


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
ACTIVITIES ARE SUBJECT TO CHANGE	LEGEND (AR)–Activity Room, 2 nd Floor (CR)–Council Room, Main Floor (DR)–Dining Room (2, 3, 4, 5, 6) - indicate care unit		<h1>September 2019</h1>				
	1 10:00 Group Exercise (6) 11:00 Fun & Fitness (3) 2:00 Making Bulletin Board Decorations (AR)	2 	3 10:00 Group Exercise (4) 10:30 Sing Along with Inez (DR) 2:30 Making Crock Pot Carmel Apple Roll (AR) 6:30 Carmel Apple Treat (AR)	4 10:30 United Church Service (CR) 2:30 Making an Afghan with Mona (AR) 6:30 Puzzle Party (AR)	5 10:00 Badminton (2) 11:00 Badminton (3) 2:30 Birthday Party (DR) 6:30 Super Quiz (AR)	6 Read A Book Day... 10:00 Group Exercise (2) 10:45 Fun & Fitness (6) 2:30 Chair Yoga (4&6)	7 10:00 Group Exercise (4) 10:45 Group Exercise (5) 1:30 Jennifer & Maggie (dog) Visit 2:30 BINGO (DR)
8 Grandparent's Day 10:00 Group Exercise (6) 11:00 Fun & Fitness (3) 2:30 Grandparent's Day Party (DR) Build Your Own Sundaes!	9 10:00 Group Exercise (2) 10:45 Group Exercise (5) 2:00 Making Bannock (AR) 2:30 Fried Bannock & Tea (DR) 6:30 Apple Quiz & Tasting (AR)	10 10:00 Group Exercise (4) 11:00 Fun & Fitness (3) 1:30 Shucking Corn (AR) 2:30 Corn Roast (Patio) 6:30 Colouring Group (AR)	11 10:00 Fresh Air Walks 2:30 Art with Willow Springs (DR) 6:30 Movie & Popcorn (CR)	12 Chocolate Milkshake Day 10:00 Group Exercise (3) 10:30 Anglican Service (CR) 11:30 Outing to Merla Mae for lunch 2:30 Chocolate Milk Shakes (Front Lobby) \$2.00 ea 6:30 Puzzle Party (AR)	13 Friday the 13 th ... 10:30 Anishnabe Church Service (CR) 10:45 Group Exercise (6) 2:00 Sharing Circle (CR) 3:00 Tai Chi (DR)	14 10:00 Group Exercise (4) 10:45 Group Exercise (5) 2:30 BINGO (DR)	
15 10:00 Group Exercise (6) 11:00 Fun & Fitness (3) 2:00 Lost & Found (CR)	16 Play Doh Day 9:30 1:1's on 2 & 6 10:00 Making Play Doh for Day Care 2:00 Gift Bags Craft (AR) 2:30 Chair Dance (DR) 6:30 Clothing Sale (CR)	17 Apple Dumpling Day 9:30 1:1's on 3 & 5 10:00 Making Apple Dumplings (AR) 2:00 Outing to Value Village 6:30 Apple Dumplings (CR)	18 9:30 1:1's on 4 10:00 Group Exercise (2) 10:45 Group Exercise (5) 2:30 Making an Afghan with Mona (AR) 6:30 Fall Crafts (AR)	19 10:00 Seated Ballet (DR) 2:30 Outing to Fishermen's Park 2:30 Victoriaville Mall Visit 7:00 BINGO (DR)	20 10:00 Group Exercise (2) 10:45 Group Exercise (6) 2:00 Craft Prep with Mona (AR) 2:30 Roman Catholic Church Service (DR)	21 9:30 1:1's on 2 & 6 10:00 Group Exercise (4) 10:45 Group Exercise (5) 1:30 Jennifer & Maggie (dog) Visit 1:00 Outing to the Cheese Farm	
22 Elephant Appreciation Day 9:30 1:1's on 3 & 5 10:00 Group Exercise (6) 11:00 Fun & Fitness (3) 2:30 Farewell to Summer with a Wine & Cheese Party (Patio)	23 Autumn Begins...Ends Dec. 22 9:30 1:1's on 4 10:30 Lutheran Church Service (CR) 2:00 Making Cedar Christmas Ornaments (AR) 6:30 Decorating for Fall	24 9:30 1:1's on 2 & 6 10:30 Sing Along with Inez (DR) 2:30 Resident Council (DR) 6:30 Reminiscing about Autumn (AR)	25 9:30 1:1's on 3 & 5 10:00 Making Apple Cider (AR) 2:30 "Senior Music Makers" (DR) 6:30 Enjoying Apple Cider (AR)	26 10:00 Seated Ballet (DR) 2:00 Outing to Up Shot Coffee House on May St. 2:30 Museum Visits "School Days" (DR) 6:30 Baking Apple Crostatas for Coffee Break (AR)	27 10:00 Group Exercise (2) 10:45 Group Exercise (6) 2:00-3:30 Alzheimer's Coffee Break (DR) Have a coffee & apple crostata (Residents/Staff/Visitors) Donations to our local Alzheimer's Society	28 Good Neighbour Day... 10:00 Group Exercise (4) 10:45 Group Exercise (5) 2:30 BINGO (DR) (Good Neighbour prizes) 	
29 10:00 Group Exercises (6) 11:00 Fun & Fitness (3) 2:00 Book Sale (Front Lobby)	30 9:30 1:1's on 2 & 6 2:30 Welcome Tea (DR) 6:30 Singing About My Generation Pub (CR)						