

September 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:45am Mindfulness Meditation 3 (CH)</p> <p>10:00am Glen Cairn United Church Service (CH)</p> <p>10:30am Morning Walk (L)</p> <p>10:45am Nifty Nails (B)</p> <p>11:00am Catholic Mass From St. Mary's Parish (CH)</p> <p>1:15pm Gratitude Journaling & Variety Writing (2nd)</p> <p>2:00pm Fitness Class (RH)</p> <p>3:00pm Sunday Tea Time (C)</p> <p>4:00pm Sing Along (2nd)</p> <p>4:30pm Billiards (C)</p>	<p>9:45am Latin Chair Dance With Michael Markov (RH) 4</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Trivia (C)</p> <p>1:00pm Giant Crossword Collaboration (C)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Coffee & Chats With Jacob (C)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Mini Putting on the Terrace</p>	<p>9:30am This Day in History (C) 5</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:30am Back To School Photos (RH)</p> <p>10:45am Arts & Crafts: Tape Painting (B)</p> <p>1:00pm TED Talk & Discussion (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Tuesday Movie Afternoon (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>3:00pm Tech Time (C)</p> <p>3:30pm Happy Hour (B)</p> <p>4:00pm Jeopardy Trivia (C)</p>	<p>9:30am This Day in History (C) 6</p> <p>9:45am Fitness on Your Feet (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:00am October Activity Planning Meeting (B)</p> <p>10:15am Hymn Sing (CH)</p> <p>10:30am Tuck Shop (C)</p> <p>10:30am Wisdom Wednesday: Fall Prevention With Laurene (RH)</p> <p>10:45am Knitting Circle (C)</p> <p>1:00pm Wordle (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Wii Bowling (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 7</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:00am Finishing Lines (2nd)</p> <p>10:00am Hear Canada Clinic: Sign Up At Reception (CH)</p> <p>10:45am Walk To Shop (L)</p> <p>1:00pm Short Stories (2nd)</p> <p>2:00pm Baking Club: Apple Baking (B)</p> <p>2:00pm Walking Club (L)</p> <p>3:00pm Book Club (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>4:00pm Wacky Auction (C)</p>	<p>9:30am This Day in History (C) 8</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am In The News Discussion Group (C)</p> <p>10:45am Knitting Circle (C)</p> <p>1:15pm Friday Funnies (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Ice Cream Social (C)</p> <p>3:00pm Hen's Club (T)</p> <p>3:00pm Wildpine's Men's Club (B)</p> <p>4:30pm Left, Right & Centre (C)</p>	<p>9:45am Fitness Class (RH) 2</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Wii Sport Of Choice (T)</p> <p>1:00pm Guess That Tune & Sing Along (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Saturday Movie Matinee (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Words within Words (C)</p>
<p>9:45am Mindfulness Meditation (CH) 10</p> <p>10:00am Glen Cairn United Church Service (CH)</p> <p>10:30am Coffee & Chats With Roberto (C)</p> <p>11:00am Catholic Mass From St. Mary's Parish (CH)</p> <p>1:15pm Gratitude Journaling & Variety Writing (2nd)</p> <p>2:00pm Fitness Class (RH)</p> <p>3:00pm Sunday Tea Time (C)</p> <p>4:00pm Sing Along (2nd)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 11</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:00am Walker Tune Up (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Nifty Nails (B)</p> <p>1:00pm Giant Crossword Collaboration (C)</p> <p>2:00pm Book Club (T)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Bowling on the Terrace</p>	<p>9:30am Today in History (C) 12</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:30am Resident Council Meeting (RH)</p> <p>10:45am Arts & Crafts: Making Personalized Mugs (B)</p> <p>10:45am Mind Fit Games (C)</p> <p>1:00pm Discussion Group (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Movie Afternoon (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>3:00pm Tech Time (C)</p> <p>3:30pm Happy Hour (B)</p> <p>4:00pm Jeopardy Trivia (C)</p>	<p>9:30am Today in History (C) 13</p> <p>9:45am Fitness On Your Feet (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:15am Hymn Sing (CH)</p> <p>10:30am Tuck Shop (C)</p> <p>10:30am Wisdom Wednesday: Your Fantastic Mind (T)</p> <p>10:45am Knitting Circle (C)</p> <p>1:00pm Wordle (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Wii Bowling (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 14</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Walk To Shop (L)</p> <p>1:00pm Short Stories (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>3:00pm Book Club (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>4:00pm Wacky Auction (C)</p>	<p>9:30am This Day in History (C) 15</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am In The News Discussion Group (C)</p> <p>10:45am Knitting Circle (C)</p> <p>1:15pm Friday Funnies (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Ice Cream Social (C)</p> <p>3:00pm Hen's Club (T)</p> <p>3:00pm Wildpine's Men's Club (B)</p> <p>4:30pm Left, Right & Centre (C)</p>	<p>9:45am Fitness Class (RH) 16</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Wii Sport Of Choice (T)</p> <p>1:00pm Guess That Tune & Sing Along (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Saturday Movie Matinee (T)</p> <p>3:15pm Bingo (B)</p>

