

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>4</p> <p>9am Knit and crochet (CK) 1:30pm Church Service (CK) 2:30 Afternoon Crib GR 6pm Bingo (prize) (CK)</p>	<p>5</p> <p>***** NO YOGA TODAY***</p> <p>9:45 am Morning walk (Meet MLR) 2 pm Card games – Find a group of fiends GR 6pm Whist/ Bridge (CK)</p> <p>Labor Day</p>	<p>6</p> <p>9:45 am Morning walk (Meet MLR) 10:30 Sit and get Fit (CK) 2 p.m. MUSIC (Rennie Sirianni) Never Too Late MLR 6pm Whist/Bridge (CK)</p>	<p>7</p> <p>***FIRE BELL TEST***</p> <p>8:30am – 4pm Hair Salon (book) S2 9:45 am Morning walk (Meet MLR) 10 - 11am Tai chi w/Jack (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)</p>	<p>8</p> <p>9:45 am Morning walk (Meet MLR) 10:30 Sit and Get Fit (CK) 2 pm Pretty nails (CK) 6pm Whist /Bridge (CK)</p>	<p>9</p> <p>9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 10:30 Card Game: Crazy 8's 2pm Music Betty Hunter (MLR) 6pm Whist /Bridge (CK)</p>	<p>10</p> <p>9:45 am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Music: Rick and Brenda – Platinum Country (ECY/ML) 6 pm Card games: Find a partner or a group of friends! (CK)</p>
<p>11</p> <p>9am Knit and crochet (CK) 1:30pm Church Service (CK) 2:30 Afternoon Crib 6pm Bingo (prize) (CK)</p> <p>Grandparents Day</p>	<p>12</p> <p>*****NO YOGA TODAY*****</p> <p>9:45 am Morning walk (Meet MLR) 10:00 am Monday Meditation (CK) 2 pm Meet and Greet New Residents (CK) 6pm Whist/Bridge (CK)</p>	<p>13</p> <p>9:45 am Morning walk (Meet MLR) 10:30 Sit and get Fit (CK) 2:00 pm Movie "Son of Kong" 2:30 pm Garden Club ECY 2:30 Afternoon Crib (GR) 6pm Whist/Bridge (CK)</p>	<p>14</p> <p>8:30am – 4pm Hair Salon (book) S2 9:45 am Morning walk (Meet MLR) 10 - 11am Tai chi w/Jack (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)</p>	<p>15</p> <p>8:30am-12pm Foot care with Krysta (book) (2S) 9:45 am Morning walk (Meet MLR) 10:30 Sit and Get Fit (CK) 2 pm Mocktails Social (ECY) 6pm Whist /Bridge (CK)</p>	<p>16</p> <p>9am Knit and crochet (CK) 9:45am Morning walk (Meet MLR) 10:30 am Rock and garden décor painting (CK) 2pm Music: Vince Wallace and Hailey Porter (ECY) 6pm Whist/Bridge (CK)</p>	<p>17</p> <p>9:45 am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Music: Rick and Brenda – Platinum Country (ECY/ML) 6 pm Card games: Find a partner or a group of friends! (CK)</p> <p>Oktoberfest Begins</p>
<p>18</p> <p>9am Knit and crochet (CK) 1:30pm Church Service (CK) 2:30 Afternoon Crib 6pm Bingo (prize) (CK)</p>	<p>19</p> <p>9:45 am Morning walk (Meet MLR) 10 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Music: August Birthday Celebrations with Vic and Carol (ECY) 6pm Whist/Bridge (CK) Dress up like a pirate day!</p> <p>International Talk Like A Pirate day</p>	<p>20</p> <p>9:00 am BUS TRIP Shopping (sign up) 9:45 am Morning walk (Meet MLR) 10:30 Sit and get Fit (CK) 2pm Movie and popcorn – "Pirates of the Caribbean" (TVR) 2 pm Afternoon Crib (GR) 6pm Whist/Bridge (CK)</p>	<p>21</p> <p>8:30am – 4pm Hair Salon (book) S2 9:45 am Morning walk (Meet MLR) 10 - 11am Tai chi w/Jack (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)</p> <p>Autumnal Equinox</p>	<p>22</p> <p>9:45am Morning walk (Meet MLR) 10:30am Sit and get fit (CK) 2pm Happy Hour & lawn games (ECY) 6pm Whist/Bridge (CK)</p> <p>Autumn Begins</p>	<p>23</p> <p>9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 10: 30 am MUSIC with Matt Duffus MLR/ECY 2pm Create your own Door Décor (CK) 2 pm Afternoon Crib (GR) 6pm Whist/Bridge (CK)</p>	<p>24</p> <p>9:45 am Morning walk (Meet MLR) 10am Colouring & Jigsaw puzzle group (CK) 2pm Card games: Find a partner or a group of friends! (CK)</p>
<p>25</p> <p>9am Knit and crochet (CK) 1:30pm Church Service (CK) 2:30 Afternoon Crib 6pm Bingo (prize) (CK)</p> <p>Rosh Hashanah Begins</p>	<p>26</p> <p>9:45am Morning walk (Meet MLR) 10 am Monday Meditation (CK) 10:30am Chair Yoga with Gaby (CK) 2pm Music Kiki the Eco Elf (ECY) 6pm Whist/Bridge (CK)</p>	<p>27</p> <p>9:45 am Morning walk (Meet MLR) 10:30 Sit and get Fit (CK) 2pm Movie and popcorn - "Blow" (TVR) 2:30 p.m. Garden Club (Meet ECY) 2:30 Afternoon Crib (GR) 6pm Whist/Bridge (CK)</p>	<p>28</p> <p>8:30am – 4pm Hair Salon (book) S2 9:45 am Morning walk (Meet MLR) 10 - 11am Tai chi w/Jack (CK) 2 - 3pm Ice Cream Social (CK) 6pm Bingo (pay) \$2.50 for 4 cards and \$5.00 for 8 cards (CK)</p>	<p>29</p> <p>8:30am-12pm Foot care with Krysta (book) (2S) 9:45 am Morning walk (Meet MLR) 2 pm Resident Meeting 6pm Whist /Bridge (CK)</p>	<p>30</p> <p>9am Knit and crochet (CK) 9:45 am Morning walk (Meet MLR) 10: 30 am Tasting Party – Chocolate (CK) 2pm Music Abe and Marie (MLR) 6pm Whist/Bridge (CK)</p>	

MLR = Main Living Room TVR = TV Room CK = Country Kitchen ECY = East Courtyard WCY = West Courtyard GR= Games room 2S = second floor salon Please book all haircare and foot care with Sherry 250-545-3351 ext. 123