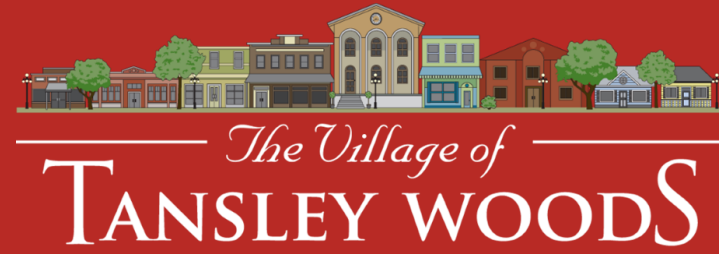




SEPTEMBER 2022

NELSON NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 Breakfast 10:00 Calendar Drop Off 11:00 Java Music 12:00 Lunch 1:30 Friendly Visits* 2:15 South Tower Drum Fit 3:00 Fall Decorating 3:00 Pilates— PAL Room 5:00 Dinner	2 8:00 Breakfast 10:00 Getting to Know You 12:00 Lunch 1:30 Friendly Visits* 2:30 In the Kitchen 3:30 Brains & Banter 5:00 Dinner 6:30 Mainstreet Entertainment	3 8:00 Breakfast 10:00 Fall Decorating 12:00 Lunch 1:30 Let's Get Physical 2:00 Spa Day in Library 3:30 Circle of Friends 5:00 Dinner
				4 8:00 Breakfast 10:00 Bazaar Craft 12:00 Lunch 2:00 Church Service on MS 4:00 Brains & Banter 5:00 Dinner	5 <u>Labour Day</u> 8:00 Breakfast 12:00 Lunch 5:00 Dinner	6 8:00 Breakfast 10:00 Chapel with Lisa 10:30 Standing Balance 12:00 Lunch 1:30 Bazaar Craft 3:00 Group Exercise Class 3:30 Soothing Sensations 5:00 Dinner 6:30 Courtyard Time
11 <u>Grandparents Day</u> 8:00 Breakfast 10:00 Travelling Photo Booth 12:00 Lunch 2:00 Church Service on MS 5:00 Dinner	12 8:00 Breakfast 12:00 Lunch 5:00 Dinner	13 8:00 Breakfast 10:00 Chapel with Lisa 10:30 Standing Balance 12:00 Lunch 1:30 Soothing Sensations 2:30 Music & Memories 3:00 Group Exercise Class 3:30 Card Games 5:00 Dinner	14 <u>National Kreme Filled Donut Day</u> 8:00 Breakfast 9:00 Fit & Fun 12:00 Lunch 1:15 Music Therapy with Angela 2:00 Tim Hortons Social— MS 4:00 Brains & Banter 5:00 Dinner 6:30 Bazaar Crafts	15 8:00 Breakfast 10:00 Java Music 10:45 Horticulture with Lindsay 12:00 Lunch 1:30 Friendly Visits* 2:15 South Tower Drum Fit 3:00 Yoga Class— PAL Room 3:00 Bazaar Craft 5:00 Dinner	16 8:00 Breakfast 10:00 Courtyard Time 11:00 Short Stories 12:00 Lunch 1:30 Friendly Visits* 2:30 Afternoon Social 3:30 Mainstreet Entertainment 5:00 Dinner	17 8:00 Breakfast 10:00 Pretty Polish 11:00 Lets Get Physical 12:00 Lunch 1:00pm—3:00pm CAR SHOW 4:00 Brains & Banter 5:00 Dinner
18 <u>Terry Fox Walk</u> 8:00 Breakfast 10:00 Bazaar Crafts 12:00 Lunch 2:00 Church Service on MS 3:00 Terry Fox Walk— Pond 5:00 Dinner	19 <u>International Talk Like a Pirate Day</u> 8:00 Breakfast 12:00 Lunch 6:30 Movie Matinee— Library 5:00 Dinner	20 <u>National Punch Day</u> * 8:00 Breakfast 10:00 Chapel with Lisa 12:00 Lunch 1:30 Soothing Sensations 2:00 Happy Hour 3:30 Lets Get Physical 5:00 Dinner	21 8:00 Breakfast 9:00 Fit & Fun 12:00 Lunch 1:15 Music Therapy with Angela 2:00 In the Kitchen 4:00 Circle of Friends 5:00 Dinner 6:30 Courtyard Time	22 <u>First Day of Fall Nelson BBQ</u> 8:00 Breakfast 9:30 Mainstreet Fall Decorating 10:45 Horticulture with Lindsay 12:00 Lunch 1:30 Friendly Visits* 2:15 South Tower Drum Fit 3:00 Pumpkin Milkshake Social 3:00 Yoga Class— PAL Room 5:00 Dinner	23 <u>Diners Club</u> 8:00 Breakfast 10:00 Courtyard Time 11:00 Lets Get Physical 12:00 Lunch 1:30 Friendly Visits* 2:30 Afternoon Social 3:30 Short Stories 5:00 Dinner	24 8:00 Breakfast 10:30 Tai Chi—PAL Room 12:00 Lunch 2:00 Entertainment on MS 5:00 Dinner
25 8:00 Breakfast 12:00 Lunch 2:00 Church Service on MS 5:00 Dinner	26 8:00 Breakfast 12:00 Lunch 5:00 Dinner	27 8:00 Breakfast 10:00 Chapel with Lisa 10:30 Standing Balance 12:00 Lunch 1:30 Bazaar Crafts 3:00 Group Exercise Class 3:30 Soothing Sensations 5:00 Dinner 6:30 Courtyard Time	28 8:00 Breakfast 9:00 Fit & Fun 12:00 Lunch 1:15 Music Therapy with Angela 2:00 In the Kitchen 4:00 Brains & Banter 5:00 Dinner 6:30 Bazaar Craft	29 8:00 Breakfast 10:00 Java Music 10:45 Horticulture with Lindsay 12:00 Lunch 1:30 Friendly Visits* 2:15 South Tower Drum Fit 3:00 Card Games 3:00 Yoga Class— PAL Room 5:00 Dinner	30 <u>National Love People Day</u> 8:00 Breakfast 10:00 Courtyard Time 11:00 Short Stories 12:00 Lunch 1:30 Friendly Visits* 2:30 Afternoon Social 3:30 Musical Moments 5:00 Dinner	Residents Bill Of Rights 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.