

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10 am: Seated Dance Party! 11 am: Indoor Ball & Balloon Toss 2 pm: Hand Spa Evening: Paralympic Games Highlights	Happy World Coconut Day 2 10 am: Morning Moves 10:30 am: Yoga with Anna 2:30 pm: Piano Concert with Jesse Evening: Paralympic Games Highlights	3 10 am: Musical Movement 11 am: Wonderful Word Games & Puzzles 2 pm: Bingo! Evening: Paralympic Games Highlights	4 10 am: Stretch with Santana 11 am: Group Word Toss 2 pm: Sing-A-Long Social (an Ice Cream Treat) Evening: Paralympic Games Highlights
5 10 am: Sunny Seated Stretch 11 am: Eldercare Sacred Music Service 2 pm: Outside Trivia (Labor Day Around the Globe) Evening: Reminiscing	Labor Day 6 10 am: Monday Morning Check-In 10:30 am: Yoga with Anna 2 pm: Birthday Bash with Casey! Evening: Arm-Chair Travel	7 10 am: Sit Fit/Mind Fit 11 am: Zumba with Isabel 2 pm: Guitar Melodies with Ian Evening: Animal Documentary	8 10 am: Seated Dance Party (Polka) 11 am: Vancouver Island Flora & Fauna 1:45 pm: Scenic Bus Outing Evening: Streamed Jazz	9 10 am: Morning Moves 10:30 am: Yoga with Anna 2 pm: All About Hummingbirds (Food making, Trivia & Fun) Evening: Netflix Film	10 10 am: Musical Movement 11 am: This Day in History 2 pm: Bingo! Evening: Comedy Movie	11 10 am: Stretch with Santana 11 am: Group Crossword Puzzle 2 pm: Sing-A-Long Social (Musical's)
Grandparent's Day 12 10 am: Sunny Seated Stretch 11 am: Eldercare Sacred Music Service 2 pm: Grandparent's Day Tea with "Sadie's Singers" Evening: Roald Dahl Stories	Roald Dahl Day 13 10 am: Monday Morning Check-In (Roald Dahl) 10:30 am: Yoga with Anna 2 pm: A Buzz About Bees (Food Making & Craft Session) Evening: Arm-Chair Travel	14 10 am: Sit Fit/Mind Fit 11 am: Zumba with Isabel 2 pm: Guitar Melodies with Ian Evening: Roald Dahl Stories	15 10 am: Guide Dog & Puppy Visit 11:30 am: Brunch Bunch 2 pm: Afternoon Walks & Strolls Evening: Roald Dahl Stories	16 10 am: Morning Moves 10:30 am: Yoga with Anna 2 pm: Art from the Heart: Beaded Bedazzle Evening: Netflix Film	17 10 am: Musical Movement 11 am: Wonderful Word Games & Puzzles 2 pm: Bingo! Evening: Comedy Movie	18 10 am: Stretch with Santana 11 am: Current Events 2 pm: Sing-A-Long Social (The 50's)

19	Federal Election 20	21	First Day of Autumn 22	23	24	25
<p>10 am: Sunny Seated Stretch</p> <p>11 am: Eldercare Sacred Music Service</p> <p>2 pm: Seedy Sunday (Fall clean-up)</p> <p>Evening: Reminiscing</p>	<p>10 am: Mindful Monday Morning Check-In</p> <p>10:30 am: Yoga with Anna</p> <p>2 pm: Flower Arranging</p> <p>Evening: Arm-Chair Travel</p>	<p>10 am: Sit Fit/Mind Fit</p> <p>11 am: Zumba with Isabel</p> <p>2 pm: Guitar Melodies with Ian</p> <p>Evening: Animal Documentary</p>	<p>10 am: Seated Dance Party with Lee</p> <p>11 am: Autumn Around the World Trivia</p> <p>1:45 pm: Scenic Bus Outing</p> <p>Evening: Streamed Orchestra</p>	<p>10 am: Morning Moves</p> <p>10:30 am: Yoga with Anna</p> <p>2:30 pm: Piano Concert with Jesse</p> <p>Evening: Netflix Film</p>	<p>10 am: Musical Movement</p> <p>11 am: Wonderful Word Games</p> <p>2 pm: Bingo!</p> <p>Evening: Comedy Movie</p>	<p>10 am: Stretch with Santana</p> <p>11 am: Brain Games</p> <p>2 pm: Sing-A-Long Social (The 60's)</p>
26	27	28	29	30		
<p>10 am: Sunny Seated Stretch</p> <p>11 am: Eldercare Sacred Music Service</p> <p>2:30 pm: Seedy Sunday (Fall Planting)</p> <p>Evening: Reminiscing</p>	<p>10 am: Monday Morning Check-In</p> <p>10:30 am: Yoga with Anna</p> <p>2 pm: Cookie Decorating</p> <p>Evening: Arm-Chair Travel</p>	<p>10 am: Sit Fit/Mind Fit</p> <p>11 am: Zumba with Isabel</p> <p>2 pm: Guitar Melodies with Ian</p> <p>Evening: Animal Documentary</p>	<p>10 am: Guide Dog & Puppy Visit</p> <p>11 am: Origami Hour with Marissa</p> <p>2 pm: Afternoon Walks & Strolls</p> <p>Evening: Streamed Symphony</p>	<p>10 am: Morning Moves</p> <p>10:30 am: Yoga with Anna</p> <p>2:30 pm: Piano Concert with Jesse</p> <p>Evening: Netflix Film</p>		

