

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Silver Springs Activity Calendar



		<p>1 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Afternoon movie and popcorn "RV" (TVR) (sign up) *Limited seating*</p>	<p>2 9am *Firebell testing* 9am Hair salon (book) (2S) 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Qigong/Tai-chi (ECY) 2pm Bingo (ECY)</p>	<p>3 7:30am Foot care with Krystal (book) (2S) 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Afternoon movie and popcorn "RV" (TVR) (sign up) *Limited seating*</p>	<p>4 10am Knit and crochet (TVR) 10am Morning coffee (MLR) 2pm Happy hour in the courtyard (ECY) with Music by Betty Hunter</p>	<p>5 9am Morning walk (meet MLR) 10am Morning coffee (MLR)</p>	
<p>6 9am Morning walk (meet MLR) 10am Morning coffee (MLR) 1:30-2:30pm Church service * Please check boards for dates and times*</p>	<p>7 9am Morning walk (meet MLR) 10am Morning coffee (MLR) *Labour Day*</p>	<p>8 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm September Birthday Celebrations with cupcakes and sing along with Penny</p>	<p>9 9am Hair salon (book) (2S) 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Qigong/Tai-chi (ECY) 2pm Bingo (ECY)</p>	<p>10 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Weenie Roast in the courtyard *limited seating, please sign up with Sam*</p>	<p>11 10am Knit and crochet (TVR) 10am Morning coffee (MLR) 2pm Happy hour in the courtyard (ECY) with Music by Rene the City Cowboy</p>	<p>12 9am Morning walk (meet MLR) 10am Morning coffee (MLR)</p>	
<p>13 9am Morning walk (meet MLR) 10am Morning coffee (MLR) 1:30-2:30pm Church service * Please check boards for dates and times* *International Housekeeper's Week*</p>	<p>14 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10:30am Morning Trivia (ECY) 1:30pm Afternoon movie and popcorn "Walk the Line" (TVR) (sign up) *Limited seating*</p>	<p>15 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Recreation meeting and ice-cream social (ECY) * All welcome*</p>	<p>16 9am Hair salon (book) (2S) 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Qigong/Tai-chi (ECY) 2pm Bingo (ECY)</p>	<p>17 7:30am Foot care with Krystal (book) (2S) 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 1:30pm Afternoon movie and popcorn "Walk the Line" (TVR) (sign up) *Limited seating*</p>	<p>18 10am Knit and crochet (TVR) 10am Morning coffee (MLR) 2pm Happy hour in the courtyard (ECY) with Music by Bob King</p>	<p>19 9am Morning walk (meet MLR) 10am Morning coffee (MLR)</p>	
<p>20 9am Morning walk (meet MLR) 10am Morning coffee (MLR) 1:30-2:30pm Church service * Please check boards for dates and times*</p>	<p>21 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Morning Craft (TVR) 2pm Afternoon movie and popcorn "Marley and Me" (TVR) (sign up) *Limited seating*</p>	<p>22 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Music: Rennie Sirianni and Sentimental Journey</p>	<p>23 9am Hair salon (book) (2S) 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Qigong/Tai-chi (ECY) 2pm Bingo (ECY)</p>	<p>24 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Afternoon movie and popcorn "Marley and Me" (TVR) (sign up) *Limited seating*</p>	<p>25 10am Knit and crochet (TVR) 10am Morning coffee (MLR) 10am Resident meeting 2pm Happy hour in the courtyard (ECY) with Music by William and Penny</p>	<p>26 9am Morning walk (meet MLR) 10am Morning coffee (MLR)</p>	
<p>27 9am Morning walk (meet MLR) 10am Morning coffee (MLR) 1:30-2:30pm Church service * Please check boards for dates and times*</p>	<p>28 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10:30am Morning Trivia (ECY) 2pm Weenie Roast in the courtyard *limited seating, please sign up with Sam*</p>	<p>29 10am Morning coffee (MLR) 10am Sit and get fit (ECY) 2pm Music: Vic & Carol "The Fiddler and His Keys" (ECY)</p>	<p>30 9am Hair salon (book) (2S) 9am Morning walk with Sam (meet MLR) 10am Morning coffee (MLR) 10am Qigong/Tai-chi (ECY) 2pm Bingo (ECY)</p>	<p><i>September</i> <i>2020</i></p>			

2S = Second floor salon CY = Courtyard CK = Country Kitchen MLR = Main living room TVR = TV room Please book hair and foot care with Sam.

Note* Outdoor performances and exercises may be cancelled, or time changed if the weather is not suitable* *Please check boards for changes*