

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

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3 LABOR DAY



Labor Day

5 10:00 Rise, Shine N Stretch
11:00 Pump It Up
11:00 60's Bowling
2:00 High Tea Social
3:00 Matinee Movie Film: Mighty Joe Young
4:00 Happy Hour

6 10:00 Fit N Fun Fitness
11:00 Movement Matters
10:30 SJF Catholic Rosary Prayer & Communion.
2:30 RINGO Card Game & Chips
4:00 Who Am I Quiz?
5:00 Steak Night (Sign-Up)

7 10:00 Rise, Shine N Stretch
11:00 Pump It Up
2:00 Walmart Outing (Sign-Up)
2:00 Lotto 6/49 Game
4:00 Happy Hour
6:00 Trivia Hour
7:00 BINGO!

8 **10:00-11:45AM TUCK SHOP**
10:00 Endurance Exercise
11:00 Cardiac Circuit
11:00 Word Search Battle
2:00 Zumba Gold Class W/ Ariam!
2:30 Iced Tea & Cookies Social
4:00 Colouring Club

9 **9:00 Breakfast Club**
11:00 Morning walk with Melissa
2:00 Paint Your Own Bookmark
3:30 Tim Hortons Coffee Outing (Sign-Up)

2:00 Resident Led Dominoes

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10 **10:00-11:45AM TUCK SHOP**
10:00 Fit N Fun Fitness
11:00 Cardiac Circuit
11:00 BINGO!
2:00 – 3:30 Falls Prevention Session
4:00 Name That Tune!

Grandparents Day

12 10:00 Rise, Shine N Stretch
11:00 Pump It Up
11:00 Tea & Trivia
2:00 Value Village Outing (Sign-Up)
2:00 Barbershop Quartet Music & Pumkin Spice Lattes
3:00 Matinee Movie Film: BIG
4:00 Happy Hour

13 **9:00 – 3:30 Eyecare Express Clinic**
10:00 Fit N Fun Fitness
11:00 Movement Matters
2:30 RINGO Card Game & Chips
4:00 September in History Presentation

14 10:00 Rise, Shine N Stretch
11:00 Pump It Up
2:00 ArmChair Travel To: Norway
4:00 Happy Hour
6:00 Trivia Hour
7:00 Coors Light Dance Party In The Bar!

15 **10:00-11:45AM TUCK SHOP**
10:00 Endurance Exercise
11:00 Cardiac Circuit
11:00 Bean Bag Toss
2:30 Brownies & Ice cream Social
4:00 Basketball Throw Competition

Rosh Hashanah Begins

16 **9:00am Breakfast Club**
Walk For Parkinsons (Sign-Up)
11:00 Morning Painting
2:00 Sharing Back to School Memories
3:30 Music Movement W/ Sheryl

Oktoberfest Begins


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17 **10:00-11:45AM TUCK SHOP**
10:00 Fit N Fun Fitness
11:00 Cardiac Circuit
3:30 BINGO!

19 10:00 Rise, Shine N Stretch
11:00 Pump It Up
11:00 Tea & Talk
3:00 Elevated Happy Hour: Cranberry Vodka Soda's
4:00 Bean Bag Toss

20 10:00 Fit N Fun Fitness
11:00 Movement Matters
10:30 SJF Catholic Rosary Prayer & Communion.
2:00 Resident Townhall Meeting
3:00 RINGO Card Game & Chips
4:00 Who Am I Quiz?
5:00 Steak Night (Sign-Up)

21 10:00 Rise, Shine N Stretch
11:00 Pump It Up
2:00 Lotto 6/49 game
4:00 Happy Hour
6:00 Trivia Hour
7:00 Hot Chocolate & BINGO!



22 **10:00-11:45AM TUCK SHOP**
10:00 Endurance Exercise
11:00 Cardiac Circuit
11:00 Connect 4 Game
2:30 Apple Pie Social
4:00 Colouring Club

23 **First Day of FALL**
9:00 Breakfast Club
11:00 Morning walk with Melissa
2:30 Fall Coloring Club
4:00 Apple Tasting

Autumn Begins

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24 **10:00-11:45AM TUCK SHOP**
10:00 Fit N Fun Fitness
11:00 Cardiac Circuit
11:00 Word Games
2:00 Music Video Social
3:30 BINGO!

25 10:00 Rise, Shine N Stretch
11:00 Pump It Up
11:00 Rock N Roll Bowling
2:30 September Birthday Party!
4:00 Happy Hour

26 10:00 Fit N Fun Fitness
11:00 Movement Matters
2:30 RINGO Card Game & Chips
4:00 Bean Bag Number Toss



27 10:00 Rise, Shine N Stretch
11:00 Pump It Up
2:00 Foot Care Clinic
2:00 Sight Seeing Scavenger Hunt in The Library
4:00 Happy Hour
6:00 Trivia Hour
7:00 Wine & Cheese Social

28 **10:00-11:45AM TUCK SHOP**
10:00 Endurance Exercise
11:00 Cardiac Circuit
11:00 Basketball Throw Competition
2:30 Ice Cream Bar & Music Social
5:00 Pub Night

Sukkot Begins

29 **9:00 Breakfast Club**
11:00 Crosswords & Coffee
2:00 Elvis Bowling
3:30 what age do you feel and why? Join the conversation.