



# Activity Calendar September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1.  10:15 Gentle Fitness Class	2.  10:00 Brain Games 10:45 Music Therapy with Brian	3.  10:00 Hymn Sing with Carolyn 11:15 Friendly Visits
4.  10:30 Worship Service on the Lounge TV  1:30 Walking Group	5. <u>Labour Day</u>  <i>Pick up a Labour Day Word Puzzle in the Lounge</i>  3:30 Sing-Along with Isobel	6.  10:00 Marilyn on the Piano 11:00 Travelling Hand Massage 2:30 Reminiscing Group: School Days, School Days, Dear Old Golden Rule Days	7.  10:00 Worship Service 11:00 Music and Manicures 2:15 Seated Soccer 3:30 Magazines on the Patio 4:00 Pet Therapy with Yukon	8.  10:15 Gentle Fitness Class 2:30 Grandparent's Day Tea **Come have a tea and treat with grandma/grandpa and get a photo taken together!**	9.  10:00 Brain Games 10:45 Music Therapy with Brian 2:30 Entertainment by Roger Joycey in the Great Hall	10.  10:30 Let's Chat: Grandparents 11:15 Friendly Visits
11. <u>Grandparent's Day</u>  10:30 Worship Service on the Lounge TV: 'Family'  1:30 One to One 'Grandparent's Day' Card Reading	12.  10:00 Hymn Sing with Carolyn 11:00 Helping Hands 2:15 Class Movie Mondays: 'Love me Tender' 2:30 Outdoor Walking Group	13.  10:00 Sports Bingo 11:00 Walking Group 3:30 Gentle Fitness Class	14.  10:00 Worship Service 11:00 Music and Manicures 3:00 Creative Colouring Group 4:00 Pet Therapy with Yukon	15.  10:15 Gentle Fitness Class 11:00 Crokinole 3:30 Pub Social in the Great Hall with Music by The Dynamic Duo	16.  10:00 Pathways Sing-Along 11:00 Outdoor Walking Group	17.  10:30 Seated Soccer 11:15 Friendly Visits
18.  10:30 Worship Service on the Lounge TV: 'Beauty'  1:30 Walking Group	19.  10:00 Music and Movement 11:00 Travelling Hand Massage 1:30 Outdoor Walking Group 3:30 Sing-Along with Isobel	20.  10:00 Marilyn on the Piano  2:30 Painting Group: Q-Tip Dot Art	21. <u>World Alzheimer's Day</u>  10:00 Worship Service 11:00 Music and Manicures 2:15 Keep your Brain Sharp: Word Games & Conversation 4:00 Pet Therapy with Yukon	22. <u>First Day of Fall</u>  10:15 Gentle Fitness Class 11:00 Reading Group 2:30 Leaf Printing Craft	23.  10:00 Brain Games 10:45 Music Therapy with Brian 2:30 September Birthday Social and Sing-Along with Carolyn	24.  10:30 Let's Chat: Nostalgic Items 11:15 Friendly Visits
25.  10:30 Worship Service on the Lounge TV: 'Faith'  1:30 Walking Group	26.  10:00 Music and Movement 11:00 Helping Hands 1:30 Class Movie Mondays: 'Jailhouse Rock' 2:00 Outdoor Walking Group	27.  9:30 Helping Hands: Peeling Apples for Applesauce 2:30 Apple Stamping Craft and Enjoying our Homemade Applesauce for Snack	28.  10:00 Worship Service 12:00 Lunch Club: Kam Yin Chinese Lunch: Sign-Up Required 2:30 Seated Soccer 4:00 Pet Therapy with Yukon	29.  10:15 Gentle Fitness Class 11:00 Crokinole 2:30 Bingo 3:30 Word Puzzles	30. <u>National Day for Truth and Reconciliation</u>  10:00 Brain Games 10:45 Music Therapy with Brian 2:30 'Our People will be Healed' Documentary	