




# SEPTEMBER

Coleman Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> LABOUR DAY	<b>2</b> 9:15 am - Strengthening East - Family Room West - Parkview	<b>3</b> 9:15 am - Walking Club	<b>4</b> 9:15 am - Senior Circuit Family Room	<b>5</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>6</b>
<b>7</b> <b>Grandparents Day</b>	<b>8</b> 9:15 am - Ball Exercises East - Family Room West - Parkview	<b>9</b> 9:15 am - Strengthening East - Family Room West - Parkview	<b>10</b> 9:15 am - Walking Club	<b>11</b> 9:15 am - Senior Circuit Family Room	<b>12</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>13</b>
<b>14</b>	<b>15</b> 9:15 am - Ball Exercises East - Family Room West - Parkview	<b>16</b> 9:15 am - Strengthening East - Family Room West - Parkview	<b>17</b> 9:15 am - Walking Club	<b>18</b> 9:15 am - Senior Circuit Family Room	<b>19</b> 9:15 am - Posture + Core East - Family Room West - Parkview	<b>20</b>
<b>21</b>	<b>22</b> 9:15 am - Ball Exercises East - Family Room West - Parkview	<b>23</b> 9:15am - Strengthening East - Family Room West - Parkview	<b>24</b> 9:15 am - Walking Club	<b>25</b> 9:15 am - Senior Circuit Family Room	<b>26</b> 9:15 am - Posture + Core West - Parkview	<b>27</b> 9:15 am - Posture + Core East - Family Room
<b>28</b> 9:15 am - Ball Exercise East - Family Room	<b>29</b> 9:15 am - Ball Exercises West - Parkview	<b>30</b> <b>National Day for Truth and Reconciliation</b> 9:15 am - Strengthening East - Family Room West - Parkview	<div><div><div>Schlegel Villages'</div><div>FOOD DRIVE</div><div>We are collecting non-perishable food items and monetary donations. All donations will be given to local food banks across Ontario.</div></div></div>			