

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Watch your calendar daily!

September 2006

						9:30 Exercises w/Michele 1 2:00 Last chance at Summer @ Kinsmen Park Rides and a treat. Sign up whether you will walk or want a ride. 7:00 Tile Rummy	9:00 Gentle Fitness DVD 2 2:00 Ice Cream Treats and play the Saskatchewan Town Name Game. There will be a prize.
Happy Birthday Isabelle 3 2:00 Tri-Ominos	Labor Day 4 10:00 Shuffleboard 2:30 Cribbage/Pool 7:00 Nickel & Special Bingo	Hydro Tub Day – sign up 5 9:30 Gentle Fitness DVD 10:00 Christmas Crafts & knitting 2:00 Christmas Postcards for the troops with Karen In games area 7:00 Cards	Reflexology Day – sign up 6 9:30 Exercises w/Michele 1:00 Reflexology 2:30 Coffee time – Stories from the Attic, in the fun kitchen 7:00 Treat Bingo	Mall Day – sign up 7 9:00 Foot Care – sign up 9:30 Gentle Fitness DVD 2:00 The Mall at Lawson Heights	9:30 Exercises w/Michele 8 2:00 Christmas Baking 7:00 Tile Rummy	9:00 Gentle Fitness DVD 9 2:00 Ice Cream Treats and Cranium Crunches	
Grandparents' Day 10 2:00 Children's Choir fr. St. James Anglican Church. They will be performing for Grandparent's Day	Pharmacist Day – sign up 11 9:30 Exercises w/Michele 1:00 Pharmacist Clinic Vial of life, blood pressure, prescriptions. 2:30 Cribbage/Pool 7:00 Nickel Bingo	Hydro Tub Day – sign up 12 9:30 Gentle Fitness DVD 2:30 September Birthdays and magic show by Ben Campbell 7:00 Cards	Doctor Day – sign up 13 9:30 Exercises w/Michele 2:30 Christmas Crafts & knitting 7:00 Treat Bingo	Mall Day – sign up 14 9:30 Gentle Fitness DVD 10:00 Laughter Fitness 2:00 Market Mall	Denturist Day – sign up 15 9:30 Exercises w/Michele 10:00 Denture Clinic 2:30 Brett & Helena Hart fr Hart AED & CPR-talk on Health Care Directives & AED 7:00 Tile Rummy	9:00 Gentle Fitness DVD 16 2:00 Ice Cream Treats & do the September IQ! Oktoberfest starts today and goes till October 1.	
2:00 Tri-Ominos 17	Beltone Hearing – sign up 18 9:10 Morning Devotions 9:30 Exercises w/Michele 1:00 Belton Hearing Clinic 2:30 Cribbage/Pool 7:00 Nickel Bingo	Hydro Tub Day – sign up 19 9:10 Morning Devotions 9:30 Gentle Fitness DVD 2:30 Christmas Baking 7:00 Cards	Reflexology Day – sign up 20 9:10 Morning Devotions 9:30 Exercises w/Michele 1:00 Reflexology 2:00 Coffee at Tim Horton's 7:00 Treat Bingo	Mall Day – sign up 21 9:10 Morning Devotions 9:30 Gentle Fitness DVD 2:00 Midtown Plaza 7:00 The Jammers Oom-Pah Music 12 piece band	Silly Hat Day!! 22 9:10 Morning Devotions 9:30 Exercises w/Michele 2:30 Happy Hour , wear your silly hat and see who wins the silly hat contest. 7:00 Tile Rummy	Rosh Hashanah Autumn Begins 23 9:00 Gentle Fitness DVD 2:00 Ice Cream Treats & Unscramble Autumn	
2:00 Tri-Ominos 24	9:10 Morning Devotions 25 9:30 Exercises w/Michele 11:00 Old Bag (handbag) Charity Luncheon & Silent Auction w/guest speaker 7:00 Nickel Bingo	Hydro Tub Day – sign up 26 9:10 Morning Devotions 9:30 Gentle Fitness DVD 2:00 Residents Meet 2:30 Resident Council Meeting 7:00 Cards	Doctor Day – sign up 27 9:10 Morning Devotions 9:30 Exercises w/Michele 2:30 Christmas Crafts & knitting 7:00 Treat Bingo	Mall Day – sign up 28 9:10 Morning Devotions 9:30 Gentle Fitness DVD 10:00 Laughter Fitness 2:00 The Mall at Lawson Heights	9:10 Morning Devotions 29 9:30 Exercises w/Michele 2:30 Welcoming Tea & Bill His Saxophone A One Man Band 7:00 Tile Rummy	9:00 Gentle Fitness DVD 30 2:00 Ice Cream Treats & take the Price is Right Trivia	