

# SEPTEMBER

## Downey

### Legend

Do - Downey  
Ha - Hagey  
Jo - Johnston  
Ma - Matthews  
Po - Pollock

Wr - Wright  
C - Chapel  
CC - Community Centre  
CY - Courtyard  
FC - Fitness Centre

L - Library  
MS - Main Street  
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1 Labour Day</b> 10:00 Labour Day Laughs 11:00 Brains & Banter 2:00 Stepping Out 3:00 You and Me 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	<b>2</b> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 Word Games 6:30 In The Kitchen (CC)	<b>3</b> 2:00 PEG Talk: Therapy Animal (C) 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>4</b> 10:00 Celebration of Life (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 Picture day Photos 12:30 Greenhouse Drop-In 6:30 Active Games (MS)	<b>5</b> 10:00 Stepping Out 11:00 Patio Time 12:30 Greenhouse Drop-In 2:00 Bingo on Downey 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	<b>6</b> 9:30 Daily Perk 10:30 Weekend Walks 2:00 Entertainment with Kevin Coates (Wr) 3:30 Manicures & Nail Care
<b>7 Grandparents Day</b> 10:00 For the Soul 11:00 In the Kitchen 2:00 Grandparents Day Travelling Cart 3:00 Music: Favourite Songs	<b>8</b> 10:00 Group Exercise 11:00 Stepping Out 12:30 Greenhouse Drop-In 2:00 Travelling Cart: Sundaes 3:30 Green Thumbs 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>9</b> 9:30 Rosary (C) 10:00 Brain Boosting Exercise 11:00 Stepping Out 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 You & Me 3:15 Hand Therapy (FC) 6:30 For the Soul (C)	<b>10</b> 2:00 In the Kitchen 3:00 Dominoes/Card Games 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>11</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 Soothing Sensations 3:00 Express Yourself 12:30 Greenhouse Drop-In 6:30 Active Games (MS)	<b>12</b> 9:00 Van Outing 10:30 Sit 'N Get Fit 12:30 Greenhouse Drop-In 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>13 2-4pm Car Show</b> 10:00 Stepping Out 11:00 Patio Time Entertainment with R&S Country (RH)
<b>14 Residents Council Week September 15-19</b>  10:00 For the Soul 11:00 The Weekend Perks 2:00 For the Fun of Fit 3:00 Stepping Out	<b>15</b> 10-12 Terry Fox Walk 12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:00 You and Me 3:30 Green Thumbs 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	<b>16</b> 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:30 Brains & Banter 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	<b>17</b> 2:00 Tim Hortons Social 3:00 Stepping Out 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>18</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 12:30 Greenhouse Drop-In 2:00 Residents' Council (C) 2:15 Musical Moments 3:00 Movie and Popcorn 6:30 Active Games (MS)	<b>19</b> 9:45 Conversation Cafe 10:30 Stepping Out 10:30 Sit 'N Get Fit 11:00 Jokes and Puns 12:30 Greenhouse Drop-In 2:00 Bingo on Downey 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	<b>20</b> 9:30 Stepping Out 10:30 Painting 2:00 Entertainment with Dynamic Duo (Jo) 3:30 Calendar Planning & Residents Bill of Rights Meeting

# SEPTEMBER


## Downey

### Legend

Do - Downey  
Ha - Hagey  
Jo - Johnston  
Ma - Matthews  
Po - Pollock

Wr - Wright  
C - Chapel  
CC - Community Centre  
CY - Courtyard  
FC - Fitness Centre

L - Library  
MS - Main Street  
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>21</b> 10:00 For the Soul 11:00 September Trivia 2:00 Bean Bag Toss 3:00 Movie Time	<b>22 First Day of Autumn</b> 10:00 Circle of Friends 11:00 Brains and Banter 12:30 Greenhouse Drop-In 2:00 Travelling Cart: Hot Chocolate 3:30 Green Thumbs 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>23</b> 9:30 Rosary (C) 10:00 You and Me 10:45 Art with Sonal 11:00 Stepping Out 2:00 Bingo (MS) 3:30 You & Me 3:15 Hand Therapy (FC) 6:30 For the Soul (C)	<b>24</b> 2:00 Food Committee (Po) 2:15 Nature Walk 3:00 Musical Moments 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>25</b> 9:30 Chapel Service (C) 10:00 Soothing Sensations 11:00 Stepping Out 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Bus Outing 2:30 Spelling Bee (MS) 6:30 Active Games (MS)	<b>26</b> 9:30 You & Me 10:30 Sit 'N Get Fit 11:00 Dominoes/Cards 12:30 Greenhouse Drop-In 2:00 Bingo on Pollock 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>27</b> 10:00 Weekend Perk 11:00 Stepping Out 2:00 Entertainment with Henry Winter (Po) 3:00 You and Me
<b>28</b> 10:00 For the Soul 11:00 Circle of Friends 2:00 Weekend Walks 3:00 Patio Time	<b>29</b> 10:00 Group Exercise 11:00 Nature Walks 12:30 Greenhouse Drop-In 2:00 Travelling Cart: General Store 3:30 Green Thumbs 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	<b>30 National Day for Truth and Reconciliation</b> 9:30 Rosary (C) 10:00 Presentation (C) 10:45 Art with Sonal 3:15 Hand Therapy (FC) 3:30 Brains & Banter 6:30 In The Kitchen (CC)	<div><div><div><div>Schlegel Villages'</div><div>FOOD DRIVE</div><div><div>We are collecting non-perishable food items and monetary donations.</div><div>All donations will be given to local food banks across Ontario.</div></div></div></div></div>			

### Outings:

September 12<sup>th</sup> - Giant Tiger  
September 25<sup>th</sup> - Anna Mae’s Restaurant

### Your Recreation Team:

**Full-Time** - Pearl  
**Part-Time** - Danica

### Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood.  
Learn about your Bill of Rights. Have your input as we plan next month’s activities, programs, and outings!  
Hosted by your Recreation Team Member.