

September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9:30am Picture Bingo - L 1:30pm Live Entertainment - RH	2 9:30am Outdoor Walks - CY 10:30am Food Council - MVDR 1:30pm Book Worm - SR	3 3:00pm Garden Visits - V
4	5 Labour Day 10:00am Horse Races - RH	6 1:30pm Pedal Pushers - SR 6:00pm Go with the Flow	7 9:30am Puzzling Minds - SR 10:45am Helping Hands - SL 2:45pm Personal Touch	8 9:30am Picture Bingo - L 1:30pm Manicures 2:45pm Cycling without Age - CO 6:00pm Supportive Music Therapy - SR	9 9:30am Outdoor Walks - CY 10:45am Mindful Colouring - SR 1:30pm DrumFit 2:45pm Book Worm - SR	10 10:30am Family Fun Day (Skip-A-Thon) Event - MV Parking Lot
11	12 9:30am Bowling - SR 1:30pm Travel Log - SR	13 10:00am Music Therapy - SR 1:00pm Massages - MVDR 1:30pm Pedal Pushers - SR 6:00pm Go with the Flow	14 9:30am Puzzling Minds - SR 1:30pm Dance Away - SR	15 9:30am Freedom Tours - CO 10:30am Residents Council - MVBR 1:30pm Live Entertainment - RH 6:00pm Supportive Music Therapy - SR	16 9:30am Outdoor Walks - CY 2:45pm Book Worm - SR	17
18 9:30am Musical Mixer 10:15am Manicures 1:30pm Bingo - RH	19 9:30am Bowling - SR 10:30am Personal Touch - SR 1:30pm Travel Log - SR 2:45pm Fun & Fit - SR	20 10:00am Music Therapy - SR 1:30pm Pedal Pushers - SR 2:45pm Seasonal Sensations 6:00pm Go with the Flow	21 9:30am Puzzling Minds - SR 10:45am Helping Hands - SL 1:30pm Music Therapy - SR 2:45pm Personal Touch	22 9:30am Picture Bingo - L 10:45am Mindful Colouring 1:30pm Manicures - SR 2:45pm Cycling without Age - CO	23 9:30am Outdoor Walks - CY 2:45pm Book Worm - SR	24 9:30am Musical Mixers - SR 3:00pm Go with the Flow - V
25	26 9:30am Bowling - SR 1:30pm Travel Log - SR 2:45pm Fun & Fit - SR	27 10:00am Music Therapy - SR 1:00pm Massages - MVDR 1:30pm Pedal Pushers - SR 2:45pm Seasonal Sensations 6:30pm Beechnut Steel and Brews - CY	28 9:30am Puzzling Minds - SR 1:30pm Freedom Tours - CO 1:30pm Music Therapy - SR	29 9:30am Picture Bingo - L 10:45am Personal Touch 1:30pm Live Entertainment - RH 6:00pm Supportive Music Therapy - SR	30 9:30am Outdoor Walks - CY 10:45am Mindful Colouring - SR 1:30pm DrumFit 2:45pm Book Worm - SR	

