

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Hymn Sing (L) 11:15 Independent Mindful Coloring (C) 3:00 Bingo (OR) 7:00 Netflix Movie- WoodStock- Documentary</p> 	<p>10:00 Crosswords (L) 11:00 Independent Sing Along (L) 2:45 Movie, The greatest Show Man ever. (T) Labor Day</p>  <p>Labor Day</p>	<p>9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Photo fun (back to School) (L) Shuttle Service 10-12 11:00 Sing Along (L) 1:30 Guild park, walk Outing 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (C) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 11:00 Musical Memories (L) 1:15 Shopping- Cedarbrae w/ Bruce 2:00 Exercise Class (FC) 3:00 Welcome Tea (PDR) 7:00 Euchre (CAFÉ)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Cupcake making, getting ready for grandparents' day (OR) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom Church Service(T) NO Town Hall today</p>	<p>9:00 Falls Prevention (FC) 10:00 Maggie Vendor(L) 10:30 Rosary Club (T) 2:00 Exercise Class (FC) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 2:30 Traditional Chinese Dancing, celebrating the lantern festival (T) 4:00 Pamper and Polish (OR) 7:00 Netflix Movie-Good Will Hunting</p>
<p>10:00 Hymn Sing with Daphne (L) 11:00 Bingo (OR) 2:00 Movement to Music (FC) 2:00 Cup cake decorating and tea. In the café for Grandparents day. (C) 7:00 Netflix Movie- Julie & Julia</p>  <p>Grandparents' Day</p>	<p>9:00 Falls Prevention (FC) 10:00 Independent sign along (L) 10:00 Pickering playing field - Mini Golf outing 3:00 Trivia/Word Games (L) 4:15 Games Matinee(C)</p> 	<p>9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:00 Independent Mindful Coloring (C) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (C) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 12:00 End of Summer Corn Roast BBQ, First come first serve. (G) 2:00 Exercise Class (FC) 3:00 Java Music Club 7:00 Euchre (MSL) Last day to sign up for the Port Restaurant outing.</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 11:00 Town Hall (T) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Lian Harris presents, The lore of Superstitions. 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom Church Service(T)</p>	<p>9:00 Falls Prevention (FC) 10:00 Wii Bowling (T) 2:00 Exercise Class (FC) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 1:45 Pamper and Polish (OR) 3:15 Assorted Games (T) (T) 7:00 Netflix Movie- All Saints</p> 
<p>10:00 Hymn Sing (L) 11:15 Independent Mindful Coloring (C) 3:00 Bingo (OR) 7:00 Netflix Movie – God Bless the Brockenroad</p> 	<p>9:00 Falls Prevention (FC) 10:30 Helen Stewart, Sing along (L) 11:00 Food council (OR) 10:00 Brooks Farms outing 1:30 Mobile Hearing, please sign up at reception!! (WC) 3:30 Trivia (L) 4:15 Games Matinee(C)</p>	<p>9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 2:30 Catholic Mass w/ Father Robson(T) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (C) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 10:00 Mix and Match vendor 11:00 Musical Memories (L) 2:00 Apple Pie baking for fundraiser (OR) 2:00 Exercise Class (FC) 7:00 Euchre (MSL)</p> 	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 4:00 Health Talk w/Dawood (L) 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 7:00 Adele's story Corner in the Lobby.</p>	<p>9:00 Falls Prevention (FC) 9:30 Apple pie and coffee sale fundraiser for the Alzheimer's Society. 10:00 Catholic Mass(T) 2:00 Exercise Class (FC) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 1:45 Pamper and Polish (OR) 3:00 Karaoke (T) 7:00 Netflix Movie- For the love of Benji</p> 
<p>10:00 Hymn Sing with Daphne (L) 11:15 Independent Mindful Color 3:00 Bingo (OR) 4:00 Discussion Group with Arthika (L) 7:00 Classic Movie – Casablanca</p>	<p>9:00 Falls Prevention (FC) 10:00 Crosswords (L) 11:30 The Port Restaurant and walk around the port, Fine dining lunch. 3:00 Independent sign along (L) 4:15 Games Matinee(C) First day of Fall</p>  <p>Autumn Begins</p>	<p>9:00 Falls Prevention (FC) 10:00 Bingo (OR) 11:00 Sing Along (L) Shuttle Service 10-12 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:00 Birthday Bash! Darlene and the Sham rockers. (T) 3:15 Chair Yoga (FC) 4:00 Hand Exercise (C) 7:30 Men's Night (MSL)</p>	<p>9:00 Falls Prevention (FC) 10:30 Apple Chalkboard Greetings craft with Arthika. 2:00 Exercise Class (FC) 3:00 Java "FALL" (PDR) 7:00 Euchre (CAFÉ)</p> 	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 2:00 Movie Matinee classic, Funny Face. Audrey Hepburn. 2:00 Exercise Class (FC) 2:30 Aquafit (P) 3:15 Chair Yoga (FC) 4:00 Squeeze Exercise (L) 7:30 Non-Denom Church Service(T)</p>	<p>9:00 Falls Prevention (FC) 10:00 Wii Bowling (T) 2:00 Exercise Class (FC) 2:00 Hand Wax (L) 3:00 Wine and Cheese (C) 4:00 Exercise (L) 7:00 Games Night (MSL)</p>	<p>10:00 Bingo (OR) 11:00 Sing Along (L) 1:45 Pamper and Polish (OR) 3:15 LCR Club (T) 7:00 Netflix Movie-The Notebook</p> 
<p>10:00 Hymn Sing (L) 11:15 Independent Mindful Coloring (C) 3:00 Bingo (OR) 7:00 Netflix Movie-LA La Land</p> 	<p>10:00 Sonita Vendor 11:00 Independent Sing Along (L) 10:00 Bata shoe museum outing, late lunch. 4:15 Games Matinee(C)</p>  <p>Rosh Hashanah (first Day)</p>	<p>Red- Special Events Green – Outings Purple –Vendors Blue – Exercise Program</p> 	<h1>September 2019</h1> <p>Please be advised that programs are subject to change. Puzzles are available in the basement. Please see reception for crosswords puzzles.</p>			



September Birthdays

Dorothy D. Sep 11th

Irene F. Sep 8th

Benita M Sep 27th

Nadia S. Sep 25th

Alfred S. Sep 7th

Maria w. Sep 22nd

Connie W. Sep 10th

Happy Birthday from McCowan!

Searching for September

The words listed below can be found vertically, horizontally, diagonally, forward, and backward.



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|---------------------------|----------------|
| ASTER | NINTH |
| AUTUMN | OKTOBERFEST |
| GRANDPARENTS DAY | ROSH HASHANAH |
| HARVEST | SAPPHIRE |
| INDEPENDENCE DAY (Mexico) | SCALES (Libra) |
| LABOR DAY | SEPTEMBER |
| LIBRA | VIRGIN (Virgo) |
| MORNING GLORY | VIRGO |

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Please see reception for the answers.

Program Locations:

Main Floor:

- Dining Room (DR)
- Private Dining Room (PDR)
- Café (C)
- Lobby (L)
- Garden (G)

Lower Level:

- Oak Ridge's Room (OR)
- Theater (T)
- Pool (P)
- Main Street Lounge (MSL)
- Fitness Center (FC)
- Wellness Center (WC)

The Following are in the Wellness Center:

- Foot Care
- Dentist
- Hearing Specialist- The third Monday of the month at 1:30pm. Please sign up at reception.

Theater:
Eye Clinic

Salon & Spa
Wednesday and Thursday
Esthetician- Tuesday's

Please check with reception and book an appointment