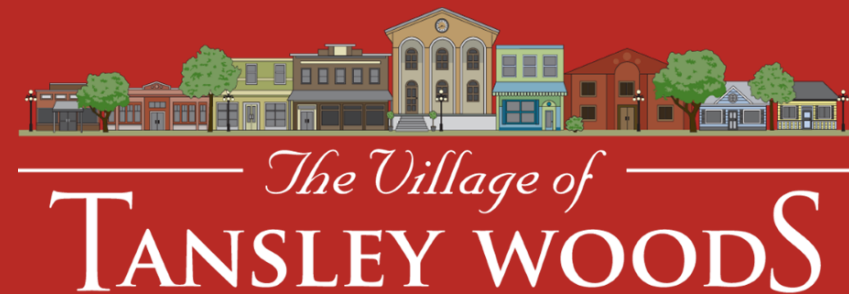




SEPTEMBER 2022

OAKLANDS NEIGHBOURHOOD



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8:00 Breakfast 12:00 BBQ Lunch 1:00 Calendar Dropoff 2:15 S Tower Drum Fit 3:00 Pilates-PAL Room 3:30 Musical Moments 5:00 Dinner 6:45 Spa Time	2 <u>Blueberry Popsicle Day</u> 8:00 Breakfast 10:00 The Perk 11:00 Pretty Polish 12:00 Lunch 2:00 For the Fun of Fit 2:30 Standing Balance w/ Sarah 3:00 Movie Night 5:00 Dinner 6:30 Brent M Performs	3 8:00 Breakfast 12:00 Lunch 2:00 Spa Day—MS 5:00 Dinner
4 8:00 Breakfast 12:00 Lunch 2:00 Church Service 4:00 Chapel Time 5:00 Dinner	5 8:00 Breakfast 10:00 Java Music Club 11:00 Short Stories 12:00 Lunch 2:00 Circle of Friends 3:00 Stepping Out 5:00 Dinner	6 8:00 Breakfast 9:30 Horticulture with Lindsay 10:00 Musical Moments 11:00 Morning Stretches 12:00 Lunch 2:00 Neighbourhood Time 3:00 Group Fitness 3:30 For the Fun of Fit 5:00 Dinner	7 8:00 Breakfast 12:00 Lunch 2:30 Music Therapy with Angela 5:00 Dinner	8 8:00 Breakfast 12:00 Lunch 1:00 Musical Moments 2:15 S Tower Drum Fit 3:00 Yoga Class-PAL Room 3:30 Express Yourself 5:00 Dinner 6:45 Spa Time	9 8:00 Breakfast 12:00 Lunch 1:00 Soothing Sensations 2:00 For the Fun of Fit 2:30 Standing Balance w/ Sarah 3:00 Movie Night 5:00 Dinner 6:45 Spa Time	10 8:00 Breakfast 10:00 Pretty Polish 10:30 Tai Chi—FC 11:00 Stepping Out 12:00 Lunch 2:00 Gerry Larkin performs 3:30 Friendly Visits* 5:00 Dinner
11 <u>Grandparents Day</u> 8:00 Breakfast 10:00 Travelling Photobooth Cart 11:00 Brains and Banter 12:00 Lunch 2:00 Church Service 3:00 Neighbourhood Time 4:00 Chapel Time 5:00 Dinner	12 8:00 Breakfast 10:00 Java Music Club 11:00 Stepping Out 12:00 Lunch 2:00 Express Yourself 3:00 For the Fun of Fit 5:00 Dinner	13 8:00 Breakfast 9:30 Horticulture with Lindsay 10:00 Circle of Friends 11:00 Soothing Sensations 12:00 Lunch 2:00 In the Kitchen 3:00 Group Fitness 3:30 Short Stories 5:00 Dinner	14 <u>National Kreme Filled Donut Day</u> 8:00 Breakfast 12:00 Lunch 2:00 Tim Hortons Social –MS 2:30 Music Therapy with Angela 5:00 Dinner	15 8:00 Breakfast 12:00 Lunch 1:00 Musical Moments 2:15 S Tower Drum Fit 3:00 Yoga Class-PAL Room 3:30 Stepping Out 5:00 Dinner 6:45 Spa Time	16 <u>Breakfast Club</u> 8:00 Breakfast Club 10:00 Circle of Friends 11:00 Pretty Polish 12:00 Lunch 2:30 Standing Balance w/ Sarah 3:30 Paula French Performs—MS 5:00 Dinner	17 8:00 Breakfast 12:00 Lunch 1:00 Car Show—Parking Lot 5:00 Dinner
18 <u>Terry Fox Walk</u> 8:00 Breakfast 12:00 Lunch 2:00 Church Service 3:00 Terry Fox Walk 4:00 Chapel Time 5:00 Dinner	19 <u>International Talk Like a Pirate Day</u> 8:00 Breakfast 10:00 Java Music Club 11:00 Short Stories 12:00 Lunch 2:00 Circle of Friends 3:00 Stepping Out 5:00 Dinner 6:30 Movie Matinee –Library	20 <u>National Punch Day</u> 8:00 Breakfast 9:30 Horticulture with Lindsay 12:00 Lunch 1:30 Bible Study-L 2:00 Neighbourhood Time 3:00 Group Fitness 3:30 For the Fun of Fit 5:00 Dinner	21 8:00 Breakfast 12:00 Lunch 2:30 Music Therapy with Angela 5:00 Dinner	22 <u>First Day of Fall</u> 8:00 Breakfast 12:00 Lunch 1:00 Musical Moments 2:15 S Tower Drum Fit 3:00 Yoga Class-PAL Room 3:30 Express Yourself 5:00 Dinner 6:45 Spa Time	23 <u>Diner's Club</u> 8:00 Breakfast 12:00 Diner's Club—MS 1:00 Soothing Sensations 2:00 For the Fun of Fit 2:30 Standing Balance w/ Sarah 3:00 Movie Night 5:00 Dinner 6:45 Spa Time	24 8:00 Breakfast 10:00 Pretty Polish 10:30 Tai Chi—PAL Room 11:00 Stepping Out 12:00 Lunch 2:00 David Skolnik performs 3:30 Friendly Visits* 5:00 Dinner
25 8:00 Breakfast 10:00 Balcony Time 11:00 Brains and Banter 12:00 Lunch 2:00 Church Service 3:00 Neighbourhood Time 4:00 Chapel Time 5:00 Dinner	26 8:00 Breakfast 10:00 Java Music Club 11:00 Stepping Out 12:00 Lunch 2:00 Express Yourself 3:00 For the Fun of Fit 5:00 Dinner	27 8:00 Breakfast 9:30 Horticulture with Lindsay 10:00 Circle of Friends 11:00 Soothing Sensations 12:00 Lunch 2:00 In the Kitchen 3:00 Group Fitness 3:30 Short Stories 5:00 Dinner	28 8:00 Breakfast 12:00 Lunch 2:30 Music Therapy with Angela 5:00 Dinner	29 8:00 Breakfast 12:00 Lunch 1:00 Musical Moments 2:15 S Tower Drum Fit 3:00 Yoga Class –PAL Room 3:30 Stepping Out 5:00 Dinner 6:45 Spa Time	30 <u>National Love People Day</u> 8:00 Breakfast 10:00 The Perk 11:00 Pretty Polish 12:00 Lunch 2:00 For the Fun of Fit 2:30 Standing Balance w/ Sarah 3:00 Movie Night 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