

September 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|---|--|---|
| 1 11:00 Utube Church Service 1:15 Movie & Popcorn | 2 <i>LABOUR DAY</i> 9:30 Reading in the garden 11:00 Tai Chi 1:30 Walks 3:00 Hymn Sing | 3 9:30 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 MANICURES | 4 9:30 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Crafts 3:00 Reflections | 5 9:30 Reading in the garden 11:00 Yoga Stretch 2:30 Happy Hour 3:00 Sing-a-long | 6 9:30 Music Memory 11:00 Jive to Thrive 1:30 Walks 3:00 retro tv shows | 7 2:30 Ice Cream Saturday  |
| 8 11:00 Utube Church Service 1:15 Movie & Popcorn | 9 9:30 Reading in the garden 11:00 Tai Chi 1:30 Walks 3:00 Hymn Sing | 10 9:30 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 MANICURES | 11 9:30 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Crafts 3:00 Reflections | 12 9:30 Reading in the garden 11:00 Yoga Stretch 2:30 Happy Hour 3:00 Sing-a-long | 13 9:30 Music Memory 11:00 Jive to Thrive 1:30 Walks 3:00 retro tv shows <i>Happy Birthday Sue & Joan B.</i> | 14 2:30 Ice Cream Saturday  |
| 15 11:00 Utube Church Service 1:15 Movie & Popcorn <i>TERRY FOX RUN FOR CANCER</i> | 16 9:30 Reading in the garden 11:00 Tai Chi 1:30 Walks 3:00 Hymn Sing <i>Happy Birthday Maggie</i> | 17 9:30 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 MANICURES | 18 9:30 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Crafts 3:00 Reflections <i>Happy Birthday Joanne</i> | 19 9:30 Reading in the garden 11:00 Yoga Stretch <i>GOODBYE SUMMER BBQ BEACH DAY</i> 3:00 Sing-a-long | 20 9:30 Music Memory 11:00 Jive to Thrive 1:30 Walks 3:00 retro tv shows | 21 <i>Lauren on Piano</i> 2:30 Ice Cream Saturday  |
| 22 11:00 Utube Church Service 1:15 Movie & Popcorn <i>WELCOME FALL</i>  | 23 9:30 Reading in the garden 11:00 Tai Chi 1:30 Walks 3:00 Hymn Sing | 24 9:30 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 2:30 Birthday Party - AR <i>Happy Birthday Virginia</i> | 25 9:30 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Crafts 3:00 Reflections | 26 9:30 Reading in the garden 11:00 Yoga Stretch 2:30 Happy Hour 3:00 Sing-a-long <i>Happy Birthday Anna A.</i> | 27 9:30 Music Memory 11:00 Jive to Thrive 1:30 Walks 3:00 retro tv shows | 28 2:30 Ice Cream Saturday  |
| 29 11:00 Utube Church Service 1:15 Movie & Popcorn | 30 <i>TRUTH & RECONCILIATION</i> 9:30 Indigenous History Trivia 11:00 Learn to Pow Wow 1:30 Indigenous Dance on Big Screen |  |  |  |  |  |