



# September 2024

## Pollock Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 11:00 You and Me 2:00 Calendar Hang Up 5:15 Diner's Club	2 <b>Labour Day</b> 9:30 Fruit Smoothies 12:30 Greenhouse Drop-in 6:30 Game Show Trivia (CC)	3 9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	4 9:30 Brains and Banter 1:15 Art with Sonal 2:00 Manicures 3:00 Spiritual Conversations (C) 3:30 Balance Class (FC) 6:30 Documentary & Popcorn	5 9:30 Church Service (C) 10:00-4:00 Stepping Out 12:30 Greenhouse Drop-in 1:30 Stepping Out 2:00 Green Thumbs 6:30 Active Games (MS)	6 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	7 9:30 Active Games 10:30 You and Me 1:30 Card Games Afternoon (CC)
8 <b>Grandparent's Day</b> 9:30 Stepping Out 10:00 Express Yourself 2:00 Entertainment with Elvis' 3 Brothers (MS)	9 12:30 Greenhouse Drop-in 2:30 Board Games 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	10 9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)	11 9:00 Hello Pollock 1:15 Art with Sonal 2:00 Card Games 3:00 Spiritual Conversations (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)	12 9:30 Church Service (C) 12:00 Pollock Neighbourhood BBQ (CY) 12:30 Greenhouse Drop-in 2:00 Green Thumbs 2:00 Residents' Council (C) 6:30 Active Games (MS)	13 10:00 Express Yourself  2:00 Bingo on Pollock 2:00 Stepping Out 3:30 Active Games (FC)  6:30 Crafting Club (CC)	14 9:30 Word Games 11:00 Soothing Sensations 2:00 Entertainment with Henry Winter (Ma)
15 11:00 You and Me 2:00 Express Yourself 5:15 Diner's Club	16 9:30 Brains and Banter 10:00 Conversation Café 12:30 Greenhouse Drop-in 2:00 Calendar Planning and Resident Bill of Rights 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	17 9:30 Rosary (C) 10:00 Terry Fox Walk 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 In the Kitchen (CC)	18 9:30 Active Games 10:30 Hello Pollock 1:15 Art with Sonal 3:00 Spiritual Conversations (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)	19 9:30 Church Service (C) 12:30 Greenhouse Drop-in 2:00 Crafting 2:00 Green Thumbs 6:30 Active Games (MS)	20 1:00 Outing: Bakery 1:00-4:00 Car Show (RH) 3:30 Active Games (FC) 6:30 Crafting Club (CC)	21 11:00 Ride for Dementia 2:00 Pub Afternoon & Entertainment with Lynne & Rick (MS)
22 <b>Fall Begins</b> 9:30 Active Games 10:30 Brains and Banter 2:00 In the Kitchen	23 12:30 Greenhouse Drop-in 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	24 9:30 Rosary (C) 10:30 Sit 'N Get Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 Devotions (C)	25 10:00 Stepping Out 1:15 Art with Sonal 2:00 Card Games 2:00 Food Committee (C) 3:00 Spiritual Conversations (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)	26 9:30 Church Service (C) 12:30 Greenhouse Drop-in 2:00 Green Thumbs 2:00 Spelling Bee 6:30 Active Games (MS)	27 9:30 Hello Pollock 2:00 Bingo on Pollock 2:00 Brains and Banter 3:30 Active Games (FC) 6:30 Crafting Club (CC)	28 9:30 Word Games 11:00 Manicures 2:00 Entertainment with Jame Skarnikat (Jo)
29 10:00 For the Soul 11:00 You and Me 2:00 Movie and Popcorn	30 <b>National Day for Truth and Reconciliation</b> 10:00 Neighbourhood Time 12:30 Greenhouse Drop-in 2:00 Every Child Matters Film (C) 3:30 Total Body Fitness (FC) 2:00 Calendar Hang Up 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	