

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Make It a September To Remember 

						<p>9:30 Sit & Get Fit ¹</p> <p>10:45 Family Feud</p> <p>2:00 Decorate for Fall</p> <p>2:00 BINGO</p>	<p>9:30 Walking Club ²</p> <p>10:45 Whiteboard Games</p> <p>2:00 BINGO</p>
<p>9:30 Reading Group ³</p> <p>10:45 Outdoor Walks</p> <p>2:00 Hymn Sing</p>	<p>9:30 Morning Meditation ⁴</p> <p>10:45 Outdoor Strolls</p> <p>2:00 Ice Cream Cart</p> <p><small>Labor Day</small></p>	<p>10:45 Jeopardy ⁵</p> <p>1:00 Sit & Get Fit</p> <p>2:00 BINGO</p> <p>6:00 Karaoke</p>	<p>9:30 Sit & Get Fit ⁶</p> <p>10:45 Drum Circle</p> <p>2:00 Scenic Drive</p> <p>6:00 Neighbourhood Visits</p>	<p>Activity Planning Day ⁷</p> <p>9:30 Sit & Get Fit</p> <p>10:30 Ladies Group</p> <p>10:45 HOT Potato!</p> <p>2:00 Movie Afternoon</p> <p>6:00 Fall Craft</p>	<p>9:30 Sit & Get Fit ⁸</p> <p>10:45 Morning Trivia</p> <p>2:00 September Birthday & Welcome Social</p>	<p>9:30 Walking Club ⁹</p> <p>10:45 Euchre & Games</p> <p>2:00 BINGO</p>	
<p>9:30 Morning Meditation ¹⁰</p> <p>10:45 Hymn Sing</p> <p>2:00 Grandparents Day Coffee House</p> <p><small>Grandparents Day</small></p>	<p>9:30 Sit & Get Fit ¹¹</p> <p>9-12 Music Therapy</p> <p>10:45 Name that tune</p> <p>2:00 Taste Testing: Cookies</p> <p>6:30 Evening Trivia</p>	<p>9:30 Sit & Get Fit ¹²</p> <p>10:30 RC Mass</p> <p>10:45 Outdoor Strolls</p> <p>12:00 Bacon & Tomato Sandwiches</p> <p>2:00 BINGO</p> <p>6:30 Manicures</p>	<p>9:30 Sit & Get Fit ¹³</p> <p>10:45 Yum Yum Box Taste Testing: Greece</p> <p>2:00 Music with Irish Cowboys</p> <p>6:30 Apple Cider Cart</p>	<p>9:30 Sit & Get Fit ¹⁴</p> <p>10:45 Giant Scrabble</p> <p>2:00 Music with Ron Allin</p> <p>6:45 Clinton Pipe Band</p> <p><small>Rosh Hashanah Begins</small></p>	<p>9:30 Sit & Get Fit ¹⁵</p> <p>10:45 Balloon Volleyball</p> <p>2:00 Wine & Cheese Social accompanied by music with Gladys Van Egmond</p> <p><small>Rosh Hashanah Begins</small></p>	<p>9:30 Walking Club ¹⁶</p> <p>10:45 Baking with Pumpkin</p> <p>2:00 BINGO</p> <p><small>Oktoberfest Begins</small></p>	
<p>9:30 Morning Meditation ¹⁷</p> <p>10:45 Coffee House</p> <p>1:30 Amanda Bisson Knox Presbyterian</p>	<p>9:30 Sit & Get Fit ¹⁸</p> <p>10:45 Story by Arie</p> <p>2:00 Music with Martin Gelinás</p> <p>6:30 TV BINGO</p>	<p>9:30 Sit & Get Fit ¹⁹</p> <p>10:45 Food Committee</p> <p>10:45 Giant Scrabble</p> <p>2:00 BINGO</p> <p>6:30 Tea & Toast</p>	<p>8:00 Farmers Breakfast ²⁰</p> <p>9:30 Sit & Get Fit</p> <p>10:45 Healthy Eating with Dietitian Sarah</p> <p>2:00 Craft: Rock Art</p> <p>6:30 Trivia with Jackson</p>	<p>9:30 Sit & Get Fit ²¹</p> <p>10:30 Walk for Alzheimer's</p> <p>10:45 Men's Group</p> <p>2:00 Alzheimer's Coffee Break</p> <p>6:30 Reading Group</p>	<p>9:30 Sit & Get Fit ²²</p> <p>10:45 Seated Dance</p> <p>2:00 Jump into Fall Social</p>	<p>9:30 Walking Club ²³</p> <p>10:45 Euchre & Games</p> <p>2:00 BINGO</p> <p><small>Autumn Begins</small></p>	
<p>9:30 Reading Group ²⁴</p> <p>10:45 Coffee House</p> <p>2:00 Church Service with Randy Banks, Brucefield</p> <p><small>Yom Kippur Begins</small></p>	<p>9:30 Sit & Get Fit ²⁵</p> <p>9-12 Music Therapy</p> <p>10:45 Residents Council</p> <p>2:00 Music with Marie Flynn & Joseph</p> <p>5:00 Café View</p>	<p>9:30 Sit & Get Fit ²⁶</p> <p>10:45 The Space Race</p> <p>12:00 Bacon & Tomato Sandwiches</p> <p>2:00 BINGO</p> <p>7:00 Blue Jays & Beer</p>	<p>9:30 Sit & Get Fit ²⁷</p> <p>Apple Pie Fundraiser Day!</p> <p>Morning: Cutting Apples</p> <p>Afternoon: Making Pies</p> <p>Eve: Fundraiser Pickups & Neighbourhood visits</p>	<p>9:30 Sit & Get Fit ²⁸</p> <p>10:30 Trip to Casino & Lunch</p> <p>10:45 Walking Club</p> <p>2:00 Manicures</p> <p>6:30 Karaoke</p>	<p>9:30 Sit & Get Fit ²⁹</p> <p>10:00 EarlyOn in the Courtyard</p> <p>2:00 Apple Pie Social</p> <p><small>Sukkot Begins</small></p>	<p>Wear ORANGE for National Truth & Reconciliation Day ³⁰</p> <p>9:30 Indigenous History in Canada</p> <p>10:45 Calendar Distribution</p> <p>2:00 BINGO</p>	

