

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						<b>1</b> 10:15am Balloon Badminton <b>11:00am Beauty Hour</b> 1:00pm Board games
<b>2</b> 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts - Water Colour 3:00pm Pool and Darts	<b>3</b> 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Beauty Hour 3:00pm Ball Toss	<b>4</b> 9:00am Bean Bag Toss 10:30am Gardening 1:30pm Fresh Flower Arranging 3:00pm Reading Club	<b>5</b> 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	<b>6</b> 9:00am Puzzles and Games 10:30am Movement with Anna 1:30pm Hawaiian Happy Hour with Jackie 3:00pm Trivia	<b>7</b> 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	<b>8</b> 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
<b>9</b> 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Live Music with Charlie 3:00pm Arts and Crafts	<b>10</b> 9:00am Walking Group 10:30am Seated Yoga With Anna 12:00pm Diner's Club 1:30pm Beauty Hour 3:00pm Bingo	<b>11</b> 9:00am Bean Bag Toss 10:00am Bus Outing to Beacon Hill Park 1:30pm Card Games 3:30pm Beauty Hour 	<b>12</b> 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	<b>13</b> 9:00am Puzzles and Games 10:30am Movement with Anna 1:30pm Ball Toss 3:00pm Trivia	<b>14</b> 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	<b>15</b> 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
<b>16</b> 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts 3:00pm Pool and Darts	<b>17</b> 9:00am Walking Group 10:30am Seated Yoga With Anna 1:30pm Beauty Hour 3:00pm Ball Toss	<b>18</b> 9:00am Bean Bag Toss 10:30am Gardening 1:30pm Fresh Flower Arranging 3:00pm Reading Club	<b>19</b> 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	<b>20</b> 9:00am Puzzles and Games 10:30am Movement with Anna 1:30pm Live Music Happy Hour with Eugene 3:00pm Trivia	<b>21</b> 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	<b>22</b> 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games
<b>23</b> 9:15am Seated Yoga with Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts 3:00pm Pool and Darts	<b>24</b> 9:00am Walking Group 10:30am Seated Yoga With Anna 12:00pm Diner's Club 1:30pm Beauty Hour - Rock 3:00pm Bingo	<b>25</b> 9:00am Bean Bag Toss 10:30am Card Games 1:30pm Scenic Bus Outing 3:30pm Beauty Hour	<b>26</b> 9:00am Walking Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Reading Club	<b>27</b> 9:00am Puzzles and Games 10:30am Movement with Anna 1:30pm Live Music with Stephanie 3:00pm Birthday Celebration 	<b>28</b> 10:15am Ball Toss 11:00am Beauty Hour 1:00pm Bingo	<b>29</b> 10:15am Balloon Badminton 11:00am Beauty Hour 1:00pm Board games



# ST. CHARLES MANOR

# September 2024



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>30</b> <b>9:15am</b> Seated Yoga with Anna <b>10:30am</b> Reading Club - Truth and Reconciliation <b>1:30pm</b> Arts and Crafts <b>3:00pm</b> Movie Matinee						

Rock - Rockland Lounge