

# September 2023

## Silver Springs



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>*****PLEASE NOTE: Hair on the 7th, Foot Care on the 8th</p>	<p><u>Locations Legend</u> Country Kitchen (CK) Various (Var) Games Room (GR) Main Living Room (MLR) 2nd Floor Salon (S2) East Courtyard (ECY) Dining Room (DR)</p>	<p>Book all appointments with Recreation</p>			<p>9:00 Fiber Arts (CK) <b>1</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) 2:00 Cake Decorating (CK) 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>2</b> 2:00 Afternoon Crib (GR) 6:00 Chess/Checkers (GR)</p>
<p>9:00 Fiber Arts (CK) <b>3</b> 1:30 Church Service (CK) 2:30 Colouring and Puzzle Group (CK) 5:45 Bingo (Prizes) (CK)</p>	<p><i>Labour Day</i> <b>4</b> 9:45 Morning Walk - Outdoor (Var) 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>5</b> 10:30 Sit and Be Fit (CK) 2:00 Blood Pressure Clinic (CK) 2:00 Coffee and Cookies Social (MLR) 6:00 Card Games (GR)</p>	<p>9:00 Fire Bell Test <b>6</b> 9:45 Morning Walk - Outdoor (Var) 10:00 Tai Chi with Jack (CK) 2:00 Ice Cream Social (CK) 5:45 Bingo (Pay) (CK)</p>	<p><i>Hair Salon (S2)</i> <b>7</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) 2:00 Cribbage in the Courtyard (ECY) 6:00 Card Games (GR)</p>	<p><i>Footcare (S2)</i> <b>8</b> 9:00 Fiber Arts (CK) 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) <b>2:00 Painting and Wine (ECY)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>9</b> 2:00 Afternoon Crib (GR) <b>2:00 Music Doug Trask (MLR)</b> 6:00 Chess/Checkers (GR)</p>
<p>9:00 Fiber Arts (CK) <b>10</b> 1:30 Church Service (CK) 2:30 Colouring and Puzzle Group (CK) 5:45 Bingo (Prizes) (CK)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>11</b> 10:30 Morning Stretches (CK) <b>2:00 Music - Marv Manchura (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>12</b> 10:30 Sit and Be Fit (CK) 2:00 Italian Soda Social (CK) 6:00 Card Games (GR)</p>	<p><i>Hair Salon (S2)</i> <b>13</b> 9:45 Morning Walk - Outdoor (Var) 10:00 Tai Chi with Jack (CK) 2:00 Ice Cream Social (CK) 5:45 Bingo (Pay) (CK)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>14</b> 10:30 Chair Zumba with Gia (CK) 2:30 Hearing Clinic (S2) 6:00 Card Games (GR)</p>	<p>9:00 Fiber Arts (CK) <b>15</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) <b>2:00 Happy Hour featuring Guy (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>16</b> 2:00 Afternoon Crib (GR) 6:00 Chess/Checkers (GR)</p>
<p>9:00 Fiber Arts (CK) <b>17</b> 1:30 Church Service (CK) 2:30 Colouring and Puzzle Group (CK) 5:45 Bingo (Prizes) (CK)</p>	<p><i>Music Fest Week</i> <b>18</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Morning Stretches (CK) <b>2:00 Birthdays with Vic and Carol (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>19</b> 10:30 Sit and Be Fit (CK) 11:30 Free Store (CK) <b>2:00 Music Penny and William (MLR)</b> 6:00 Card Games (GR)</p>	<p><i>Hair Salon (S2)</i> <b>20</b> 9:45 Morning Walk - Outdoor (Var) 10:00 Tai Chi with Jack (CK) 2:00 Ice Cream Social (CK) 5:45 Bingo (Pay) (CK) 7:00 Music -Noris Dickson (MLR)</p>	<p><i>Foot Care</i> <b>21</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Chair Zumba with Gia (CK) <b>2:00 Music Alterra (Vince) (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:00 Fiber Arts (CK) <b>22</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) 2:00 Booze &amp; Tattoos (CK) 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>23</b> 2:00 Afternoon Crib (GR) 6:00 Chess/Checkers (GR)</p>
<p>9:00 Fiber Arts (CK) <b>24</b> 1:30 Church Service (CK) 2:30 Colouring and Puzzle Group (CK) 5:45 Bingo (Prizes) (CK)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>25</b> 10:30 Morning Stretches (CK) <b>2:00 Music - Abe and Mary (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>26</b> 10:30 Sit and Be Fit (CK) <b>2:00 Music Betty Hunter (MLR)</b> 6:00 Card Games (GR)</p>	<p><i>Hair Salon (S2)</i> <b>27</b> 9:45 Morning Walk - Outdoor (Var) 10:00 Tai Chi with Jack (CK) 2:00 Ice Cream Social (CK) 5:45 Bingo (Pay) (CK)</p>	<p><i>Foot Care</i> <b>28</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Chair Zumba with Gia (CK) 2:00 Resident Meeting (DR) 6:00 Card Games (GR)</p>	<p>9:00 Fiber Arts (CK) <b>29</b> 9:45 Morning Walk - Outdoor (Var) 10:30 Sit and Be Fit (CK) <b>2:00 Music - Rennie Siriani (MLR)</b> 6:00 Card Games (GR)</p>	<p>9:45 Morning Walk - Outdoor (Var) <b>30</b> 2:00 Afternoon Crib (GR) 6:00 Chess/Checkers (GR)</p>