



September 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Additional Services:</u></p> <p>Care Plus Health & Wellness Session Thursdays at 10:00 am (GR) Massage Therapy September 16 (WC) Living Sounds Hearing Clinic September 26 -1:00-3:00 pm (BR) Dr. Michelle Phillips is here September 10,11,24,25 (WC)</p>				<p>1 9:00 Scrapbooking (FR) 10:30 Chocolate Tasting(FR) 10:30 Anglican Service (CH) 1:30 Artistic Expressions (GR) 2:45 Tiny Tots (GR) 1:00 Second Cup Outing 4:00 Happy Hour (Pub) 6:30 Knitting (FR) 7:00 Whist (GR)</p>	<p>2 10:30 Fit 4 Life (FR) 1-3:00 Crafts (CR) 1:30 Walking Club (1718 Doors) 7:00 Bingo (WC)</p>	<p>3 7:00 Movie Night (TH)</p>
<p>4 <i>Turn Page Over</i></p> 	<p>5 Labour Day</p>	<p>6 10:00 Coffee Talk (BDR) 10:30 Catholic Lay (CH) Noon Lunch Bunch (FR) 12:00 Yoga (WC) 2:00 Tea Time (Pub) 7:00 Bridge (GR)</p>	<p>7 10:15 Cardio Circuit (WC) 1:30 pm Ihear- Unicare (Hearing loss information Session) (BDR)</p>	<p>8 9:00 Crosswords (FR) 10:30 Fit 4 Life (FR) 10:30 Lutheran Service (CH) 10:30 Book Club (5FSR) 1:00 Second Cup Outing 1:30 Artistic Expressions (GR) 2:45 Tiny Tots (GR) 4:00 Happy Hour (Pub) 6:30 Knitting (FR) 7:00 Whist (GR)</p>	<p>9 9:00 Crosswords (FR) 10:30 Fit 4 Life (FR) 1-3:00 Crafts (CR) 1:30 News & Views (FR) 3:00 Walking Club (1718 Doors) 7:00 Jack Hennig Entertainment (MF)</p>	<p>10 7:00 Movie Night (TH)</p>

**Coffee is provided every morning at 9:30 a.m. in the
 Bistro Dining Room. Everyone is welcome – see you there!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11 4:00 Hymn Sing (CH)	12 9:00 Life Histories 10:15 Cardio Circuit (WC) 10:30 Fit 4 Life (FR) 1:00 Walking Club (1718 Doors) 3:00 Brain Teasers (FR) 7:00 Men's Night (GR)	13 9:30 Breakfast Tips (BDR) 10:00 Coffee Talk (BDR) 10:30 Baking (FR) 10:30 Catholic Mass (CH) 12:00 Yoga (WC) 1:00 Scrapbooking (FR) 2:00 Tea Time (Pub) 6:30 Great Expectations (FR) 7:00 Bridge (GR)	14 10:15 Cardio Circuit (WC) 1:00 Bible Study (CH) 2:00 Bingo (MDR)	15 10:30 United Service (CH) 2:00 Armchair Traveler: Hawaii (TH) 4:00 Happy Hour (Pub) 6:30 Knitting (FR) 7:00 (GR)	16 10:30 Fit 4 Life (FR) 1-3:00 Crafts (CR) 1:30 Martini Party (BDR) 7:00 Bingo (WC)	17 Noon-5:00 Northlands Horse Races Outing 7:00 Movie Night (TH)
18 Sunday Brunch 12:00 – 2:00 pm Bistro & Manor Dining Rooms	19 9:00 Life Histories 10:15 Cardio Circuit (WC) 10:30 Fit 4 Life (FR) 11:00 Board Games (FR) 1:00 Painting with Pat (GR) 1:00 Walking Club (1718 Doors) 3:00 Brain Teasers(FR)	20 10:00 Coffee Talk (BDR) 10:30 Catholic Mass (CH) 12:00 Yoga (WC) 2:00 Armchair Travel (FR) 6:30 Great Expectations (FR) 7:00 Bridge (GR)	21 10:15 Cardio Circuit (WC) 10:30 Fit 4 Life (FR) 2:00 Birthday Tea (BDR) 4:30-7:00 SP Farmer's Market Outing	22 1:30 Artistic Expressions (GR) 2:45 Tiny Tots (GR) 4:00 Happy Hour (Pub) 6:30 Knitting (FR) 7:00 (GR)	23 10:30 Fit 4 Life (FR) 1:30 Walking Club (1718 Doors) 1-3:00 Crafts (CR)	24 7:00 Movie Night (TH)
25 4:00 Hymn Sing (CH)	26 9:00 Life Histories 10:15 Cardio Circuit (WC) 10:30 Fit 4 Life (FR) 11:00 Board Games (FR) 1:00 Walking Club (1718 Doors) 3:00 Brain Teasers(FR) 7:00 Men's Night (GR)	27 9:00 News & Views (FR) 10:30 Baking (FR) 10:00 Coffee Talk (BDR) 10:30 Catholic Mass (CH) 12:00 Yoga (WC) 1:00 Bingo (MDR) 2:00 Tea Time (Pub) 6:30 Great Expectations (FR) 7:00 Bridge (GR)	28 10:15 Cardio Circuit (WC) 10:30 Fit 4 Life (FR) 1:00 Bible Study (CH) A Taste of Greece \$ 45.00/person Please see invitation for event information	29 1:30 Artistic Expressions (GR) 2:45 Tiny Tots (GR) 4:00 Happy Hour (Pub) 6:30 Knitting (FR) 7:00 Whist (GR)	30 1:00-3:00 Crafts (CR) 1:30 Ice Cream Social (BDR) 7:00 Bingo (WC)	

ROOM LEGEND:

BR – Board Room CH – Chapel CR – Craft Room CY – Courtyard BDR – Dining Room
FR – Family Room GR – Games Room MDR – Manor Dining Room MF – Main Foyer
TH – Theatre WC – Wellness Centre 1F1 – 1st Floor Sitting Room