



SEPTEMBER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 AM: Tai Chi (Fitness Rm) 10:00 AM: Catholic Mass (Chapel) 10:15 AM: Stanley Park (Bus) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	2 10:00 AM: Music w/ Don MacKenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	3 9:30 AM: Get up and go (Fitness Rm) 11:15 AM: Lunch - The Galley - Discovery Park (Bus) 2:30 PM: Mystery Cards (Dining Rm)	4 10:30 AM: Ping Pong (Fitness Rm) 10:30 AM: VPL Books (Media Room) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Bocce (Courtyard)	5 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Virtual Scenic Drive - Wonders of Portugal Travel Video 4K - trip insight (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
6 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	7 Labor Day 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm) 	8 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 1:15 PM: London Drugs (Bus) 2:15 PM: Resident Council Meeting (Priv Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	9 9:30 AM: Sit and Fit (Fitness Rm) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	10 9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking (Minivan) 11:30 AM: Bagged Lunch - Cates Park - (Bus) 2:30 PM: Resident Food Forum (Dining Room)	11 9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & music w/ Greg Alcock (Dining Room)	12 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
13 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm) 	14 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: News & Views (Media Rm) 10:30 AM: Pet Therapy (Fireside Lounge) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: Cleveland Dam (Bus) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	15 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	16 9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM: Music w/ Don MacKenzie (Dining Room) 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm)	17 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Richmond Country Farms - (Bus) 2:30 PM: Mystery Cards (Dining Rm)	18 9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour & Bocce or Trivia (Dining Room)	19 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Virtual Scenic Drive - Wonders of Indonesia Travel Video 4K (Media Room) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
20 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	21 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: Puretone Hearing Clinic (Media Room) 10:30 AM: Kraft Korner (Sth Act Rm) 2:30 PM: Reflexology Demo (Media Room) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	22 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 11:30 AM: Bagged Lunch - Iona Beach (Bus) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Christian Fellowship (Chapel) 7:00 PM: Concert (Media Rm)	23 9:30 AM: Sit and Fit (Fitness Rm) 10:00 AM Blood Pressure & Weight (Media Room) 7:00 PM: Movie (Media Rm) 7:45 PM: Cards - Uno w/ St. Pat's Volunteers (Dining Rm)	24 9:30 AM: Get up and go (Fitness Rm) 9:30 AM: Medical/Banking (Minivan) 10:30 AM: Kingsgate Mall (Bus) 2:30 PM: Mystery Cards (Dining Rm) 	25 9:30 AM: Stretch Fit (Fitness Rm) 10:30 AM: Ping Pong (Fitness Rm) 2:30 PM: Bridge (South Activity Room) 2:30 PM: Happy Hour, Birthday Celebration & music w/ The Shoe Shakers (Dining Room)	26 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:30 PM: Resident Run Bocce (Courtyard) 7:00 PM: Movie (Media Rm)
27 10:30 AM: Resident Run Fitness Fun & Games (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 2:00 PM: Movie (Media Rm) 3:00 PM: Resident Run Bingo (Sth Act Rm)	28 9:30 AM: Get up and go (Fitness Rm) 10:30 AM: News & Views (Media Rm) 10:30 AM: Kraft Korner (Sth Act Rm) 1:15 PM: H.R. MacMillan Space Centre (Bus) 2:30 PM: Book Club (Private Din Rm) 2:30 PM: Bridge (Sth Act Rm) 7:00 PM: Movie (Media Rm)	29 9:30 AM: Tai Chi (Fitness Rm) 10:30 AM: Scrabble (Private Din Rm) 3:00 PM: Bingo (Sth Act Rm) 7:00 PM: Concert (Media Rm)	30 Truth & Reconciliation Day 7:00 PM: Movie (Media Rm) 7:30 PM: Cards - Uno (Private Dining Rm) 	Did You Know: 1. September gets its name from the Latin word septem (meaning "seven") because it was the seventh month in the early Roman calendar 2. Birthstone: Sapphire, a symbol of wisdom, loyalty, and nobility 3. Birth flowers: Aster and morning glory		