

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:15 Word Search 1 Social 12:00 Ball Toss Exercise 2:30 Think Fast in a Jar	 2 Labor Day	9:15 Falls Prevention-FA 3 10:00 Falls Prevention-FA 11:00 Ladder Toss-B 2:00 Simply Stretch-FA 2:30 Skip-Bo 3:00 Pump it up-FA 3:00 Aquafit -Pool 4:00 Happy Hour-Bar	9:30 Chair Yoga-FA 4 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Billiards-MPR 2:30 Resident Town Hall 3:30 Word Games 5:00 Trivia Hour 7:00 Bingo	9:15 Falls Prevention-FA 5 10:00 Falls Prevention-FA 11:00 Bible Study 2:00 Hot Wax Therapy-FA 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Colouring Club 7:00 Name That Tune!	9:30 Movement Matters 6 10:00-2:00 Mobile Senior Shop 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion -MPR 2:00 Foot Doctor 3:30 Sing-a-Long-MPR 7:00 Movie Night - FL	9:00 Breakfast Club 7 (sign up) 11:00 Bingo 2:00 Name that tune! 3:00 Bean Bag Toss
10:15 Morning Horoscopes 8 12:00 Walking Club 2:30 Grandparents Day Sweet Tooth Social 	9:30 Tai Chi - FA 9 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:30 Swiss Chalet Lunch Outing (sign up) 2:30 Colouring Club-B 4:00 Billiards-MPR	9:15 Falls Prevention-FA 10 10:00 Falls Prevention-FA 11:00 Bean Bag Toss-B 2:00 Simply Stretch-FA 2:30 High Tea Social 3:00 Pump it up-FA 3:00 Aquafit -Pool 4:00 Happy Hour-Bar	9:30 Chair Yoga-FA 11 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Ladder Toss-B 2:30 Java Music Club 3:30 Lets Solve riddles 5:00 Colouring Club 5:00 Steak Club (sign up) 7:00 Bingo	9:15 Falls Prevention-FA 12 10:00 Falls Prevention-FA 2:00 Hot Wax Therapy-FA 2:30 Pecan Party 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Skip-Bo 7:00 Wine & Cheese-B 	9:30 Movement Matters 13 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Walking Club 2:30 Skip-Bo-B 3:30 Sing-a-Long-MPR 7:00 Movie Night - FL	9:00 Breakfast Club 14 (sign up) 11:00 Bingo 2:00 Table Pong 3:00 Ice Cream Social
10:15 Word Search 15 Social 12:00 Ball Toss Exercise 2:30 Cheesecake Social	9:30 Tai Chi - FA 16 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00-4:00 Amplifon Hearing Clinic (sign up) 2:30 Colouring Club-B 4:00 Billiards-MPR 	9:15 Falls Prevention-FA 17 10:00 Falls Prevention-FA 11:00 St. Judes Anglican Service -MPR 2:00 Simply Stretch-FA 2:30 Skip-Bo 3:00 Pump it up-FA 3:00 Aquafit -Pool 4:00 Happy Hour-Bar	9:30 Chair Yoga-FA 18 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Scrabble-B 2:30 Java Music Club 3:30 Trivia Hour 5:00 Colouring Club 7:00 Bingo	9:15 Falls Prevention-FA 19 10:00 Falls Prevention-FA 11:00 Bible Study 2:00 Hot Wax Therapy-FA 2:30 Wal-Mart Outing (sign up) 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar 5:00 Skip-Bo 7:00 Wine & Cheese-B	9:30 Movement Matters 20 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion -MPR 2:30 Coffee & Cookies-B 3:30 Sing-a-Long-MPR 7:00 Movie Night - FL	9:00 Breakfast Club 21 (sign up) 11:00 Bingo 2:00 Word Games 3:00 Trivia Hour Oktoberfest Begins
10:15 Morning Horoscopes 22 12:00 Walking Club 2:15 High Tea Social	9:30 Tai Chi - FA 23 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Gardening Club 2:30 Wal-Mart Outing (sign up) 4:00 Billiards-MPR Autumn Begins	9:15 Falls Prevention-FA 24 10:00 Falls Prevention-FA 11:00 Ladder Toss-B 2:00 Simply Stretch-FA 2:30 Cinnabon Social 3:00 Pump it up-FA 3:00 Aquafit -Pool 4:00 Happy Hour-Bar	9:30 Chair Yoga-FA 25 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Colouring Club 2:30 Bingo 4:00 Word Games 5:00 Steak Club (sign up) 	9:15 Falls Prevention-FA 26 10:00 Falls Prevention-FA 11:00 Bean Bag Toss-B 2:00 Hot Wax Therapy-FA 2:30 Birthday Party -B 3:00 Seated Groovin-FA 4:00 Happy Hour-Bar	9:30 Movement Matters 27 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Walking Club 2:30 Shuffleboard-SA 3:30 Sing-a-Long-MPR 7:00 Movie Night - FL	9:00 Breakfast Club 28 (sign up) 11:00 Bingo 2:00 Shuffleboard-SA
10:15 Morning Walk 29 12:00 Skip-Bo-B	9:30 Tai Chi - FA 30 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Gardening Club 2:30 Colouring Club-B 4:00 Billiards-MPR Rosh Hashanah (first Day)	<h1>September 2019</h1> <p>"A late summer garden has a tranquility found no other time of the year."</p>				