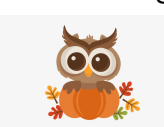







Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:15 Calendar Handout 11:00 Hymn Sing - GH 2:00 Calendar Handout - 2RR 3:00 Name That Tune - 2EL 6:15 Hand Massages - 2RR</p>	<p>2</p> <p>Labour Day 11:30 Trivia - 2WL 2:00 Apple Cider Social - GH 6:00 Making Beaded Bracelets-2EL</p>	<p>3</p> <p>9:30 Pump it Up - 2EL 2:00 Fall Reminiscing - 2EL</p> 	<p>4</p> <p>11:30 Wildlife Documentary- 2EL 2:00 Bingo - GH 3:30 Basketball- 2EL 6:00 Spa Evening- 2EL</p>	<p>5</p> <p>9:30 Pump it Up - 2EL 11:30 Retreat BBQ Lunch Outing (Sign Up) - OUT 6:00 Listening to Country Western- 2EL</p>	<p>6</p> <p>9:45 Documentary: Art of the High Middle Ages - 2EL 11:00 Back To School Trivia 2EL 2:00 Outdoor Walks - CY 3:00 Manicures - 2RR</p>	<p>7</p> <p>11:30 Thank You Cards- 2EL 2:00 Grand Hall Movie: Top Gun (1986) - GH 6:00 Target Toss- 2EL</p>
<p>8</p> <p>11:15 Theatre Acting- 2EL 2:00 Church Service with Chaplain Jen 6:00 Listening to Patsy Cline- 2EL</p> 	<p>9</p> <p>11:30 Trivia - 2WL 2:00 Giant Dice Throw: Yahtzee!- 2EL 3:00 Reminiscing with Autumn Apples- 2RR 6:00 Painting a Fall Scene- 2DR</p>	<p>10</p> <p>11:30 Sing-along to Country Music - 2EL 2:00 Seated Yoga - 2EL 3:00 Readers Corner - 2EL 6:00 One to One - 2RR</p>	<p>11</p> <p>9:30 Pump it Up - 2EL 10:15 Travelling RC Communion - TC 2:00 Bingo - GH 6:00 Spa Evening- 2EL</p>	<p>12</p> <p>11:15 Lifelong Learning- 2EL 2:00 Resident School Pictures- GH 6:00 Listening to 80's Pop- 2EL</p>	<p>13</p> <p>10:00 OLTC Community Engagement Day Walk to Wellness - WALK 10:45 Welcome Back Reception with Michael Kelly - GH 2:00 Bocce Ball- 2EL 3:00 Watching School of Rock - 2EL</p>	<p>14</p> <p>11:15 Craft: Cardboard Vases - 2DR 2:00 Specialty Coffee Time - GH 6:00 Short Stories - 2EL</p>
<p>15</p> <p>11:15 Current Events - 2EL 2:00 Church Service with Chaplain Jen 6:00 Stretch & Meditate - 2EL</p>	<p>16</p> <p>11:30 Trivia - 2WL 2:00 Seated Exercise- 2EL 3:00 Tell A Joke Day- 2EL 6:00 Peanut Butter & Jelly Sandwiches- 2TC</p>	<p>17</p> <p>9:30 Pump it Up - 2EL 2:00 Music Therapy Group w/ Chelsea - 2DR 3:00 Making Apple Dumplings- 2DR 6:00 Playing Dominoes- 2DR</p>	<p>18</p> <p>11:30 National Cheeseburger Day- 2DR 2:00 Resident Council Sponsored Bingo - GH 6:00 Spa Evening- 2EL</p>	<p>19</p> <p>9:30 Pump it Up - 2EL 12:30 Diner's Club Whale & Ale Pub (\$ Sign Up) - GH 3:00 Learning About Pirates- 2EL 6:00 Listening to "The Twist" & Other Hits- 2EL</p>	<p>20</p> <p>Outdoor Lunch Frederick Community 9:30 Music & Movement - 2EL 11:00 Crafts - 2DR 2:00 Junk Drawer Detective - 2EL</p>	<p>21</p> <p>11:30 Seated Dance- 2EL 2:00 Grand Hall Movie: Morning Glory (2010) - GH 6:15 Chai Tea Social - 2DR</p>
<p>22</p> <p>11:00 Hymn Sing - GH 6:00 Listening to the Runaways (Rock)- 2EL</p> 	<p>23</p> <p>9:30 Resident Council - 2EL 11:00 Church Service with Chaplain Jen 2:00 Making Dog Beds for the Humane Society - GH 6:00 Making Fall Wreaths- 2DR</p>	<p>24</p> <p>Outdoor Lunch Edna Place 11:30 Crossword: Healthy Lifestyle - 2EL 2:00 Baking Frosted Pumpkin Bars 2DR 6:00 Short Story: Class of '74 - 2EL</p>	<p>25</p> <p>9:30 Pump it Up - 2EL 10:30 Catholic Mass - CHAP 2:00 Bingo - GH 6:00 Spa Evening- 2EL</p> 	<p>26</p> <p>8:30 Breakfast Club (Sign Up) - GH 11:30 Lifelong Learning- 2EL 2:00 Shuffleboard- GH 3:00 Reminiscing about Fall- 2EL</p>	<p>27</p> <p>11:00 Tasting Pumpkin Spiced Lattes-2RR 11:30 Seated Yoga- 2EL 2:00 September Birthday Party with Traci Kennedy - GH 6:00 Murder Mystery Dinner- GH</p>	<p>28</p> <p>11:30 Trivia - 2WL 2:00 Specialty Coffee Time - GH 6:00 Movie Night - 2EL</p>
<p>29</p> <p>11:30 Rhyme Time - 2EL 2:00 Church Service with Chaplain Jen 3:00 Mini Putt - 2DR 6:00 Colouring - 2DR</p>	<p>30</p> <p>ORANGE SHIRT DAY 6:00 One to One - 2RR 11:30 Learning about Indigenous Culture- 2EL 2:00 Balloon & Noodles Game- 2EL</p>	<p>Annual Resident Retreat September 3rd to 6th</p> 		<p>Residents Council Week September 16th-22nd</p> 		<p>September 30th is a Day of Truth & Reconciliation. Wear Orange to show support for our Indigenous Communities.</p> 

2DR - Dining Room
GH - Grand Hall

2EL - East Lounge
OUT - Outings

2RR - Resident Room for 1-1 scoring
TC - Travelling Carts

2WL - West Lounge
WALK - Walks

CHAP - Chapel