






# September 2023

\*Bus outings have limited space and a waitlist - Please sign up with Recreation\*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>1</b> 10:00am Sharing Circle 1:30pm Balloon Volley Ball - SOL 2:30pm Kitchen Music with Wayne - Wallace	<b>2</b> 10:00am Saturday Social - SOL 1:30pm Outdoor time - Gard
<b>3</b> 	<b>4</b> <b>Labour Day</b> 10:00am Fun and Fitness - SOL 1:30pm Movie - SOL	<b>5</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Live Music with RULE62 - SOL	<b>6</b> 10:00am Crafts 1:00pm Scenic Drive - OUT 	<b>7</b> 9:30am Coffee Hour 10:00am Hymn Sing - SOL <b>2:00pm Food Committee Meeting in the Solarium</b>	<b>8</b> 10:00am Time with Tots 1:30pm Stretch and Strength - SOL 2:30pm Lexicon - Burden Lane	<b>9</b> 1:30pm Friendly Visits on Units 1:30pm Arm Chair Travel - SOL
<b>10</b>	<b>11</b> 10:00am Fun and Fitness - SOL 1:30pm Baking with Victoria	<b>12</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Cards - SOL	<b>13</b> 10:00am Drumfit - SOL 11:00am Drumfit - Wallace <b>1:30pm CRIBBAGE tournament</b>	<b>14</b> 9:30am Coffee Hour 10:00am Church Service with Vaughan Baptist - SOL 1:30pm Chair Yoga with Holly - SOL	<b>15</b> 10:00am Time with Tots 1:30pm Live Music with Kirk Ross - SOL	<b>16</b> 10:00am Saturday Social - SOL 1:30pm Bowling - SOL
<b>17</b> 	<b>18</b> 10:00am Fun and Fitness - SOL 1:30pm knitting - SOL 2:30pm Men's Drum Circle - Wallace	<b>19</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Live Music - Dave Riley + Friends - SOL	<b>20</b> 10:00am Crafts 1:00pm Scenic Drive - OUT 1:30pm Manicures - SOL	<b>21</b> 9:30am Coffee Hour/resident council - SOL 1:30pm Gospel Troop in Wallace 1:30pm Chair Yoga with Holly - SOL	<b>22</b> 10:00am Time with Tots 1:30pm exercises - SOL 2:30pm Lexicon - Burden Lane	<b>23</b> <b>10:00am For Pete Snakes - SOL</b> 1:30pm Friendly Visits on Units 
<b>24</b> 	<b>25</b> 10:00am Sharing Circle 1:30pm Baking with Victoria 3:00pm KES kid visit - SOL	<b>26</b> 10:00am Stretch and Strength - SOL 1:30pm Bingo - SOL 6:00pm Musical Road Trip - SOL	<b>27</b> 10:00am Drumfit - SOL 11:00am Drumfit - Wallace 1:30pm Sing-a-long - SOL	<b>28</b> 9:30am Coffee Hour 10:00am Church Service Windsor United - SOL 1:30pm Chair Yoga with Holly - SOL	<b>29</b> 10:00am Time with Tots 11:00am Anglican Communion Service - SOL 1:30pm exercises - SOL 2:30pm Kitchen Music with Wayne - Wallace	<b>30</b> 10:00am Saturday Social - SOL 1:30pm Arm Chair Travel - SOL

Programs are subject to change