

CALENDAR OF ACTIVITIES

SEPTEMBER 2019

Ammended 3rd September 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>MANY "ON SITE SERVICES" ARE STARTING THIS MONTH: FOOT CARE SVCS - Shelley Burton will be starting on Tuesday, September 3rd at 9 AM. Depending on the need, another date may be added for this service.</p> <p>HAIRDRESSER - Wendy King from Oceans Hair Emporium started offering her services (including manicures) in the Beauty Salon/Barber Shop (basement) on Tuesday August 28th, 2019. Her hours of operations for September will be Mondays and Wednesdays 8 AM - 5 PM (as needed). It is recommended to book an appointment by calling extension 306 but you can also drop by, meet her and book an appointment. She may take you right away if she can. Please note that only cash or cheques are accepted for payment. Other electronic options might be available for family members to facilitate payment such as eTransfer, if desired.</p> <p>HEARING CLINIC - Kathleen Lowe, Hearing Instrument Specialist, will be in every 3rd Thursday of the month from 9-11 AM in the Wellness Centre (basement). See the "Amplifon" poster on the bulletin boards for additional information.</p> <p>PHYSIO - Suzie Brown and Stacey Malo from Family Physiotherapy Centre have started doing assessments. An appointment is required. Please drop by the Fitness Centre (basement) on Monday & Wednesday afternoons or advise the Director of Care of your physio needs. Payments are to be made directly to Family Physio. Please consult them as to the types of payment available.</p>						<p>1 Independent Reading (CPL) AM Coffee/Tea (LA) 10:30 2:30 7:30 Independent Health Walk 4:00</p>
<p>2 LABOUR DAY Coffee/Tea (LA) 10:30 2:30 7:30 SPECIAL SHOW <i>Cirque du Soleil</i> "ALLEGRIA" (CMT)</p>	<p>3 FOOT CARE (Rm 113A) 9 AM Local Outing ¹ 9 - 11:30 Coffee/Tea (LA) 10:30 2:30 7:30 Bingo (CMT) 2:30 - 4:00</p>	<p>4 HAIRDRESSER (BS) 8-5 Independent Health Walk AM Coffee/Tea (LA) 10:30 2:30 7:30 Exercise Class (CMT) 2:30 Giant Crossword (LR) 4:00 Painting - Pumpkins (CPL) 6:30 - 7:30</p>	<p>5 Local Outing ¹ 9 - 11:30 Coffee/Tea (LA) 10:30 2:30 7:30 ENTERTAINMENT ³ (LA) 2:30 - 3:30 "Tony Davy"</p>	<p>6 Exercise Class (CMT) 9:30 Mobile Tuck Cart ⁴ 9:30 - 12 Coffee/Tea (LA) 10:30 2:30 7:30 Scrabble (CMT) 1:30 Bean Bag Toss (LA) 3:30 <i>Happy Birthday Sadie Schekkerman!</i></p>	<p>7 Indep. Adult Coloring (CPL) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Indep. Card Games (CMT) 2:00 Independent Health Walk 4:00</p>	<p>8 Indep. Boardgames (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Movie Matinee (CMT) 2:00 Independent Health Walk 4:00</p>
<p>9 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Exercise Class (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Cards - Bridge (CPL) 1:30 Sing Along with Suzie Q (CMT) 3:30</p>	<p>10 Local Outing ¹ 9 - 11:30 Chair Yoga ² (CMT) 9:30 Coffee/Tea (LA) 10:30 2:30 7:30 Bingo (CMT) 2:30 - 4:00 <i>Happy Birthday Eric McRae!</i></p>	<p>11 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Independent Health Walk 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Exercise Class (CMT) 2:30 Cards - Dealer's Choice (CMT) 4:00 Crokinole/Tock (CMT) 6:30 - 7:30</p>	<p>12 Local Outing ¹ 9 - 11:30 Morning Movie (CMT) 9:30 Coffee/Tea (LA) 10:30 2:30 7:30 Craft - Making Centrepieces for Thanksgiving/Fall (CMT) 2:00 - 4:00</p>	<p>13 Exercise Class (CMT) 9:30 Mobile Tuck Cart ⁴ 9:30 - 12 Coffee/Tea (LA) 10:30 2:30 7:30 Early OKTOBERFEST Celebration! ENTERTAINMENT ³ (LA) 2:30 - 3:30 "International Set (Duo)"</p>	<p>14 Independent Puzzles (CPL) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Indep. Card Games (CMT) 2:00 Independent Health Walk 4:00</p>	<p>15 Independent Reading (CPL) AM Coffee/Tea (LA) 10:30 2:30 7:30 Movie Matinee (CMT) 2:00 Independent Health Walk 4:00 <i>Happy Birthday Marc Holbrook & Jean Johnston!</i></p>
