Toss 11:00 Musical Moments 2:00 Bingo 3:00 Afternoon Strolls 3:45 Family Feud
<b>22 First Day of Autumn</b> 10:00 Spiritual Connection 11:00 Autumn Crafts <b>2:00 Euchre Village Wide– PH</b> 3:00 Short Stories 3:30 Conversation Cards	<b>23</b> 10:00 Total Body Fitness (PAL) 11:00 Active Games <b>1:45 Food Community Meeting— AB</b> <b>3:30 Dynamic Duo– SH</b>	<b>24</b> 9:45 Horticulture <b>10:45 Resident Meeting</b> 1:30 Walk and Talk 2:00 Manicures 3:30 Book Club	<b>25</b> 9:45 Music Therapy 1:30 Active Games 2:30 You and Me 3:00 Fun and Fitness (PAL) 3:30 You and Me	<b>26</b> 10:00 For the Spirit <b>10:15 Residents Council Meeting – PC</b> <b>2:00 Henry Winter- NT</b> 3:30 Mindful Coloring 6:15 Movie Night	<b>27</b> 10:00 Exercise 10:45 In The Kitchen <b>1:30 Outing- City Drive</b> 3:00 Church 3:30 Coloring Me Calm	<b>28</b> 10:00 Brains and Banter 11:00 Stepping Out <b>2:00 Sing-a-long-AB</b> 3:30 Friendly Visits
<b>29 World Heart Day</b> 10:00 Spiritual Connection 11:00 Healthy Heart Cookies <b>1:30 Apostolic Hymn Sing-SB</b> 2:00 Aqua Painting 3:00 Card Games	<b>30</b> 10:00 Total Body Fitness (PAL) <b>10:30 Protestant Communion –PH</b> <b>2:00 Men’s Coffee Break– SH</b> 3:00 Active Games				Strasburg - (SB) Aberdeen - (AB) Roseville - (RV) Kingsdale - (KD) Sandhills - (SH) Waldau - (WD) Haysville - (HV)	Trussler - (TL) Newberry— (NB) Eby- (Eby) Ret. John Sweeney R-(JS) LTC Worship Room (LTC WR) Pinehaven Com. (PH)