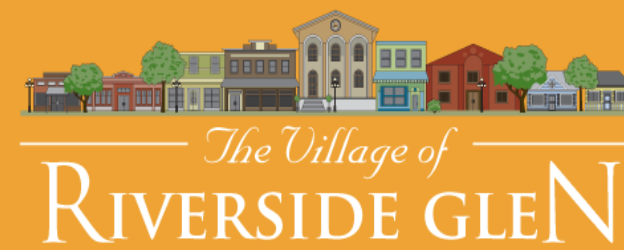




September 2024



Nichol Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 Breakfast 12:00 Lunch 2:00 Java Time 3:00 Soothing Sensations 5:00 Dinner 6:30 Circle of Friends	2 8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Plant Club 5:00 Dinner 6:30 You & Me	3 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Move and Groove 12:00 Lunch 2:00 For the Fun of Fit 5:00 Dinner	4 8:30 Breakfast 10:30 Songbirds Choir Concert 11:00 Move and Groove 12:00 Lunch 2:00 Brains and Banter 5:00 Dinner	5 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Golf Cart Rides 12:00 Lunch 1:00 Music with Danielle 1:1 5:00 Dinner	6 8:30 Breakfast 10:00 Neighbourhood Time 10:30 Hymn Sing 12:00 Lunch 2:00 Express Yourself 5:00 Dinner	7 8:30 Breakfast 10:00 Friendly Visits 11:00 Manicures 12:00 Lunch 3:00 Aroma Therapy
8 Grandparents Day 8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 2:00 Grandparents Day party 5:00 Dinner 7:00 Hymn Sing (Town Hall)	9 8:30 Breakfast 10:00 Art with Sonal 11:00 In the Kitchen 12:00 Lunch 2:00 Plant Club 5:00 Dinner	10 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Move and Groove 12:00 Lunch 2:00 Circle of Friends 5:00 Dinner	11 8:30 Breakfast 10:30 Songbirds Choir 11:00 Move and Groove 12:00 Lunch 2:00 In the Kitchen 5:00 Dinner 7:00 Drive in Movie Night	12 8:30 Breakfast 10:00 Friendly visits 11:00 Nerf Gun Shooting 12:00 Lunch 1:00 Music with Danielle 2:30 Memorial Service (Erin) 5:00 Dinner	13 8:30 Breakfast 10:00 Neighbourhood Time 10:30 Hymn Sing 12:00 Lunch 2:00 Brains and Banter 5:00 Dinner	14 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Duet Bike 12:00 Lunch 2:00 Musical Moments 3:00 Donut Social 5:00 Dinner
15 Polka Dot Day 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Church Service (Erin) 12:00 Lunch 2:00 Golf Cart Rides 3:00 For the Fun of Fit	16 Terry Fox Walk Day 8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Terry Fox Walk 5:00 Dinner 6:30 Walk to Fish Pond	17 8:30 Breakfast 10:00 Apple Outing 11:00 Move and Groove 12:00 Lunch 2:00 For the Fun of Fit 5:00 Dinner	18 8:30 Breakfast 10:30 Songbirds Choir 11:00 Move and Groove 12:00 Lunch 2:00 Brains and Banter 5:00 Dinner	19 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Golf Cart Rides 12:00 Lunch 1:00 Music with Danielle 1:1 2:30 Karaoke Afternoon	20 Coffee for Alzeihmers 8:30 Breakfast 10:00 Neighbourhood Time 10:30 Hymn Sing 12:00 Lunch 2:00 Punch Social 3:00 Stepping Out	21 8:30 Breakfast 12:00 Lunch 2:00 Happy Hour (café) 3:00 Manicures 5:00 Dinner 6:30 Walk by the pond
22 8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 5:00 Dinner 6:30 Movie night 7:00 Hymn Sing (Town Hall)	23 Fall Formal 8:30 Breakfast 10:00 Art with Sonal 11:00 In the Kitchen 12:00 Lunch 2:00 Plant Club 5:00 Fall Formal Dinner	24 8:30 Breakfast 10:00 Neighbourhood Time 11:00 Move and Groove 12:00 Lunch 2:00 Circle of Friends 5:00 Dinner	25 8:30 Breakfast 10:30 Songbirds Choir 11:00 Move and Groove 12:00 Lunch 2:00 In the Kitchen 5:00 Dinner	26 8:30 Breakfast 10:00 You & Me 11:00 Archery 12:00 Lunch 1:00 Music with Danielle 2:00 Brains and Banter	27 8:30 Breakfast 9:30 Neighbourhood Time 10:30 Hymn Sing 12:00 Lunch 2:00 Arts and Craft 5:00 Dinner	28 8:30 Breakfast 12:00 Lunch 2:00 Musical Moments 3:00 You and Me 5:00 Dinner 6:30 Soothing Sensations
29 8:30 Breakfast 11:00 Church Service (Erin) 12:00 Lunch 2:00 Duet Bike 3:00 Warm Cider Social 5:00 Dinner	30 Truth & Reconciliation 8:30 Breakfast 10:00 Art with Sonal 12:00 Lunch 2:00 Plant Club 3:00 For the Fun of Fit 5:00 Dinner					

Neighbourhood Coordinator:
Angela G

Recreation:
Stephanie & Jaspreet