<p>16 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Exercise Class (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Cards - Skip BO (CMT) 1:30 Balloon Volleyball (LA) 3:30</p>	<p>17 Local Outing ¹ 9 - 11:30 Chair Yoga ² (CMT) 9:30 Coffee/Tea (LA) 10:30 2:30 7:30 Bingo (CMT) 2:30 - 4:00</p>	<p>18 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Independent Health Walk 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Exercise Class (CMT) 2:30 Scattergories (LR) 4:00 Craft - KVRL Memories (CPL) 6:30 - 7:30</p>	<p>19 HEARING CLINIC (WC) 9-11 Local Outing ¹ 9 - 11:30 Coffee/Tea (LA) 10:30 2:30 7:30 United Church Worship ⁵ (CMT) 10:30 ENTERTAINMENT ³ (LA) 2:30 - 3:30 "Musical Memories" <i>Happy Birthday Joan Creasy!</i></p>	<p>20 Exercise Class (CMT) 9:30 Mobile Tuck Cart ⁴ 9:30 - 12 Coffee/Tea (LA) 10:30 2:30 7:30 Cards - UNO (CMT) 1:30 Walking Group (O) 4:00</p>	<p>21 Indep. Adult Coloring (CPL) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Indep. Card Games (CMT) 2:00 Independent Health Walk 4:00</p>	<p>22 Indep. Boardgames (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Movie Matinee (CMT) 2:00 Independent Health Walk 4:00</p>
<p>23 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Exercise Class (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Sing Along with Suzie Q (CMT) 1:30 Cards - Euchre (CMT) 3:30</p>	<p>24 Local Outing ¹ 9 - 11:30 Chair Yoga ² (CMT) 9:30 Coffee/Tea (LA) 10:30 2:30 7:30 Bingo (CMT) 2:30 - 4:00</p>	<p>25 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Independent Health Walk 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Anglican Church Worship ⁶ (CMT) 1:15 Exercise Class (LA) 2:30 Trivia (LR) 4:00 Bocce Trump (LA) 6:30 - 8:00</p>	<p>26 Local Outing ¹ 9 - 11:30 Morning Movie (CMT) 9:30 Coffee/Tea (LA) 10:30 2:30 7:30 Hymn Sing (CMT) 1:30 Cards - Cribbage (CMT) 4:00</p>	<p>27 Exercise Class (CMT) 9:30 Mobile Tuck Cart ⁴ 9:30 - 12 Coffee/Tea (LA) 10:30 2:30 7:30 Trivia (LR) 1:15 ENTERTAINMENT ³ (LBG) 2:30 - 3:30 "Ron Donnelly and the Malboreens"</p>	<p>28 Independent Puzzles (CPL) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 ENTERTAINMENT ³ (LBG) 2:00 "Highland Dancers" Andrea Goral School of Highland Dancing Independent Health Walk 4:00</p>	<p>29 Independent Reading (CPL) AM Coffee/Tea (LA) 10:30 2:30 7:30 Movie Matinee (CMT) 2:00 Independent Health Walk 4:00 <i>Happy Birthday Gail Marshall!</i></p>
<p>30 HAIRDRESSER (BS) 8-5 PHYSIO (FC) 1 PM Exercise Class (CMT) 10:30 Coffee/Tea (LA) 10:30 2:30 7:30 Washer Toss Game (LA) 1:30 Cards - Crazy 8 (CMT) 3:30</p>	<p>¹ Please sign up in the local outing binder at Reception at least 24 hrs ahead and indicate where you need to go. There is a limited number of residents and walkers we can take for each run, therefore more than one trip may be needed but we won't know until the morning of. We'll do our very best to minimize wait times.</p> <p>² NEW - CHAIR YOGA sessions will be held on Tuesday mornings starting on September 10th. Martina Libby, a certified Yoga instructor, will be leading the sessions. Come...try it out or just watch to see what it is all about!</p> <p>³ You are very welcome to invite visiting family & friends to any events including ENTERTAINMENT!</p> <p>⁴ The Mobile Tuck Cart comes by your room if you wish to have this service. You can buy items such as tissue, toilet paper, chocolate bars, etc.</p> <p>⁵ Rev. Lynda Harrison from St. John's United Church will be offering a service every 3rd Thursday of the month starting on September 19th in our Chapel (basement) at 10:30 AM. It will be about 30-40 minutes long.</p> <p>⁶ St. James Anglican Church will be offering a service on Wednesday, September 25th in our Chapel (basement) at 1:15 PM. It will last approximately 1 hour.</p>					

LOCATION LEGEND:

LBG - Lounge / Billiard & Games Rm
LA - Lobby Area LR - Living Room
CMT - Chapel / Movie Theatre
CR - Craft Room
CPL - Computer / Puzzle / Library
O - Outside (weather permitting)
BS - Beauty Salon / Barber Shop
FC - Fitness Centre
WC - Wellness Centre

COLOUR LEGEND:

Red - Social/Musical/Cultural Activity
Blue - Physical Activity
Orange - Spiritual Activity
Pink - Creative/Artistic Activity
Grey - Intellectual/Cognitive Activity
Brown - Community/Local Outing
Purple - Activity opened to the community
Green - On Site Services