

# SEPTEMBER 2022

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Additional activities depending on availability:  
exercises, 1:1 visits, games, gardening, music & reading

<sup>1</sup> 10:15 Bowling TS  
10:15 Exercise BD  
2:00 Church

<sup>2</sup> 10:15 Shake Loose  
a Memory  
2:00 Fiddle Tunes  
with Nora Fownes



<sup>4</sup> 2:00 Church  
(Gospel Hall)



<sup>6</sup> 10:15 Yoga HS/UK  
2:00 Bingo

<sup>7</sup> 10:15 Fall Fun UK/HS  
2:00 Fall Fun LB/TS

<sup>8</sup> 10:15 Book Mobile  
10:15 Exercise LB  
2:00 Church



<sup>10</sup>

<sup>11</sup> 2:00 Church  
(Gospel Hall)

<sup>12</sup> 10:15 Knitting TS  
10:15 Exercise TS  
1:30 Nelson BI/BD

<sup>13</sup> **Josh Collier**  
10:15 Yoga BD  
2:00 Bingo

<sup>14</sup> 10:15 Resident  
Council  
2:00 Shake Loose  
a Memory

<sup>15</sup> 10:15 Bowling HS  
10:15 Exercise UK  
2:00 Church



<sup>16</sup> Terry Fox  
Day!  
Nelson visits

<sup>17</sup>

<sup>18</sup> 2:00 Church  
(Gospel Hall)



<sup>19</sup> **Wilma Noseworthy**  
10:15 Knitting UK  
10:15 Exercise BI  
1:30 Nelson UK/HS

<sup>20</sup> **Carol MacRae**  
10:15 Yoga TS  
2:00 Bingo



<sup>21</sup> First Day of Fall  
10:15 Fall Fun BI/BD  
2:00 Woodworking

<sup>22</sup> 10:15 Bowling BD  
10:15 Exercise HS  
2:00 Church

<sup>23</sup> **Sandra MacPhail**  
Birthday Party  
Cake, Music  
& Nelson



<sup>24</sup>

<sup>25</sup> 2:00 Church  
(Gospel Hall)

<sup>26</sup> 10:15 Knitting BI  
10:15 Exercise HS  
1:30 Nelson TS/LB

<sup>27</sup> 10:15 Yoga LB  
2:00 Bingo

<sup>28</sup> 10:15 1:1 Visits  
2:00 Card Games

<sup>29</sup> 10:15 Bowling UK  
10:15 Exercise BI  
2:00 Church

<sup>30</sup> National Day for  
Truth &  
Reconciliation

