

| Sunday   | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday   |
|--|--|--|--|--|--|--|
| <p>9:45 " Space Muppets" (Maple/Birch)<br/>10:30 Planting "Grand Mums" (Maple/Birch)<br/>2:15 Movie Matinee-"The Odd Life of Timothy Green (Pine AR)<br/>2:15: Alphabet Game! (Main Lobby)<br/>2:30 Science Experiment: Making Spa Face Masks (Lobby)<br/>6:15 – Hymn Sing! (Cedar)<br/>7:15 General Program: Hymn Sing and Message of Faith! (Main Lobby)</p> | <p>9:45- Puzzles- Linden<br/>10:00 " Ripley's Believe it or Not" (Cedar)<br/>10:45 Book Club (Pine/Linden)<br/>11:00 Balloon Toss- Aspen<br/>2:30 Travelling Manicures (Pine)<br/>2:30 What's My job? Labour Day Discussion</p> <p>Labor Day</p>   | <p>9:30 Cardio and Strength –Maple<br/>9:30 Fun and Fitness- Birch<br/>9:30 Cardio and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Rise &amp; Shine Bingo –Rec Rm<br/>2:00 Anglican Church –Chapel<br/>6:15: Movement to Music (Aspen)<br/>6:15 Snoezelen Cart 1:1 (Cedar)<br/>7:15 General Program: Reminiscing School Days (Lobby)</p>  | <p>9:30 Strength and Seated Balance- Pine<br/>9:30 Strength and Seated Balance- Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Fun and Fitness- Birch<br/>12:00-1:00 Linden Unit BBQ- Lobby<br/>2:00 Art with Marlene –Pine AR<br/>6:00 Entertainment on Aspen<br/>7:00 Entertainment in the Lobby</p>  | <p>9:30 Fun and Fitness- Maple<br/>9:30 Stretch and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:30 Musical Interludes with-Aspen<br/>2:00 General Program: Popcorn Trolley and Jukebox Music! (Lobby)<br/>2:00 Fun and Fitness- Aspen<br/>6:00 Therapeutic Paws Pet Therapy Visits -All Units<br/>6:15 Bowling! (Aspen)<br/>6:15 Finish the Sentences (Cedar)<br/>7:15 General Program: No Money Bingo (Lobby)</p> | <p>9:30 Stretch and Strength-Linden<br/>9:30 Stretch and Strength- Cedar<br/>10:00-11:00 Coffee Café -Atrium<br/>10:00 M&amp;M Music Group –Birch<br/>11:00 Roman Catholic Mass –Chapel<br/>1:30 Small Group Music Therapy – Aspen<br/>2:45 Crystal Tones Bell Choir Rehearsal –Linden<br/>7:00 Happy Hour with Allan-Lobby</p>  | <p>10:15 Colouring Pages -Pine<br/>10:15 Manicures – Cedar<br/>10:15 Bean Bag Toss Aspen<br/>10:45 Colouring Pages – Maple<br/>10:45 Bean Bag Toss Linden<br/>10:45 Manicures - Birch<br/>2:30 General Program: Smoothie Saturday - Pine AR<br/>6:15 1:1 Card Game -Cedar<br/>7:00 General Program: Assorted Board Games-Pine AR</p> |
| <p>9:45 Friendly Visits (Cedar)<br/>9:45 Hymn Sing Aspen<br/>11:00 Holy Rosary -Chapel<br/>2:00- Special Event for Grandparents Day with Entertainment (Lobby)<br/>6:15 Sunday Were Special Read Out Loud -Aspen<br/>7:15 General Program: Prayer &amp; Praises -Lobby</p> <p>Grandparents' Day</p>  | <p>9:30 Strength and Seated Balance – Linden<br/>9:30 Strength and Cardio –Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>2:00 Fun &amp; Fitness –Aspen<br/>2:00: Quick Fire Word Games (Lobby)<br/>2:15 Movie Matinee: "Flubber" (Pine AR)<br/>6:15 Chicken Soup for the Grandparents Soul (Cedar)<br/>7:15 General Program: - Movie Night: Sing! (Birch Lounge)</p>   | <p>9:30 Cardio and Strength –Maple<br/>9:30 Fun and Fitness- Birch<br/>9:30 Cardio and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Rise &amp; Shine Bingo –Rec Rm<br/>10:30 Outing: Perkins (Sign up and Cost required) (4 w/c)<br/>2:30: Celebrity Hangman (Main Lobby)<br/>6:15: Music Appreciation(Aspen)<br/>7:00 