


September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tuck Shop Hours:	Aquafit:	Upcoming Outings!!	Retirement Locations	Senior Living	1	2
WED & FRI 1:00-3:00p.m Call ext. 8200 for up-to-date Shop open hours, or to speak to a Tuck Volunteer during open hours.	To attend Aquafit classes, residents MUST first call '8155' to sign up and be able to get in and out of the pool unassisted. If classes are full, you will be put on a temporary wait list.	Call 8155 to express interest in the following possibly October outings: Academy Theatre: QUEEN GREASE CCR 50s and 60s	AR- Activity Room D1- Retirement Dining Rm DL- Dining Lounge L1- Retirement Lounge NP- North Patio TH - Theatre TR - Terrace	BR - Billiards Room L2 – SL Lounge, 2nd Floor D2 – SL Dining Room, 2nd Floor PR - Party Room	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 11:00 Book Club Meeting with Deb (PDR) 2:00 Documentary: Planet Earth(TH) 2:00 Scrabble & Board Games (AR) 3:00 Happy Hour with Art Lajambe (TR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Dollar Bingo-1\$ to play (AR) 3:15 Charades! (AR)
3	4 Labour Day	5	6	7	8	9
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia- Born in August (AR) 3:00 Hymn Sing with Grace (AR)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: The Whale (TH) 2:15 Stretch Exercise (AR) 3:15 Ladder Ball (AR)	Lucy Gray Alterations 1-4:00 (L1) Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 The Church of Jesus Christ of Latter Day Saints Service (TH) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 TV Series: Three Pines (TH) 3:00 North Patio Drink\$ & Social(NP) 7:15 Wheel of Fortune (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 2:45 PBS Series: Grantchester(TH) 3:30 Resident Satisfaction Survey with Adreinne West (AR) 3:30 Resident Social (L2)	Trip to Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:00 Presentation with Wildlife Photographers Tracy and 3:00 Cambridge Street United Church Service (TH) 3:15 Stretch Exercise (AR)	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Browning Reptiles Presentation- Plus, Hands on visit pictures! (AR) 3:00 Documentary: Planet Earth (TH)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Big Screen Bingo (AR) 3:15 Creative Colouring and Social (AR)
10	11	12	13	14	15	16
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia (AR) 3:15 Mini Putting (TR)	Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 3:00 Activity Planning Meeting (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 Louise Penny TV Series: Three Pines (TH) 3:00 North Patio Drinks & Social (NP) 7:15 Word Games (AR)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno (AR) 2:45 PBS Series: Grantchester (TH) 3:00 Dancercise! (AR) 3:30 Resident Social (L2)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) SeniorFEST TODAY!! 1:30-4p.m. 	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Oktoberfest Party with Dor VanHaltren! 3:00 Documentary: Planet Earth (TH) 3:15 Mexican Train Dominoes (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Travelogue:Oktoberfest Across the Globe (AR)
17	18	19	20	21	22	23 Autumn Begins
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia- Who Sang it Best (AR) 3:00 Hymn Sing with Grace (AR)	Trip to Great Blue Heron Casino 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: The Bridges of Madison County (TH) 2:15 Stretch Exercise (AR) 3:15 Making Birthday Hats for September Birthday Party! (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet with Jess (AR) 2:15 Chair Yoga (TH) 3:00 Louise Penny TV Series: Three Pines (TH) 3:00 North Patio Drinks & Social(NP) 7:15 Jeopardy! (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 PBS Series: Grantchester (TH) 3:00 Birthday Party with Kathy Wiles (TR) 3:30 Resident Social (L2)	Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:15 Stretch Exercise (AR) 3:00 TV Series: Outlander- Episode 1 (TH) 3:15 Balloon Volleyball (AR)	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Documentary: Planet Earth(TH) 2:00 Physiotherapist Athena Presentation and Q&A: Balance 3:15 New Resident Social- Everyone Welcome! (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social Discussion (AR) 2:00 Big Screen Bingo (AR) 3:15 Creative Colouring and Social (AR)
24	25	26	27	28	29	30 National Day for Truth & Reconciliation
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia (AR) 3:15 Bocce Ball (TR)	Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Movie Matinée: The Good House (TH) 2:15 Stretch Exercise (AR) 3:00 Word Game Challenge! (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crocheting with Jess (AR) 2:15 Chair Yoga (TH) 3:00 TV Series: Three Pines (TH) 3:00 North Patio Drinks & Social(NP) 7:15 Finish the Lyrics (AR)	Lunch & Shopping in PORT PERRY 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 2:00 Bingo! 50¢/card (PR) 2:00 Pokeno (AR) 2:45 PBS Series: Grantchester (TH) 3:00 Seated Upper-Body Exercise (AR) 3:30 Resident Social (L2)	Fifth Avenue Jewelry 10-2pm Trip to the Whitney Town Centre and LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:30 Knit Witts (DL) 2:15 Stretch Exercise (AR) 3:00 Outlander (TH) 3:15 Bean Bags (AR)	9:45 Strength Exercise (AR) 10:45 Tai Chi (TH) 2:00 Presentation and Q&A with Author Victoria Holland 3:00 Documentary: Planet Earth(TH) 3:15 Scrabble & Board Games (AR) Academy Theatre: Van Halteren Festival Fundraiser	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:45 News and Social (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Truth and Reconciliation Documentary: We were Childrer