


SEPTEMBER 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
Abbreviation Key ADP = 3rd Fl ADP Room CK= Country Kitchen CR = Computer Room FM = First Floor Meeting Rm H = Harrison MPR L = Lower Lounge ML = Main Floor Lounge MPR= Multi-Purpose Room O= Oasis Auditorium W= Wellness Service Room T = 3rd Fl Theatre Room * = Sign-Up Required (call 2000)		Phone Extensions Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness - ext 2025/2004		 September "By all these lovely tokens, September days are here. With summer's best of weather and autumn's best of cheer" - Helen Hunt Jackson		1 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	2 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)
3 10:00 Worship Service (MPR) 3:15 Board Games (LL)	4 LABOUR DAY 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Back To School Spelling Bee (MPR)	5 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	6 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 1:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)	7 10:30 Chair Fit (MPR) 11:15 Bus Outing: Al & Jan's Fish N' Chips Lunch 3:15 Video Presentation: Music of the Masters (MPR) 6:30 Jeopardy! Night (MPR)	8 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (H) 2:30 Cranium Crunches: Word Scramble (LL) 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	9 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Putt Putt Golf & Ice Cream Bars (O) - weather permitting	
10 GRANDPARENT'S DAY 10:00 Worship Service (MPR) 3:15 Grandparent's Day Board Games (LL) - invite your grandkids/ great-grandkids to join!	11 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:00 - 3:00 Hearing Clinic (MPR) * - free sign-up: call ext 2000 2:30 Crafter's Corner (LL) 6:30 Evening Social: Active Games (MPR)	12 10:30 Stretch & Strength (MPR) 1:30 Men's Group (FM) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	13 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Movie Matinee: Patch Adams (MPR) 6:30 BINGO Night (LL)	14 10:30 Chair Fit (MPR) 1:30 Christmas Market Card Making (MPR) 3:15 Java Music Club (CK) - by invitation 6:30 Jeopardy! Night (MPR)	15 10:30 Stretch & Strength (MPR) 10:45 Bus Outing: Willowbrook Mall & Lunch 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	16 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)	
17 10:00 Worship Service (MPR) 3:15 Board Games (LL)	18 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Word Games (MPR)	19 No Art Expression today 10:30 Stretch & Strength (MPR) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	20 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 2:30 Resident Council (MPR) 6:30 BINGO Night (LL)	21 10:30 Chair Fit (MPR) 1:30 Bocce Ball (MPR) 3:15 Autumn Apple Social with Classic Rewind (LL) 6:30 Jeopardy! Night (MPR)	22 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (H) 3:30 Virtual Reality (CK) 6:45 Movie Night: Promised Land (T)	23 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR)	
24 10:00 Worship Service (MPR) 3:15 Board Games (LL)	25 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Minute to Win It! (MPR)	26 10:30 Stretch & Strength (MPR) 1:30 Men's Group (FM) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Road to Avonlea (T)	27 10:30 Bus Outing: House of James & Lunch 10:30 Balance Class (MPR) 1:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)	28 10:30 Chair Fit (MPR) 1:30 Bus Outing: Scenic Drive to Fort Langley 3:15 Live Accordion Music with Gordon Groening (LL) 6:30 Jeopardy! Night (MPR)	29 10:30 Stretch & Strength (MPR) 2:30 Cranium Crunches: Word Scramble (LL) 3:15 Java Music Club (CK) - by invitation 6:45 Movie Night: Promised Land (T)	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)	