Family Council Meeting (All family members welcome) -3<sup>rd</sup> Floor Board Room<br/>7:15 General Program: - September Word Games (Lobby)</p> | <p>9:30 Strength and Seated Balance- Pine<br/>9:30 Strength and Seated Balance- Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Fun and Fitness- Birch<br/>10:45 General Program: Making Sugar Crystals (Courtyard)<br/>2:00 Art with Marlene! (Pine AR)<br/>6:00 Entertainment on Cedar<br/>7:00 Entertainment in the Lobby</p>   | <p>9:30 Fun and Fitness- Maple<br/>9:30 Stretch and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>2:30 General Program:<br/>2:00 Fun and Fitness- Aspen<br/>6:00 Therapeutic Paws Pet Therapy Visits -All Units<br/>6:15 – Montessori Visits (Aspen)<br/>6:15 – Sing-Along (Cedar)<br/>7:15 General Program: Canadian Knowledge Trivia (Lobby)</p>  | <p>9:30 Stretch and Strength-Linden<br/>9:30 Stretch and Strength- Cedar<br/>10:00-11:00 Coffee Café -Atrium<br/>10:00 M&amp;M Music Group –Birch<br/>10:00 Bible Study with Heddi – Chapel<br/>1:30 Small Group Music Therapy – Aspen<br/>2:45 Crystal Tones Bell Choir Rehearsal –Linden<br/>7:00 Happy Hour with Entertainment Lobby</p>  | <p><b>8:30- 1:30 Yard Sale!</b><br/><b>(Front Parking Lot)</b></p> <p>6:15 –Movie Night with Treat &amp; Roots Rock Reggae Dance! (Aspen)<br/>7:00 General Program: Movie Night: Look Who's Talking (Birch Lounge)</p>   |
| <p>9:45 Watering the Garden –Cedar<br/>9:45 Making Slime -Aspen<br/>11:00 Holy Rosary -Chapel<br/>2:15 General Program: Faith Family Hymn Sing (Pine AR)<br/>2:30 Book Club – Cedar<br/>6:15 –Hymn Sing (Cedar)<br/>7:15 General Program: Hymn Sing &amp; Message of Love -Lobby</p>   | <p>9:30 Strength and Seated Balance- Linden<br/>9:30 Strength and Cardio –Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>2:00 Fun &amp; Fitness –Aspen<br/>6:15 Gentle Hand Massages -Cedar<br/>7:15 General Program:-Word Pyramid –Pine AR</p>   | <p>9:30 Cardio and Strength –Maple<br/>9:30 Fun and Fitness- Birch<br/>9:30 Cardio and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Rise &amp; Shine Bingo –Rec Rm<br/>2:00 Anglican Church –Chapel<br/>2:30 Tea with Heddi and Friends– Pine AR<br/>6:15: Snoezelen (Aspen)<br/>6:15 Current Events (Cedar)<br/>7:15 General Program: Name 8 (Pine AR)</p>  | <p>9:30 Strength and Seated Balance- Pine<br/>9:30 Strength and Seated Balance- Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Fun and Fitness- Birch<br/>12:00 Order in Swiss Chalet Lunch (Sign Up and Cost Required) (Lobby)<br/>2:30 General Program: Making Erupting Apple Volcanoes (Courtyard)<br/>6:00 Entertainment on Aspen<br/>7:00 Entertainment in the Lobby</p> | <p>9:30 Fun and Fitness- Maple<br/>9:30 Stretch and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>2:00 General Program: Name That... (Main Lobby)<br/>2:00 Fun and Fitness- Aspen<br/>6:00 Therapeutic Paws Pet Therapy Visits -All Units<br/>6:15 –Sensory Activities (Aspen)<br/>6:15 – Chicken Soup for the Grandparents Soul (Cedar)<br/>7:15 General Program: No Money</p>   | <p>9:30 Stretch and Strength-Linden<br/>9:30 Stretch and Strength- Cedar<br/>10:00-11:00 Coffee Café -Atrium<br/>10:00 M&amp;M Music Group –Birch<br/>11:00 Eucharistic Service –Chapel<br/>1:30 Small Group Music Therapy –Aspen<br/>2:15 General Program: Making Lava Lamps and Sensory Bottles (Pine AR)<br/>2:45 Crystal Tones Bell Choir Rehearsal –Linden<br/>7:00 Happy Hour with Entertainment Lobby</p> | <p>10:15 -Pine<br/>10:15 1:1 Visits– Cedar<br/>10:15 Bean Bag Toss Aspen<br/>10:45 Colouring Pages – Maple/Birch<br/>10:45 Bean Bag Toss Linden<br/>2:30 General Program: Treat Trolley – All<br/>6:15 Name That Tune -Aspen<br/>7:00 General Program: 1950's Era Music with Treats - Lobby</p> <p>Oktoberfest Begins</p>            |
