

Exercise with Natalie is
M & W 10:30 in the Activity Room



September 2024



Shuttle Bus Tues & Thurs
9:30-12 & 1-3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 10:30 Coffee & Chats (BL) 	2 	3 10:00 Chair Yoga (AR) 10:30 Activity Meeting with Ashley (BL) 2:00 Bingo (AR) 2:00 Entertainment with Don Owen (L) 3:30 Happy Hour (BL)	4 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (BL) 1:30 Bridge Group (4th Floor) 1:30-3:00 Ladies Nails (AR) 3:30 Happy Hour (BL)	5 10:00 Chair Yoga (AR) 2:00-4:00 Fashion Show (DR)	6 ASH OFF 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Trivia (L) 3:30 Happy Hour (BL)	7 2:00 Bingo (AR) 2:00 Entertainment with Everything Country (L)
8 Happy Grandparents Day 10:30 Coffee & Chats (BL) 	9 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (BL) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	10 10:00 Chair Yoga (AR) 11:00-2:00 Bling It On Pop Up (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	11 10:00-11:30 Hearing Aid Clinic (BL) 10:30 Fun & Fitness (AR) 12:00-2:00 Tocara Pop Up (L) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Let's Travel: Taiwan (BL) 3:30 Happy Hour (BL)	12 10:00 Chair Yoga (AR) 10:00 Anglican Church (4th Floor) 10:30 Fire Safety Chat with Fire Prevention Inspector Jennifer Cooper (BL) 2:00 Bingo (AR) 2:00 Entertainment with Michael T (L) 3:30 Happy Hour (BL)	13 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Sing-A-Long (L) 3:30 Happy Hour (BL)	14 2:00 Bingo (AR)
15 10:30 Coffee & Chats (BL)	16 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Hal Allison (L) 3:30 Happy Hour (BL)	17 10:00 Chair Yoga (AR) 10:30 Name That Tune (L) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	18 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Darlene (L) 3:30 Happy Hour (BL)	19 10:00 Chair Yoga (AR) 10:30 Trinity Church (4th Floor) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	20 10:00 Trivia (L) 10:30 Zumba (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith (L) 3:30 Happy Hour (BL)	21 2:00 Bingo (AR)
22 First Day of Fall 10:30 Coffee & Chats (BL) 	23 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Craft Group: Fall Décor (AR) 3:30 Happy Hour (BL)	24 10:00 Chair Yoga (AR) 10:30 Resident's Council (L) 2:00 Bingo (AR) 2:00 Entertainment with Kathy Wiles (L) 3:30 Happy Hour (BL)	25 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Fall Wine Tasting (BL) 3:30 Happy Hour (BL) 6:30 Entertainment with Eric L (L)	26 10:00 Catholic Church (TR) 10:00 Chair Yoga (AR) 2:00 Bingo (AR) 3:30 Happy Hour (BL)	27 10:30 Zumba (BL) 11:00 Outing to Campbellford: Lunch, Chocolate Factory, Empire Cheese & Dooher's Bakery! Sign Up in The Lobby! 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 3:30 Happy Hour (BL)	28 2:00 Bingo (AR)
29 10:30 Coffee & Chats (BL)	30 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Emilio (L) 3:30 Happy Hour (BL)					

ACTIVITY LOCATION LEGEND

AR- Activity Room

BL- Bar Lounge

L-Lobby

DR- Dining Room

O- Outdoors

TR-Theatre Room