

Programs & locations are subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Labour Day 10:00am 1:1 Chaplain Visits 10:00am Meet Your Neighbours - 11:00am Walk to Wellness - 2:30pm Puzzle Time - 3:30pm Axe Throwing - MLAR	2 10:00am Pump it Up - MLL 11:30am Chair Exercises - MLAR 2:30pm Entertainment with Sandy Parker 6:00pm Reading Group - MLAR	3 10:00am All About You! - MLAR 11:00am One to One - MLRR 2:30pm Bingo - FCDR	4 9:45am Jokes - MLAR 10:45am For the Spirit with Chaplain Jen - FCEL 11:30am Guess the Animal - MLAR 2:30pm Flower Coloring - MLAR 3:30pm Chair Exercises - MLAR	5 11:30am Newspaper Reading - MLAR 2:00pm Finish the Phrase - MLAR 3:00pm Yoga - MLAR 3:30pm Music Therapy Group with Chelsea - MLDR 6:00pm Puzzles - MLAR	6 11:30am Sing-a-long - 2:30pm Community Movie - MLDR 6:00pm Relax and Refresh (Spa Day) -
7 11:30am Hymn Sing 2:30pm Church Service - FCDR 6:00pm A-Z Game - MLAR	8 11:30am Ring Toss - MLAR 2:30pm Apple of my Eye - MLAR 6:00pm Discussion: Appreciation for Dogs - MLAR	9 10:00am Pump it Up - MLL 11:30am A-Z Game - MLAR 1:30pm Book Club with Chaplain Jen - FCEL 2:30pm 50s Name that Tune - MLAR 3:30pm Nature Documentary - MLAR 6:00pm Board Games - MLAR	10 10:00am Horoscope Reading - MLAR 11:00am Basketball - MLAR 2:30pm Bingo - FCDR	11 9:45am Chair Exercises - MLAR 10:45am For the Spirit with Chaplain Jen - FCEL 2:30pm Trivia - MLAR 3:30pm This or that?	12 LTC Community Engagement Day! 9:45am Walk to Wellness - WALK 11:30am Card making 2:00pm Memorial Service (GY) - CHAP 2:30pm Faith & Friends with Chaplain Megan-MLL 2:30pm Entertainment with the Synchronicity Duo - FCDR 6:00pm Card Games	13 10:00am Discussion: How would you like to be remembered? - MLAR 11:00am Chair Exercises - MLAR 2:30pm Specialty Coffee Time - MLDR
14 10:00am News and Views - MLAR 11:00am Hymn Sing - MLAR 2:30pm Church Service - FCDR	15 10:00am Finish the Phrase 11:30am One to One 2:30pm Chair Exercises 3:30pm Music Throwback	16 10:00am Pump it Up - MLL 11:30am Card Games - MLAR 1:30pm Book Club with Chaplain Jen - FCEL 2:30pm Thank you Cards - MLAR 3:30pm Balloon Tennis 6:00pm Discussion Group: Famous People - MLL	17 10:00am Elephant Documentary - MLDR 11:00am A-Z Game - MLAR 2:30pm Bingo - FCDR	18 9:45am Short Stories - MLAR 10:45am For the Spirit with Chaplain Jen - FCEL 11:00am Manicures - MLRR 2:30pm Tea & Cookie Social - MLAR	19 9:45am One to One 11:00am Trivia - MLAR 2:30pm Appreciation for Honey Bees - MLAR 3:30pm Music Therapy Group with Chelsea - MLDR 6:00pm Ring Toss - MLAR	20 11:30am Name That Tune 2:30pm Community Movie - MLDR 6:00pm Relax and Refresh (Spa Day)
21 11:30am Hymn Sing 2:30pm Church Service - FCDR 6:00pm Board Games	22 9:30am Resident Council - FCEL 10:15am 1:1 Chaplain visits 11:30am Word Games - MLAR 2:30pm Discussion: Wellness - MLAR 3:30pm Short Stories - MLAR 6:00pm One to One - MLRR	23 10:00am Pump it Up - MLL 11:30am Llama Documentary - MLAR 2:30pm 60s Sing-a-long - MLAR 3:30pm Card Games - MLAR 6:00pm Never Have I Ever - MLAR	24 9:45am Colouring - MLAR 10:30am Faith & Friends with Chaplain Megan-VPL 11:00am Fill in the Blank - MLAR 2:30pm Bingo - FCDR	25 9:45am Poetry Reading - MLAR 10:45am For the Spirit with Chaplain Jen - FCEL 11:30am Manicures 2:30pm Ice Cream Social - MLAR 3:30pm Drama Club 6:00pm Guided Meditation	26 10:45am Creative Faith with Chaplain Megan-MLL 11:00am Documentary - MLL 2:30pm September Birthday Party with Derek Bryne - FCDR 6:00pm Axe Throwing - MLAR	27 10:00am Discussion: Tails of the Past - MLAR 11:00am Meditation - MLAR 2:30pm Specialty Coffee Time - MLDR
28 10:00am News and Views - MLAR 11:00am Hymn Sing - MLAR 2:30pm Community Movie - MLDR	29 9:45am Chair Exercises - MLAR 11:00am Nature Documentary - MLL 2:30pm Travelogue - MLAR 3:30pm Manicures - MLRR	30 10:00am Pump it Up - MLL 11:30am Group Story - MLAR 2:30pm Strawberry Social - MLAR 3:30pm One to One - MLRR 6:00pm Colouring - MLAR Truth and Reconciliation Day				