

# September 2024- THE HAWTHORN

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>LABOUR DAY</b> Note: There are no fitness classes today	3	4 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge)	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 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge-6th Floor)	12 10:00 Pet Therapy 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 Hawthorn Cribbage Club (Summit Dining Room) 2:00 Musical Entertainment with Bruce Goertzen *	17 1:30 Movie Matinee- The Boy who Harnessed the Wind 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 * 2:00 Hawthorn- Knit & Stitch Group (Cascade Reading Lounge-6th Floor)	19 10:00 Hawthorn- Conversations with Lynnelle 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 2:00 Hawthorn Cribbage Club (Summit Dining Room)	24 10:00 2.5KM Group Walk (meet at concierge desk) ^ 1:30 Amplifon Hearing Clinic * By Appointment Only* 2:00 Hawthorn September Birthday Social	25 9:00 Functional Fitness 10:00 Chair Fitness 2:00 Resident Information Session	26 10:00 Pet Therapy 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 <b>NATIONAL DAY FOR TRUTH AND RECONCILIATION</b> 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				

