# SEPTEMBER

## Matthews

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

Matthews			TO TOHOCK TO TICHESS CENTRE				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Labour Day 10:00 Brain and Banters 11:30 You and Me 2:00 Movie Afternoon 6:30 Game Show Trivia	9:30 Rosary (C) 10:15 For the Fun of Fit 2:00 Bingo (MS) 6:30 In The Kitchen (CC)	9:30 Coffee and Discussion 10:45 Art with Sonal 11:00 Stepping Out 2:00 PEG Talk: Therapy Animal (C) 3:00 You & Me 3:30 Balance Class (FC) 6:30 Games Night (CC)	10:00 Celebration of Life (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 1:00 Outing 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Soothing Sensations 10:00 Bingo (Ma) 12:30 Greenhouse Drop-In 2:00 Express Yourself 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	9:30 Neighbourhood Time 10:30 Sunshine Club 2:00 Entertainment with Kevin Coates (Wr) 3:30 Story Time	
9:00 Daily Perks 10:00 For the Soul 10:00 In the Kitchen 2:00 Travelling Cart 3:15 Patio Time	8 12:30 Greenhouse Drop-In 2:00 Residents Bill of Rights and Calendar Planning Meeting 3:30 Neighbourhood Time 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	9:30 Rosary (C) 10:15 Patio Time 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	10 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 2:00 Card Games 3:30 Balance Class (FC) 6:30 Games Night (CC)	9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Merry Melodies 12:30 Greenhouse Drop-In OUTING: Grand River 6 Nations 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Soothing Sensations 10:00 Bingo (Wr) 12:30 Greenhouse Drop-In 2:00 Express Yourself 3:30 Active Games (FC) 6:30 Crafting Club (CC)	9:30 Coffee and Discussion 11:00 Let's Do a Craft! 2:00 Entertainment with R&S Country (RH)	
9:30 Circle of Friends 10:30 Brains and Banter 11:30 You and Me 2:00 Movie and Popcorn	15 10-12pm Terry Fox Walk  12:30 Greenhouse Drop-In 2:00 Movie Matinee (C) 3:30 HIIT (FC) 6:30 Game Show Trivia (CC	9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In The Kitchen (CC)	9:30 Neigbourhood Time 10:00 Golden Zumba 10:30 Sit 'N Get Fit (Wr) 10:45 Art with Sonal 11:30 You & Me 1:30 Oktoberfest with Caitlin 2:00 Manicures 3:30 Balance Class (FC) 6:30 Games Night (CC)	9:30 Chapel Service (C) 10:30 Zumba (FC) 12:30 Greenhouse Drop-In 2:00 Swan Racing 3:30 Brans and Banter 2:00 Residents' Council (C) 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Conversation Cafe 10:00 Bingo (Ma) 12:30 Greenhouse Drop-In 2:15 You and Me 3:30 Banded Strength (FC) 6:30 Crafting Club (CC)	9:30 Neighbourhood Time 10:30 Card Games 2:00 Entertainment with Dynamic Duo (Jo) 3:30 You and Me	

## SEPTEMBER

2:00 Story Time

6:30 Game Show Trivia (CC

3:30 HIIT (FC)

## Matthews

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
9:30 Daily Perks 10:00 For the Soul 11:00 You and Me 2:00 In the Kitchen	12:30 Greenhouse Drop-In 2:00 Fall Discussion 3:30 Express Yourself 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	9:00 Outing 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 Devotions (CC)	10:30 Sit 'N Get Fit (Wr) 2:00 Food Committee (Po) 2:00 Card Games 3:30 Balance Class (FC) 6:30 Games Night (CC)	9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 12:30 Greenhouse Drop-In 2:30 Brains and Banter 3:30 Green Thumbs 6:30 Active Games (MS)	9:00 Soothing Sensations 10:00 Bingo (Wr) 12:30 Greenhouse Drop-In 2:15 Manicure and Music 3:30 Active Games (FC) 6:30 Crafting Club (CC)	9:00 You and Me 10:00 In the Kitchen 2:00 Entertainment with Henry Winter (Po) 3:30 Let's Colour
9:30 Daily Perks 10:30 For the Fun of Fit 11:30 You and Me	9:00 Tim Hortons Social 11:00 You and Me 12:30 Greenhouse Drop-In	30 National Day for Truth and Reconciliation 9:30 Rosary (C) 10:00 Presentation (C)	Schlegel Villages'			

3:15 Hand Therapy (FC)

6:30 In The Kitchen (CC)

#### **Outings:**

September 4<sup>th</sup>- Fairview Mall Outing with Jacobi September 11<sup>th</sup>- Grand River 6 Nations September 23<sup>rd</sup>- Anna Maes with Harman

#### **Your Recreation Team:**

**Full-Time** - Harman **Part-Time** - Jacobi

2:00 Bingo on Johnston

3:15 Manicures



FOOD DRIVE

We are collecting non-perishable food items and monetary donations.

All donations will be given to local food banks across Ontario.



### **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.