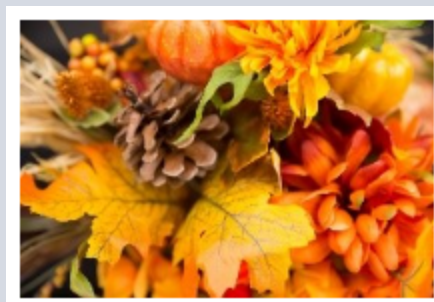

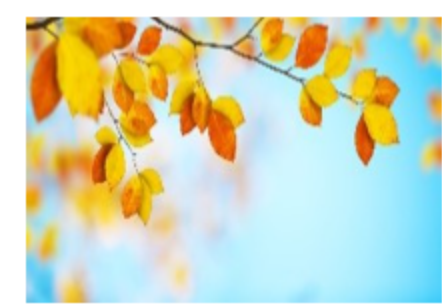






September 2023

Southbridge Lakehead



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Legend (AR) Activity Room - 2nd Floor (DR) Dining Room - 1st Floor (CR) Council Room - 1st Floor 2,3,4,5,6 indicate care areas Activities are Subject to Change	9:30 Patio Gardening/Care 1 10:15 Senior Fitness (2) 2:00 Card Bingo (6) 2:30 Card Bingo (5) 3:00 Card Bingo (4) 3:30 Card Bingo (3) 4:00 Card Bingo (2) 6:30 1-on-1 (2)	9:30 Patio Gardening/Care 2 11:00 1-on-1 (3) 2:00 World Beard Day 3:00 World Beard Day
9:30 Patio Gardening/Care 3 10:00 Bedside Bible Readings 11:00 Manicures (4) 2:30 Last Long Weekend of Summer	Labour Day 4 	World Samosa Day 5 10:00 Senior Fitness 11:00 1-on-1 (5) 2:30 What are Samosas & Where did they come from? 7:00 Blue Moon Party with Sherry, Jim & Larry	6 10:00 Planting Fall Flowers 11:00 1-on-1 (6) 2:30 Read a Book Day/Traveling Books/Magazines/DVD's 6:30 Read a Book Together/Hockey Canada's Game	7 10:30 Lutheran Church Service (DR) 11:00 1-on-1 (2) 1:30 Corn Husking 3:00 Sweet Corn & Butter 7:00 Beer Tasting (AR)	8 10:00 Senior Fitness 11:00 1-on-1 (3) 11:30 Outing to Dairy Queen for Lunch 3:00 Anglican Church Service (DR) 6:30 Star Trek Day	9 10:00 Fresh Air Walks (2,3) 11:00 1-on-1 (4) 2:30 Bingo (DR) 4:15 Country Store (AR)
10 Grandparents' Day 10:00 Making Apple Pie 11:00 1-on-1 (5) 2:30 A Midnight Special with Ray for Grandparents Day 3:00 The Music of Creedence Clearwater Revival	11 10:00 Seniors Fitness (2) 11:00 Balloon Badminton (3) 11:00 1-on-1 (6) 2:30 Cultural Program with Metis Assoc. 6:30 Lost & Found (CR)	12 10:00 Senior Fitness (4) 11:00 Balloon Badminton (5) 11:00 1-on-1 (2) 2:15 Chocolate Milkshake Day 6:30 Clothing Sale (CR)	13 10:00 Decorating for Country & Western Day 10:00 Making a Dolly Cake 11:00 1-on-1 (3) 2:30 Resident Council Meeting (DR) 7:00 Daylin's All Country Show	14 10:00 Seated Soccer (4) 11:00 Seated Soccer (3) 11:00 1-on-1 (4) 2:30 TBay Museum School Days (DR) 6:30 How Did the Garden Grow (AR)	15 10:00 Seated Soccer (6) 11:00 Seated Soccer (5) 11:00 1-on-1 (5) 2:30 R.C. Communion Service (DR) 6:30 Making a Scarecrow Wreath (AR)	16 International Panda Day & Eat An Apple Day 10:00 Eat An Apple Day/Samplings (All Floors) 10:45 Apple Word Search 11:00 1-on-1 (6) 1:15 Jennifer & Maggie (dog) Visit 2:00 Making a Panda Puzzle 
17 10:00 Outing to St. Pat's Church Service 11:00 1-on-1 (2) 2:00 Hymn Sing 3:00 Bible Study Group	18 10:00 BBQ Prep (AR) 11:00 1-on-1 (3) 12:00 Last BBQ of the Season 2:30 Patio Games 6:30 Making/Enjoying Rice Krispie Treats	19 10:00 Senior Fitness 11:00 1-on-1 (4) 2:15 Outing to Dolce/Coffee & Dessert 6:30 Back In The Day...The 50's (CR)	20 10:00 Manicures (2,3,4) 11:00 1-on-1 (5) 2:00 Patio/Garden Clean Up 6:30 Patio Games	21 International Day of Peace 10:00 Coffee & News 11:00 1-on-1 (6) 2:30 Games 6:30 Cheese Making	22 10:00 Seated Soccer 11:00 1-on-1 (2) 2:00 Trivia/Invention of the Ice Cream Cone (AR) 3:00 Traveling Ice Cream Cones 6:30 Climate Change/Weather	23 First Day of Fall 10:15 Exercise Group 10:15 Senior Fitness 11:00 1-on-1 (3) 2:00 First Bingo of Fall (2) 3:00 First Bingo of Fall (3)
24 10:00 Hymn Singing (AR) 11:00 1-on-1 (4) Bible Readings 1:30 Making Popcorn 2:30 Super Mario Movie & Popcorn (CR)	25 10:00 Comic Book Day 11:00 1-on-1 (5) 2:00 First Bingo of Fall (4) 3:00 First Bingo of Fall (5) 6:30 First Bingo of Fall (6)	26 10:00 Senior Fitness 10:15 Exercise Group 11:00 1-on-1 (6) 2:30 Welcome Tea 4:30 Outing to Joey's for Supper 6:30 Cribbage Card Games (AR)	27 10:15 Exercise Group 10:30 Manicures (5&6) 11:00 1-on-1 (2) 2:30 Autumn Crafts 6:30 Women's Curling in Canada/The World	28 10:15 Exercise Group 11:00 1-on-1 (3) 2:30 Birthday Party (DR) 6:30 A Fall Puzzle Group	29 10:00 Exercise Group 11:00 Baking Cookies for Outing 11:00 1-on-1 (4) 2:15 Outing to Metis Assoc. 6:30 Travel through the Fall Leaves	30 Wear Orange in Honour of Truth & Reconciliation Day 10:00 Orange Bannock Bake Off with Joe & Nellie 11:00 1-on-1 (5) 1:15 Jennifer & Maggie (dog) Visit 2:00 Orange Bingo (DR)