

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cruise Week 1 7:45 Restorative Walking (Hall) 8:00 Calendar Posting 10:00 Bible Study with Hobbe (LOUN) 10:30 Word Games (LOUN) 11:00 Physio-Exercise Cla (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 3:30 Outdoor strolls (Out) 6:00 Cozy Conversation (Room) 6:30 Game Night (LOUN) 	Cruise Week 2 Island Theme 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 2:00 Island Theme Entertainment w Tom (MAIN) 4:00 Flavored Water (4th) 6:00 Summer Splash (COUR)	Cruise Week 3 Happy Birthday Reggie! 7:45 Restorative Walking (Hall) 10:00 Hang-Man (LOUN) 11:00 Physio-Exercise Class (LOUN) 12:00 Guitar w Aidan 2:00 Crock-a-Doodle (LOUN) 3:30 Axe Throwing (LOUN) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st) 	Cruise Week 4 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:00 Laughter Yoga with Katheryn (LOUN) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 Tikki Bar Cocktail Hour (COUR)	9:00 Restorative Walking (Hall) 9:15 Outdoor strolls (out) 10:15 Fruit/Veggies/Smoothie Prep (LOUN) 11:00 Exercise Class (LOUN) 11:30 Table Setting 12:45 Restorative Walking (4th) 1:45 Bingo (1st) 3:45 Cozy Conversation (Room) 
	Labour Day 7 Labour Day 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:30 Brain Teasers (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:00 Park Outing (out) 4:00 Hangman (4th) 4:45 Restorative Walking (Hall) 6:30 Courtyard Game Night (COUR)	8 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:00 Bible Study with Hobbe (LOUN) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 	9 90s Theme 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 2:00 Artpages Show and Display (MAIN) 3:45 Hangman (4th) 4:45 Restorative Walking (Hall) 6:15 Documentary Night (LOUN)	10 7:45 Restorative Walking (Hall) 8:00 Birthday Breakfast (Base) 10:00 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 1:45 Pet Therapy (LOUN) 3:00 Axe Throwing (LOUN) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st) 	11 7:45 Restorative Walking (Hall) 9:15 Friendly Visits (Room) 10:30 Henna Tattoos (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:00 Local Outing (out) 3:30 Smoothie Making (LOUN) 4:45 Restorative Walking (Hall) 6:30 Paint Night (LOUN) 	12 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 9:15 Restorative Walking (Hall) 10:00 Nail rejuvenation (LOUN) 11:00 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 
13 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 9:00 Restorative Walking (Hall) 10:00 Hymn Sing (LOUN) 11:00 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 2:00 Zumba with Rainier (MAIN) 	14 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:30 Leisure Outing (out) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 DeMazenod Farm (COUR) 6:30 Card Game Night (LOUN) 	15 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:00 Bible Study with Hobbe (LOUN) 10:30 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 3:30 Calendar Prep 4:45 Restorative Walking (Hall) 6:00 Friendly Visits (Room) 6:45 Charades (4th)	16 Pyjama Day! 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:15 Sound Bowls with Masha (3rd) 11:00 Physio-Exercise Class (LOUN) 2:15 Hangman (4th) 4:00 Bean Bag Toss (LOUN) 4:45 Restorative Walking (Hall) 7:00 Movie Drive in (Out)	17 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 11:00 BBQ Lunch (COUR) 2:00 Baking (donut moulds) (Base) 3:30 Card Games (LOUN) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st) 	18 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:00 Daycare Children visits (MAIN) 10:30 Brain Teasers (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 2:00 Celebration of Life (MAIN) 	19 9:15 Restorative Walking (Hall) 9:30 Friendly Visits 10:30 Exercise/Centrecise (LOUN) 11:00 Geoguesser (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (4th) 1:45 Bingo (1st) 3:30 Board Games (LOUN) 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 Leisure Outing/Park Visit (Out) 20 10:00 Church Service -Immanuel Christian Reformed (1st) 11:15 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 12:45 Restorative Walking (4th) 1:30 Local Outing (out) 	7:45 Restorative Walking (Hall) 21 9:00 Friendly Visits 10:30 Brain Teasers (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:30 Card Games (LOUN) 6:15 Hang-Man (LOUN) 	<i>First Day of Autumn</i> 22 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 10:00 Bible Study with Hobbe (LOUN) 10:30 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 	<i>Fall Colours</i> 23 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 1:30 Resident Program Planning (LOUN) 2:30 Smoothie Making (LOUN) 4:00 Calendar Prep 4:45 Restorative Walking (Hall) 6:30 Pub Nig (MAIN) 	7:45 Restorative Walking (Hall) 24 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 2:00 Boomers Club (MAIN) 3:45 Bean Bag Toss (LOUN) 4:45 Restorative Walking (Hall) 6:30 Bingo (1st) 	7:45 Restorative Walking (Hall) 25 9:00 Friendly Visits 10:00 Horticultural Therapy (1st) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:30 Jackson Square Outing (out) 3:45 Smoothie Making (LOUN) 4:45 Restorative Walking (Hall) 6:00 Friendly Visits (Room) 6:45 Axe Throwing (LOUN)	7:45 Restorative Walking (Hall) 26 9:00 Friendly Visits 9:15 Restorative Walking (Hall) 10:00 Nail rejuvenation (LOUN) 11:00 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 
7:45 Restorative Walking (Hall) 27 9:00 Friendly Visits 9:15 Restorative Walking (Hall) 10:00 Hymn Sing (LOUN) 11:00 Exercise/Centrecise (LOUN) 11:30 Table Setting (4th) 2:00 Zumba with Rainier (MAIN) 	7:45 Restorative Walking (Hall) 28 9:00 Friendly Visits 10:30 Word Games (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 12:00 Decorating for Thanksgiving (ALL) 6:00 Decorating for Thanksgiving (ALL) 	7:45 Restorative Walking (Hall) 29 9:00 Friendly Visits 10:00 Bible Study with Hobbe (LOUN) 10:30 Trivia (LOUN) 11:00 Physio-Exercise Class (LOUN) 11:30 Table Setting (4th) 1:45 Bingo (1st) 3:45 Bean Bag Toss (LOUN) 4:45 Restorative Walking (Hall) 6:15 Hang-Man (LOUN)	<i>Orange Shirt Day</i> 30 7:45 Restorative Walking (Hall) 9:00 Friendly Visits 11:00 Physio-Exercise Class (LOUN) 2:00 Birthday Party with Paula (MAIN) 5:00 Take-Out Night (LOUN) 6:30 Movie Night (LOUN) 	Programs and Times are subject to change 		

HELLO
AUTUMN