| <p>9:45 Hymn Sing Aspen<br/>11:00 Holy Rosary -Chapel<br/>2:30 General Program: -Main Building<br/>6:15 Chicken Soup for the Christian Soul -Cedar<br/>7:15 General Program: Hymn Sing with Bible Reading -Lobby</p>   | <p>9:30 Strength and Seated Balance – Linden<br/>9:30 Strength and Cardio –Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Resident Council Meeting (Pine AR)<br/>10:00 Morning Movie: Harry Potter- Linden<br/>2:00 Fun &amp; Fitness –Aspen<br/>2:30 General Program: Strudel and Cider Social (Lobby)<br/>6:15 –Movie Night with Treats (Aspen)<br/>7:15 General Program: Name that Song -</p> <p>Autumn Begins</p> | <p>9:30 Cardio and Strength –Maple<br/>9:30 Fun and Fitness- Birch<br/>9:30 Cardio and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:00 Harvest Pie Baking (Pine Kitchen)<br/>10:15 Rise &amp; Shine Bingo –Rec Rm<br/>2:00 Montessori Visits<br/>2:15- General Program: Making Candy Apples (Pine AR)<br/>6:15: Soca &amp; Reggae Oldies (Cedar)<br/>6:15 Matching Shapes -Aspen<br/>7:15 General Program: September Facts &amp; Fiction (Pine AR)</p>                      | <p>9:30 Strength and Seated Balance- Pine<br/>9:30 Strength and Seated Balance- Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 Fun and Fitness- Birch<br/>10:30 Outing: (5 w/c) Ajax Walmart &amp; McDonalds Lunch (Sign-up and Coat Required)<br/>2:30 General Program: Schnitzle, Beer and the history of Oktoberfest (Pine AR)<br/>6:00 Entertainment on Cedar</p>         | <p>9:30 Fun and Fitness- Maple<br/>9:30 Stretch and Strength- Pine<br/>10:00-11:00 Coffee Café –Atrium<br/>10:15 General Program: Making Alpine Hats and Facts about Germany (Pine AR)<br/>2:00 Fun and Fitness- Aspen<br/>5:00 Black Tie Dinner with (Sign Up and Cost Required)<br/>6:00 Therapeutic Paws Pet Therapy Visits -All Units</p>  | <p>9:30 Stretch and Strength-Linden<br/>9:30 Stretch and Strength- Cedar<br/>10:00-11:00 Coffee Café -Atrium<br/>10:00 M&amp;M Music Group –Birch<br/>10:00 Bible Study with Heddi – chapel<br/>1:30 Small Group Music Therapy – Aspen<br/>2:45 Crystal Tones Bell Choir Rehearsal –Linden<br/>7:00 Happy Hour with Lobby</p>  | <p>10:00 Harvest Pie Baking (Pine Kitchen)<br/>2:00: Current Events (Main Lobby)<br/>2:30 General Program: Famous German People-Who am I? (Pine AR)-<br/>6:15 Snoezelen Cart (Aspen)<br/>7:00 General Program: Movie Night: Grease! (Birch Lounge)</p>   |
| <p>9:45 Friendly Visits –Cedar<br/>9:45 School Day Reminiscing - Aspen<br/>11:00 Holy Rosary –Chapel<br/>2:30 General Program: Pie Tasting-Lobby<br/>6:15 –Hymn Sing (Cedar)<br/>7:15 General Program: Hymn Sing &amp; Message of Happiness (Main Lobby)</p>   | <p>9:30 Strength and Seated Balance– Linden<br/>9:30 Strength and Cardio –Cedar<br/>10:00-11:00 Coffee Café –Atrium<br/>10:30 Monthly Birthday Party -Lobby<br/>2:00 Fun &amp; Fitness –Aspen<br/>6:15 Let's Sing Together -Aspen<br/>7:15 General Program: Scategories –Pine AR</p> <p>Rosh Hashanah (first Day)</p>  | <p>September 2019</p> <p><b>"Science in September"</b></p>   |  |  |  |  |