

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		SALON DAY 1 9:30 am Nail Pamper 1:30 pm BINGO 3 pm BINGO	SALON DAY 2 9:30 am Ball Exercise 10:30 am Crosswords & Coffee (L2) 1:30 Yogurt Parfaits 3 pm Exercise	3 9:30 am Weight Exercise 10:30 am Walking Club 12 pm – Subway Lunch (\$ required) 1:30 pm Pub Social (\$2 drinks)	4 9:30 am Noodle Exercise 10:30 Resident's Council (AR) 1:30 pm Card Making (L2) 3 pm Bowling	5 11:30 am Knitting Social  7 pm Movie Night
6 10 am Presbyterian Service – Channel 13 10:30 am Catholic Service – Channel 17	7 	SALON DAY 8 9:30 am Nail Pamper 1:30 pm BINGO 3 pm BINGO	SALON DAY 9 9:30 am Exercise 10:30 am Coffee & Colouring (L2) 1:30 pm Washer Toss 3 pm Iced Tea Tasting	10 9:30 am Noodle Exercise 10:30 am Haiku Poems 1:30 pm Painting 3 pm Ball Exercise	WEAR PINK DAY 11 9:30 am Walking Club 10:30 am Bowling 12 pm Men's Beer & Wing Lunch 2 pm Weight Exercise	12 2 pm Colouring Social (L2)  7 pm Movie Night
13  10 am Presbyterian Service – Channel 13 10:30 am Catholic Service – Channel 17	14 9:30 am Weight Exercise 10:30 am Resident's Council (AR) 2 – 3 pm Outdoor Entertainment with Tonia Skipper	SALON DAY 15 9:30 am Nail Pamper 1:30 pm BINGO 3 pm BINGO	SALON DAY 16 9:30 am Noodle Exercise 10:30 am Coffee & Word Searches (L2) 1:30 pm Vinyl Café w/ Stewart McClean	17 9:30 am Ball Exercise 10:30 am September Riddles 1:30 pm Art Program – Pointillism 3 pm Exercise	ANIMAL PRINT DAY 18 9:30 am Exercise 10:30 am Weight Exercise 1:30 pm Wine Glass Painting (sign up required) 3:30 pm Name that Song	19 11:30 am Knitting Social  7 pm Movie Night
20  10 am Presbyterian Service – Channel 13 10:30 am Catholic Service – Channel 17	21 9:30 am Weight Exercise 10:30 am Creative Writing Activity (L2) 2 pm Staff Meeting 3 pm Ladies Wine & Cheese	SALON DAY 22 9:30 am Nail Pamper 1:30 pm BINGO 3 pm BINGO	SALON DAY 23 9:30 am Weight Exercise 10:30 am Coffee & Sudoku (L2) 1:30 Build Your Own Fruit Rockets 3 pm Exercise	24 9:30 am Ball Exercise 10:30 am Noodle Exercise 1:30 Tuck Shop (L2) 3 pm Beanie Bag Toss	25 9:30 am Walking Club 10:30 am Fresh Fruit on the Patio 2:30 – 3:30 pm Entertainment by the Country Sweethearts	26 2 pm Colouring Social (L2)  7 pm Movie Night
27  10 am Presbyterian Service – Channel 13 10:30 am Catholic Service – Channel 17	28 9:30 am Ball Exercise 10:30 am Noodle Exercise 1:30 Travel & a Taste of Greece 3 pm Greek Ceramic Painting (sign up required)	SALON DAY 29 9:30 am Nail Pamper 1:30 pm BINGO 3 pm BINGO	SALON DAY 30 9:30 am Weight Exercise 10:30 am Coffee & Riddles (L2) 1:30 pm Calendar Committee (L2) 3:30 pm Birthday Social	<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;">  <p>5th – Linda 12th – Sylvia 16th – Dieter 23rd – Audrey & Walter</p> </div> <div style="text-align: center;">  <p>UNIVERSALcare</p> </div> </div>		