<p>9:45am Mindfulness Meditation (CH) 17</p> <p>10:00am Glen Cairn United Church Service (CH)</p> <p>10:30am Morning Walk (L)</p> <p>11:00am Catholic Mass From St. Mary's Parish (CH)</p> <p>1:15pm Gratitude Journaling & Variety Writing (2nd)</p> <p>2:00pm Fitness Class (RH)</p> <p>3:00pm Sunday Tea Time (C)</p> <p>4:00pm Sing Along (2nd)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 18</p> <p>9:45am Latin Chair Dance With Michael Markov (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Nifty Nails (B)</p> <p>1:00pm Giant Crossword Collaboration (C)</p> <p>2:00pm Book Club (T)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Mini Putting on the Terrace</p>	<p>9:30am This Day in History (C) 19</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Arts & Crafts: Flower Arranging (B)</p> <p>10:45am Mind Fit Games (C)</p> <p>1:00pm TED Talk & Discussion (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Town Hall Meeting (RH)</p> <p>3:00pm Euchre Club (RH)</p> <p>3:00pm Food Meeting (RH)</p> <p>3:30pm Happy Hour: German Beer & Wine (B)</p> <p>4:00pm Jeopardy Trivia (C)</p>	<p>9:30am This Day in History (C) 20</p> <p>9:45am Fitness On Your Feet (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:15am Hymn Sing (CH)</p> <p>10:30am Tuck Shop (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Wisdom Wednesday: Physical Activity & Seniors (T)</p> <p>1:00pm Wordle (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Wii Bowling (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 21</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:00am Finishing Lines (2nd)</p> <p>10:45am Walk To Shop (L)</p> <p>1:00pm Reminiscing: Favourite Fall Memories (2nd)</p> <p>2:00pm Baking Club: Pretzels (B)</p> <p>2:00pm Walking Club (L)</p> <p>3:00pm Book Club (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>4:00pm Wacky Auction (C)</p>	<p>9:30am This Day in History (C) 22</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am In The News Discussion Group (C)</p> <p>10:45am Knitting Circle (C)</p> <p>1:15pm Friday Funnies (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Oktoberfest Party With The International Set (C)</p> <p>3:30pm Guess Who (C)</p> <p>4:30pm Left, Right & Centre (C)</p>	<p>9:45am Fitness Class (RH) 23</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Wii Sport Of Choice (T)</p> <p>1:00pm Guess That Tune & Sing Along (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Saturday Movie Matinee (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Pictionary (C)</p>
<p>9:45am Mindfulness Meditation (CH) 24</p> <p>10:00am Glen Cairn United Church Service (CH)</p> <p>10:30am Morning Walk (L)</p> <p>11:00am Catholic Mass From St. Mary's Parish (CH)</p> <p>1:15pm Gratitude Journaling & Variety Writing (2nd)</p> <p>2:00pm Fitness Class (RH)</p> <p>3:00pm Sunday Tea Time (C)</p> <p>4:00pm Sing Along (2nd)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 25</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Nifty Nails (B)</p> <p>1:00pm Giant Crossword Collaboration (C)</p> <p>2:00pm Book Club (T)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Bocce on the Terrace</p>	<p>9:30am This Day in History (C) 26</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Arts & Crafts: Dot Painting (B)</p> <p>10:45am Mind Fit Games (C)</p> <p>1:00pm TED Talk & Discussion (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Month End Milestones Celebrations With Jumpin' Jimmy (C)</p> <p>3:00pm Euchre Club (RH)</p> <p>3:30pm Happy Hour (B)</p> <p>4:00pm Jeopardy Trivia (C)</p>	<p>9:30am This Day in History (C) 27</p> <p>9:45am Fitness On Your Feet (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:15am Hymn Sing (CH)</p> <p>10:30am Tuck Shop (C)</p> <p>10:45am Knitting Circle (C)</p> <p>10:45am Wisdom Wednesday: Exploring Old Ottawa (T)</p> <p>1:00pm Wordle (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Wii Bowling (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Billiards (C)</p>	<p>9:30am This Day in History (C) 28</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Walk To Shop (L)</p> <p>1:00pm Short Stories (2nd)</p> <p>2:00pm Baking Club: Apple Cider (B)</p> <p>2:00pm Walking Club (L)</p> <p>3:00pm Book Club (T)</p> <p>3:00pm Euchre Club (RH)</p> <p>4:00pm Wacky Auction (C)</p>	<p>9:30am This Day in History (C) 29</p> <p>9:45am Fitness Class (RH)</p> <p>9:45am Tai Chi (C)</p> <p>10:45am In The News Discussion Group (C)</p> <p>10:45am Knitting Circle (C)</p> <p>1:15pm Friday Funnies (2nd)</p> <p>2:00pm Bridge Club (RH)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Apple Cider Social (C)</p> <p>3:00pm Hen's Club (T)</p> <p>3:00pm Wildpine's Men's Club (B)</p> <p>4:30pm Left, Right & Centre (C)</p>	<p>9:45am Fitness Class (RH) 30</p> <p>9:45am Tai Chi (C)</p> <p>10:45am Wii Sport Of Choice (T)</p> <p>1:00pm Guess That Tune & Sing Along (2nd)</p> <p>2:00pm Walking Club (L)</p> <p>2:30pm Saturday Movie Matinee (T)</p> <p>3:15pm Bingo (B)</p> <p>4:30pm Group Sudoku (C)</p>