

September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2 LABOUR DAY Note: There are no fitness classes today	3	4 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	5 10:00 2KM Group Walk (meet at concierge desk) ^ 1:30 Hymns & Praise with Darlene	6 9:00 Hybrid Fitness \$	7	
8	9 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	10 9:30- 12:30 Elections BC- Voter Card Registration 2:00 1.5 KM Group Walk (meet at concierge desk) ^	11 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	12 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	13 9:00 Hybrid Fitness \$ 10:00 Cinnamon Bun Social * \$ (Summit Dining Room)	14	
15	16 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Musical Entertainment with Bruce Goertzen * \$	17 2:30 3 KM Group Walk (meet at concierge desk) ^ 5:00 Formal Community Dinner * \$	18 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Advance Care Planning Education Session *	19 1:30 Hymns & Praise with Darlene	20 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session: Brain Health	21	
22 2:30 Sunday Service Provided by River of Life Church	23 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	24 10:00 2.5KM Group Walk (meet at concierge desk) ^ 1:30 Amplifon Hearing Clinic * By Appointment Only*	25 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Resident Information Session	26 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene 2:30 Wine & Cheese Social * \$	27 9:00 Hybrid Fitness \$	28	
29 2:30 Sunday Service Provided by Cornerstone Christian Reformed Church	30 NATIONAL DAY FOR TRUTH AND RECONCILIATION Note: There are no fitness classes today	\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise					