

Hearing & Balance Clinic

Coming to Adelaide Place!

Next Clinic Tuesday Oct. 13, 2026

AVAILABLE SERVICES:

- COMPLIMENTARY HEARING TESTS
- COMPLIMENTARY CLEAN & CHECK HEARING AIDS
- COMPLIMENTARY HEARING AID DISCUSSION
- HEARING AID & BATTERY SALES
- WAX REMOVAL
- VERTIGO / DIZZINESS ASSESSMENT



Brent Robinson
Registered Audiologist



Anne Marie Sinasac-Roy
Doctor of Audiology

Fees apply to some services: DVA, WSIB, ADP - Ontario

Call 705-340-5050 to book your appointment



If you require care prior to our next clinic please contact our office at 705-340-5050

www.LindsayEarClinic.com



This Month

Labour Day
September 7
Grandparents Day
September 13
First Day of Autumn
September 22

Lucy Gray Alterations
September 2

Port Perry Bank Trips
Sept 16 and 30
Canoe Museum
September 16
Lindsay Ex Casino
September 24
October 15

5th Ave. Jewelry
September 16
ZABS Shoes
September 21

National Day for Truth & Reconciliation
September 30



Finally! It's SeniorFEST!

We are excited to announce our fourth annual SeniorFEST on Thursday September 10th from 1:30-4:00pm. Feel free to invite your friends and family to experience our open-house event. Here's what's going on:

- BBQ starting at 1:00pm for residents on the East Patio.
- Seating for the BBQ and entertainment by Shades of Gray Band on the Terrace.
- In the Retirement Community Front Circle there will be an Ice Cream Truck and live entertainment by Art Lajambe from 1:00-3:00 and Bill Dickinson from 3:15-4:00p.m.
- Silent Auction in the Senior Living Community Dining Room.
- Vendors in the Activity Room and RC Lounge, Event sponsors in the SLC Lounge and Party Room.
- Dessert bar in the Retirement Community Café

This year, the proceeds of the event will be donated to two charities: The Elder Abuse Prevention Network AND The Humane Society of Kawartha Lakes.

If you are interested in volunteering on the day, please call Tish on ext. 8152 for more information.

We look forward to seeing you there 😊

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Call 8155 to hear the daily program schedule, including changes to program times or locations.
AFTER hearing the day’s schedule, leave a message to sign up for outings, ask questions, become
a volunteer, or anytime you need to speak to someone in the Recreation Department.

Your Management Team and
How to Contact them!

- Adrienne West, ext. 8151 – General Manager
- Tish Black, ext. 8152 – Marketing Manager
- Ricky Tang, ext. 8179 – Marketing Manager
- Mark Young, ext. 8154 – Executive Chef
- Jess Gibbs, ext. 8172 – Dining Room Manager
- Kathryn Sriver-Wood, ext. 8155 – Recreation Manager
- Greg Row, ext. 8156 – Housekeeping and Maintenance
- Erica McWilliam, ext. 8157 – Director of Care
- Ashley Groulx, ext. 8160 – Assistant Director of Care
- Kara Toth, ext. 8150 – Office Manager and Concierge

Dial ‘0’ anytime to reach the front desk 8am-8pm. They can direct your call
to the appropriate department. Dialing ‘0’ before 8:00a.m. and after
8:00p.m. will still connect you with a team member.

smiles to you

Meet our team



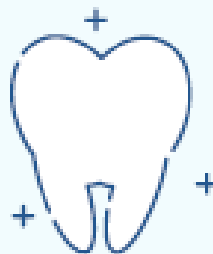
Trudi Martin-Tate, RDH
Registered
Dental Hygienist



Russell Tate, DD
Denturist

Let us help
you Love
your
Smile!

Coming to Adelaide
on October 22nd
Call us to book your
appointment! 705 775-5575



Trudi, our Dental Hygienist can assist you in:

Scaling and Polishing
Tooth Whitening
Tooth Desensitizing
Temporary Fillings

(705) 775-5575

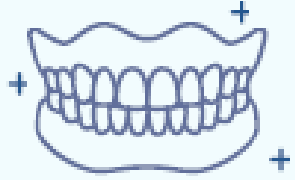


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Out of Town Trips -Sign up in Advance-

Shopping in downtown Port Perry on September 9th Unfortunately, we had to postpone our trip to Port Perry in August, but we were able to fit it in again. If you'd like to go, please call Recreation right away to reserve your spot on the van, even if you had already signed up last month. You can go just for the shopping, or plan to have lunch in one of the restaurants or sit by the water and enjoy their beautiful lakefront views at the park.

Tour of the Canoe Museum in Peterborough on September 16th Have you been to the Canoe museum since they've expanded and moved to a new location? This fantastic experience was highly recommended by residents who have been there recently. Sign up for a guided tour through the museum with one of their knowledgeable tour guides. There is also a great café and a gift shop. The cost for seniors is \$18 plus tax for general admission, and an additional \$16 plus tax for the tour.

We plan to go to the Shoreline Casino on October 15th in Peterborough, one last time before the 'white stuff' starts falling. We plan out of town trips late spring through summer and into early fall. Be sure to call Recreation to sign up if you'd like to go to the Casino in October. If we are lucky, we will have a great view of the fall colours on our drive there and back!



Coming Soon - Autumn Leaves Tour -

We are so lucky to be living in Canada, where each autumn, our forests transform into a vibrant tapestry of red, orange, and gold. One of the best ways to enjoy this seasonal display is to take a drive through country roads and scenic byways, where every turn brings fresh bursts of colour and stunning vistas. You can experience these beautiful changing colours with a short drive (1-1.5 hours) on the Adelaide Place van through some of our neighbouring communities. Call 8155 to sign up for a drive this fall!

We choose dates when we see the leaves begin to change colours, and we can expect clear, sunny days from the weather forecast, so we can have the best viewing experience possible. Then we will call everyone who signed up with date options. The number of days/trips is determined by the number of residents who sign up. Some trips may need to be rescheduled with little notice to avoid rainy or overcast days.

And one In-Town Trip you won't want to miss... The LEX!

On Thursday, September 24th we will be going to the Lindsay Exhibition! Be sure to sign up so you don't miss out! The Lindsay Agriculture Society has not yet released their schedule for each day. We will share this on the Resident Board when it is released.



Su	Mo	Tu	We	Th	Fr	Sa
		1	2 Lina P	3 Heather J Carlene T	4 Bryan W Sylvia G	5
6	7	8	9	10 Dianne C	11 Neilena S	12 Helen H Jackie K*
13 Lorette L*	14 Carol B	15	16 Lacey G	17 Fran L	18	19 Doreen S John W
20	21 Carleen J Teagan H	22	23	24 David M	25 Muriel B Shirley N	26 George P Gautam T
27 Will F Dawn J	28	29	30 Eleanor B	Retirement Community Senior Living Community Team Members		

Introduction to Video Games with Ricky!

Back by popular demand! Ricky is once again going to host an afternoon of some different video games to try out in the Retirement Lounge on Friday, September 25th at 3:00p.m! Even if you have never picked up a remote, and have zero experience with playing video games, we hope you'll come and give this a try! Ricky is going to teach everyone how to play, offer tips and techniques and he'll also be joining in the fun.

Come out and try something new 😊 We are sure you're going to have fun!



GETTING TO KNOW YOUR iPhone

This free technology tutoring session, on Monday, Sept. 1st at 3pm is designed to help older adults feel more comfortable and confident using their iPhones. The session will cover the basics of using an iPhone, including sending and receiving text messages, video calling, downloading and using apps, changing accessibility settings, and other helpful tips and features. Participants will have the opportunity to ask questions and receive hands-on assistance with their own devices. The session is open to everyone, regardless of their level of experience with technology. Residents are encouraged to bring their iPhone and any questions they may have.

Additionally, if there is interest in an "Get to know your Android" presentation, please let Recreation dept. know, or tell the presenter, Brooklyn. She would be happy to return for another presentation about Android phones.



10 Moose Rd. (off McLaughlin Rd.) Lindsay

705.328.3015



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September 30th is National Day for Truth and Reconciliation

Each year, September 30th marks the National Day for Truth and Reconciliation. The day honours survivors of residential schools and the children who never returned home, as well as their families and communities. Public commemoration of the tragic and painful history and ongoing impacts of residential schools is a vital component of the reconciliation process.

Why We Wear Orange

Both the National Day for Truth and Reconciliation and Orange Shirt Day take place on September 30th every year.

Orange Shirt Day is a commemorative day led by Indigenous communities to raise awareness about the intergenerational impacts of residential schools on children, families, and communities. It honours Indigenous children who were lost in the residential school system.

The orange shirt symbolizes the loss of culture, freedom, and self-esteem that many Indigenous children experienced. This day reminds us that **"Every Child Matters."**

What you can do to participate

You can learn more about this day, the residential schools and indigenous history throughout the month. Watch for documentaries and movies playing in the theatre.

On September 30th, wear an orange shirt if you have one, put on something else orange, or wear yellow if you don't have anything orange!

In the afternoon, we have a Guest Speaker coming to help us recognize and understand this important day. Please join us in the Retirement Lounge at 2:00p.m. to welcome Blue Star Bear, Vaughan Rightmer, who will be coming here all the way from Belleville to talk to us! He will be doing a presentation at 2:00p.m. in the Retirement Lounge. However, if you come beforehand, you will have the chance to take a closer look at the display tables of indigenous artwork, handmade items and artifacts, as well as chat with him before he starts.

Blue Star Bear is Algonquin Cree, and does his best to follow the traditions of his people while raising three sons in an urban community. He was taught the language of his people and traditional healing by his grandmother. He will tell us a bit about himself and why he is here, as well as explain the significance of National Day for Truth and Reconciliation, talk about the Residential Schools and their effect on people he has known, and about his experience living in a non-indigenous community while trying to hold onto the traditions of his people and raise his sons in the culture of the Algonquin Cree.



A Message from your Residents' Council

The Residents' Council for the Retirement Community has been an active part of our community for many years, and as our activities have grown, so has our Council. This year, for 2025/26, nine residents serve on the Council, as follows: Peter Bassie, Ron Faulkner, Heather Jordan, Lorette Levia, Fran Lobo, Myra Moreau, Shirley Norman, Florence O'Neil, Betty Simser, and Eleanor West. In addition, Adrienne West, our General Manager, is ex officio.

The Council meets on the third Tuesday of each month, to discuss long-range projects for residents and plans of management, as well as upcoming events. Activities such as fund raisers, 50/50 draws, team gifts, plus examples of long-range plans for wall-painting, rug replacement in the building, issues with laundry room usage and accessibility, charging stations for electric vehicles, and replacement of the concrete slabs on the north patio, have all been discussed at previous meetings.

Our meetings, at 2 p.m. on the third Tuesday of each month, take place in the private dining room of Adelaide Place. A binder, with all previous materials of council meetings, can be found in the Activity Room, on the table in the front corner, below the Resident Community Board. Our meetings are open to all residents. If you are interested in attending, please speak to a member of the Council prior to the meeting, to reserve a chair at our table!

Meet your Candidates for the Upcoming Election!

Watch for upcoming dates to meet your candidates for Mayor and Ward 7 Councillor for the Election coming in October. We have reached out to all the candidates for our area and invited them to come to Adelaide Place to meet the residents and answer your questions. We currently have Ward 7 Councillor Candidates Eric Smeaton and Brooke Rouse coming in September, and Shelagh McFarlane coming in October. We also have Mayoral Candidate Doug Ford (from Bobcaygeon) coming on October 3rd. More details to come as more dates are confirmed.

Chef Demo with Chef Mark & Kaydince

This Wednesday, September 2nd at 2:00p.m. in the Activity Room, your Executive chef, Mark, and Kaydince, another fantastic cook at Adelaide Place will be having a cooking demonstration making personal pan pizzas! This is a great opportunity to see your cooks at work, learn tips and tricks for making your own at home, and you'll also get to TASTE the results!

You don't want to miss this!

No need to sign up in advance for this one. Simply come by the Activity Room and make sure you come a little hungry! Have a suggestion for the next Chef demonstration? Be sure to tell Mark on September 2nd!



Coming up at the Academy Theatre

'Doors Open' Ghost Tour The Academy Theatre opened its doors in 1893 and has served as Lindsay's premier performance space since that time. Visit this building to experience a behind-the-scenes look at this local landmark! Theatre staff will be running ghost tours to introduce visitors to the building's haunted past. Ghost tours will be limited to specific times and number of spots so call 8155 now to sign up and reserve your spot!

An Evening of Song, Storytelling and Drumming with The Hiawatha Nation on SEPT 23 – The Hiawatha First Nations will present an evening of drumming, dance and storytelling. This event will be offered free to the public with donations to the theatre encouraged. This is an excellent opportunity to learn about the culture of our land's first custodians. The performers will wear stunning traditional costumes and there will be a fun opportunity for audience participation! Show starts at 7:00p.m. Call 8155 to reserve your spot on the van!

RELIVE THE MUSIC 50s, 60s & 70s SHOW on October 5th - It's like watching over two dozen Tribute Shows in one evening. Over 30 Costume changes. You will hear songs by Bill Haley & His Comets, Paul Anka, Chordettes, Dean Martin, Doris Day, Elvis, Harry Belafonte, Patsy Cline, Frank Sinatra, The Platters, Connie Francis, The Ronettes, The Beatles, Jerry Lee Lewis, Danny & the Juniors, Little Richard, James Brown, Chuck Berry, Dion DiMucci, Sam Cooke, Chubby Checker, Beach Boys, Four Seasons, The Supremes, Aretha Franklin, Rolling Stones, Steppenwolf, Led Zeppelin, Nancy Sinatra, Sonny & Cher, Neil Diamond, Gloria Gaynor, Lipps Inc, Donna Summer, the Tramps, Eagles, Queen, Abba, Bee Gees, Tina Turner and more... Tickets are \$72.00 and selling out fast! Call 8155 now to reserve your seat!

CLUE on Stage October 17th - Six suspects. One mansion. Countless secrets. Based on the iconic board game and inspired by the classic film, **CLUE** brings the beloved mystery to the stage in a hilarious and fast-paced whodunit. With colourful characters, unexpected twists, and a murder that needs solving, everyone is a suspect—and no one is above suspicion. Was it Miss Scarlet in the lounge? Professor Plum in the library? Or someone else entirely? Packed with outrageous comedy, clever wordplay, and plenty of mystery, **CLUE** is a wildly entertaining night at the theatre where the only thing certain is that nothing is quite what it seems. Matinee show starts at 2:00p.m. (if this interferes with your lunch, we can arrange for you to eat early so you don't miss out!) Tickets are \$43.00 each. Call 8155 to reserve yours.

ABBA REVISITED on October 24th at 7:30p.m. Recreating the magic of the iconic Swedish pop group with authentic costumes, spectacular harmonies, and note-perfect musicianship, taking their audiences on a musical journey back in time. Tickets are \$52.00 and selling out fast! Call 8155 now to reserve your seat!



Ian McKechnie: Local History Presentation

Ian McKechnie is a local historian and member of the Kawartha Lakes Municipal Heritage Committee. He has been to Adelaide Place many times to speak on a variety of local history and heritage topics. This September, he is returning to talk about what exactly we mean when we speak of “heritage.” Is it just fancy buildings that are well known?

Or does it mean more than that?

“I am quite open to believing in ghosts, but I often tell people that what really gives me goosebumps, is learning about the stories of the people who once walked, talked, laughed, cried, learned, loved, and ate in the places and spaces we all take for granted. This in fact is a major part of what we speak of when we talk about “heritage properties.”

Come to the Activity room on Monday, Sept. 14th at 3p.m and don’t miss this fascinating presentation about the history that took place right in our very own backyard!



Adelaide’s Flu Clinic Stay Tuned!!
More information coming in the Fall

Foot Care clinic at Adelaide:
Call 8185 for more info, the cost or to book an appointment with Marie, the visiting footcare nurse.

Our monthly Blood Pressure Clinic is on Sept 24th, the 4th Thursday of every month.
Sign up through the Wellness Team at extension 8185

Masking Reminder

We understand that some residents may feel more comfortable when everyone around them is wearing a mask. However, it is important to remember that masking for residents is **recommended, not mandatory**. Some individuals may be unable to wear a mask due to medical, cognitive, or personal reasons.

We encourage everyone to respect each resident's individual circumstances and choices. By showing understanding, kindness, and tolerance toward one another, we can maintain a supportive and welcoming community while continuing to follow recommended health and safety practices.

September IQ

1. When is Grandparents Day celebrated in Canada every year?
a. The first Sunday after Labor Day
b. The second Monday in September

c. The first Sunday in September
d. It’s always September 25th

2. Born Sept. 24, 1896, who wrote “This Side of Paradise” in 1920 and “The Beautiful and Damned” in 1922?

3. What is September’s birthstone?
a. Amethyst
b. Emerald

c. Peridot
d. Sapphire

4. The month of September is named after the Latin word ‘Septem’. What does it mean?
a. Seven
b. God of a thousand Weapons

c. Original name for Planet Saturn
d. Spear

5. In the 1950s, what did it mean to “Agitate the gravel”?
a. To work very hard
b. You’re Making trouble

c. You’re doing something right
d. To leave quickly

6. Which is the official birth flower for September?
a. Aster
b. Morning Glory

c. Chrysanthemum
d. Sunflower

7. Keanu Reeves was born on Sept. 2nd, 1964 in what Country?
a. Canada
b. USA

c. Lebanon
d. Israel

8. Which song was NOT on the top Billboard charts in September of 1960?
a. "It's Now or Never" by Elvis Presley
b. "The Twist" by Chubby Checker

c. "Why" by Frankie Avalon
d. "Help!" by The Beatles

9. What are the two Zodiac Signs for those born in September?
a. Virgo
b. Sagittarius

c. Scorpio
d. Libra

10. Bob Newhart was born on September 5th in what year?
a. 1939
b. 1944

c. 1918
d. 1929

11. And he died July 18th in what year?
a. 2026
b. 2024

c. 1999
d. 2015
-

Answers: 1. a	2. F. Scott Fitzgerald	3. c	4. a	5. d
6. a & b	7. c	8. d	9. a & d	10. d
				11. b

September

Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	14	15	16 5 th Ave. Jewelry 11-2pm (L1)	17	18	19
Church Transportation Doors Open Ghost Tours Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Mini Putt on the Terrace (TR) 3:00 Sing Along with Grace (AR) 3:00 Classics Comedy Hr. (L1) 7:15 The Wolf and the Lion(TH)	Trip to Canadian Tire 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmasRehearsal(TH) 3:00 Historian Ian McKechnie: Lindsay Heritage Buildings- History and Hauntings! (AR) 7:00 Farkle (AR) 7:15 Concert: EPIC: Elvis Presley in Concert (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service 2:00 Meet Your Election Candidate: Eric Smeaton (L1) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga 3:00 Bible Study with Paul (TH) 3:15 Cocktail&Mocktail Social (L1) 7:00 Wheel of Fortune (AR) 7:15 What Happens Later (TH)	Bank Transportation Canoe Museum 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 2:00 Pokeno (AR) 1:45 Bingo 50¢/card (PR) 3:00 UN-Christmas Show Rehearsals (TH) 3:15 Music & Seated Exercise (AR) 7:15 First Wives Club (TH)	Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:30 United Church Service (TH) 10:45 Hand Wax Therapy (AR) 3:00 Resident Memorial Service (L1) Reception to Follow (CL) 3:15 Tai Chi (TH) 7:15 Miss Congeniality (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Baseball Target Toss (TR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise(TH) 3:00 Documentary: People of a Feather (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Queen of the Desert (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Coffee Social (CL) 11:15 Express Stretch (AR) 2:00 Dollar Bingo (AR) 3:15 Name That Classic Movie (AR) 3:15 Sing Along (L2) 7:15 Top Gun (TH)
20	21 First day of Autumn	22	23	24	25	26
Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 Spiritual Reflection 2:00 Calvary Church Service and Hymn Sing (TH) 2:15 Bean Bags on the Terrace (TR) 3:00 Music and Trivia (L1) 7:15 Materialists (TH)	Trip to Loblaws ZABS Comfort Shoes 11am-4pm 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise(TH) 3:15 New Resident Social – *All Residents Welcome! (AR) 7:00 Farkle (AR) 7:15 Concert: An Evening with Lady Gaga & Tony Bennett (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Shuffleboard on the Terrace (TR) 3:15 Mocktail Social (TR) 7:00 Finish the Lyrics (AR) 7:15 Ghost (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 2:00 Meet Your Election Candidate: Brooke Golding(L1) 3:00 UN-Christmas Rehearsals 3:15 Music & Seated Exercise (AR) 7:15 Meet Cute (TH)	Trip to Lindsay Exhibition 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 Birthday Party on the Terrace with Terry Maxwell (TR) 7:15 Something's Gotta Give (TH)	9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Bean Bags (TR) 2:00 Euchre (PR) 2:00 Advanced Darts! (AR) 2:15 GentleSeatedExercise(TH) 3:00 Documentary: Sprit Doctors (TH) 3:00 Video Games w/ Ricky (L1) 7:00 Skip-Bo (AR) 7:15 Iqaluit (TH)	Lindsay Farmers Market 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News & Social (CL) 11:15 Express Stretch (AR) 2:00 Dollar \$ Bingo (AR) 3:15 Who Am I? Famous Faces (AR) 3:15 Sing Along (L2) 7:15 Kayak to Klemtu(TH)
27	28	29	30 National Day of Truth	Colour Coding:	RECREATION PROGRAM	LEGEND
Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Ladder Ball (TR) 3:00 Sing Along with Grace (AR) Dinner Time Music 7:15 Mia and the White Lion(TH)	Dollarama and Food Basics 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Therapy (AR) 1:45 Bingo 50¢/card (PR) 2:15 Gentle Seated Exercise(TH) 3:00 UNChristmasRehearsal(TH) 3:00 Learn to Play King's Corner 7:00 Farkle (AR) 7:15 Concert: Music Box: Kenny G 2021 (TH)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Paul's Anglican Service 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Shuffleboard on the Terrace (TR) 3:15 Mocktail Social (TR) 7:00 Cranium Crunches (AR) 7:15 Grey Owl (TH)	And Reconciliation Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 3:00 Doc: Trick or Treaty (TH) 2:00 Blue Star Bear, Vaughan Rightmyer First Nations Presentation and Display (L1) 7:15 Alone Yet Not Alone(TH)	Retirement Location Senior Living Location Vendor or Clinic Independent Activity Theatre Program Special Event Program on the Terrace (weather permitting) Trips and Outings (Req. sign up in advance)	Senior Living Locations BR- Billiards Room L2- 2nd Floor Lounge D2- 2nd Floor Dining Room PR- Party Room TR – Terrace	Retirement locations AR – Activity Room D1 – 1st Floor Dining Room L1 – 1st Floor Lounge RL – Retirement Lobby TH – Theatre

September



Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Colour Coding: Retirement Location Senior Living Location Vendor or Clinic Resident-Run Activity Theatre Program Special Event Program on the Terrace <i>(weather permitting)</i> Trips and Outings <i>(Advance sign up req.)</i>	Retirement locations AR – Activity Room DL – Retirement Dining Rm Lounge L1 – 1st Floor Lounge PDR – Private Dining Room TH – Theatre Senior Living Locations L2- Senior Living Lounge D2- Senior Living Dining PR- Party Room TR – Terrace	1 Medical Transport 9-4p.m Lucy Gray Alterations 1-4pm (L1) 9:45 Strength Exercise (AR) 10:30 Upcoming Activities Meeting (AR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Bible Study with Paul (TH) 3:00 Tech Presentation: All about your iPhone (AR) 7:00 Word Games (AR) 7:15 Once Upon a Crime (TH)	2 Tuck Shop 1:00-3:00p.m. 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 2:00 Pokeno (AR) 2:00 Chef Demonstration with Mark and Kaydince (AR) 3:00 UN-Christmas Show Rehearsals (TH) 3:30 Cards, Scrabble Dominoes (AR) 7:15 Forever My Girl (TH)	3 Trip to Shopper's Drug Mart 9:45 Strength Exercise (AR) 10-11:00 Party Room Closed 10:45 Paraffin Wax Hand Therapy (AR) 2:00 KLPL Large Print Book Exchange (AR) 2:15 Tai Chi (TH) 3:00 Live Music on the Terrace with John Turner (TR) <i>If inclement weather, will move to the Lounge</i> 7:15 My Old Lady (TH)	4 Tuck Shop 1:00-3:00p.m. 9:45 Strength Exercise (AR) 10:45 Washer Toss (TR) 2:00 Advanced Darts! (AR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary: Thailand's Wild Cats (TH) 2:00 Euchre (PR) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 Unsung Hero (TH)	5 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News/Coffee Social (CL) 11:15 Express Stretch (AR) 2:00 Bingo (AR) 3:15 Too Crazy to be True -Facts and Trivia with Colleen (AR) 7:15 La Bamba (TH)
6 Tuck Shop 1:00-3:00p.m. Church Transportation Weekly Puzzle in the Café 10:30 Coffee Social (CL) 10:30 & 2:00 Spiritual Reflection (TH) 2:15 Bocce Ball on the Terrace (TR) 3:00 HymnSing w/Pastor LeeAnne (L2) 3:00 Name That Tune(AR) 7:15 Postcards from the Edge (TH)	7 Labour Day 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Paraffin Wax Therapy (AR) 2:15 Gentle Seated Exercise (TH) 3:00 UN-Christmas Show Rehearsals (TH) 7:00 Farkle (AR) 7:15 Concert: Carol King 1999 (TH)	8 Medical Transport 9-4p.m 9:45 Strength Exercise (AR) 10:30 Book Club Meeting (PDR) 2:00 Euchre & Scrabble (AR) 2:00 Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Shuffleboard on the Terrace (TR) 3:15 Mocktail Social (TR) 7:00 Jeopardy! (AR) 7:15 Penguin Bloom (TH)	9 Tuck Shop 1:00-3:00p.m. Downtown Port Perry 9:45 Strength Exercise (AR) 10:30 Coffee Social (CL) 10:45 Name that Tune (AR) 1:30 Knit Witts (DL) 1:45 Bingo 50¢/card (PR) 2:00 Pokeno (AR) 3:00 UN-Christmas Show Rehearsals (TH) 3:15 Music & Seated Exercise (AR) 7:15 Courageous (TH)	10 SeniorFEST!!! SeniorFEST 1:30-4:00pm 10:30 Coffee Social (CL) Vendor Market: 11am-4:00p.m. Activity Room and Lounge Terrace: BBQ 1-4pm and live music with Shades of Gray Band Silent Auction (D2) Retirement Entrance: Ice Cream Truck, and Live music with Art LaJambe 1-3pm and Bill Dickinson 3-4pm 7:15 Concussion (TH)	11 Tuck Shop 1:00-3:00p.m. 9:45 Strength Exercise (AR) 10:45 Paraffin Wax Hand Therapy (AR) 2:00 Advanced Darts! (AR) 2:00 Euchre (PR) 2:15 Gentle Seated Exercise (TH) 3:00 Documentary- 9/11: One Day in America (TH) 3:15 Beginner Darts! (AR) 7:00 Skip-Bo (AR) 7:15 World Trade Centre (TH)	12 Lindsay Farmer's Market 9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News/CoffeeSocial(CL) 11:15 Express Stretch (AR) 2:00 Dollar \$ Bingo (AR) 3:15 Sing Along (L2) 3:15 Riddles and Brain Stumpers (AR) 7:15 Solo Mio (TH)

