


# September 2019 Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10:30 Coffee & Colour- Café 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>Labour Day 2</b> 10:30 How Jobs Have Changed- Café 2:00 Euchre- CR 2:00 Carpet Bowling- LL 3:45 Knitting Circle- CR	<b>DR Visit &amp; Podiatrist 3</b> 8:30 Walking Club- LL <b>10:00 Vendor: Skyes Fashion</b> 10:30 Trivia Challenge- Café <b>1:30 Podiatrist- RR</b> 2:00 Back to School: Kids Say the Darndest Things- Café 3:45 Knitting Circle- Café <b>7:30 Bingo Night- CR</b>	<b>4</b> 10:45 The Price is Right- Café 2:00 Infection Control Presentation with Laura From Rexall- Café 3:30 Pet Visits w/ Ed & Rufus 3:45 Knitting Circle- Café 7:30 Euchre- CR	<b>5</b> 8:30 Walking Club- LL <b>10:00 Walmart Shopping- Bus</b> 10:00 R.C Communion- CH 10:30 Mind Joggers- Café 2:00 Bingo- CR 3:45 Knitting Circle- Café 7:30 Board Games- CR	<b>Exercise &amp; DR Visit 6</b> <b>10:00 Vendor: Fall Sale</b> 10:45 Discussion Group- Café 11:00 Tuck Shop- HK 2:00 Card Games- CR 3:30 Pet Visits with Lynn & Leo 3:45 Knitting Circle- Café 7:30 Movie Night- GR	<b>7</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by The Pereira Family- CR</b>
<b>8</b> 10:30 Coffee & Colour- Café 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>Exercise 9</b> 10:45 Wedding Traditions- Café 11:00 Tuck Shop- HK <b>2:00 All About Rachel and Corey's Wedding- Café</b> 3:45 Knitting Circle- Café 7:30 Music with David- CR	<b>DR Visit 10</b> 8:30 Walking Club- LL 10:30 Trivia Challenge- CR 2:30 Chair Zumba with Angelica- CR 3:45 Knitting Circle- Café <b>7:30 Bingo Night- CR</b>	<b>Exercise 11</b> 10:45 Who What When? 2:00 Nail Nook- CR 3:30 Pet Visits w/ Ed & Rufus 3:45 Knitting Circle- Café 7:30 Euchre- CR	<b>Chocolate Milkshake Day! 12</b> 8:30 Walking Club- LL <b>10:00 Georgetown Mall- Bus</b> 10:30 Mind Joggers - Café 2:00 Bingo- CR 3:00 Milkshake Social- CR 3:45 Knitting Circle- Café 7:30 Board Games- CR	<b>Exercise &amp; DR Visit 13</b> 10:45 Friday the 13th: Myths & Superstitions- Café 11:00 Tuck Shop- HK 2:00 Afternoon Paint Party- CR 3:30 Pet Visits with Lynn & Leo 3:45 Knitting Circle- Café 7:30 Movie Night- GR	<b>14</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by Brent- Golden Music- CR</b>
<b>15</b> 10:30 Coffee & Colour- Café 2:30 Church w/ Rev Hamilton 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>Exercise 16</b> 10:45 Word Games-Café 11:00 Tuck Shop- HK 2:00 Elder Abuse Awareness Presentation- Café 3:45 Knitting Circle- Café 7:30 Trivia with Grace- Café	<b>DR Visit 17</b> 8:30 Walking Club- LL <b>10:00 Library/Tim Hortons-Bus</b> 10:30 Pictionary- Café <b>2:00 Monthly Birthday Party With Mitch McCoy- CR</b> 3:45 Knitting Circle- Café <b>7:30 Bingo Night- CR</b>	<b>Exercise 18</b> 10:45 You Be the Judge- Café 2:00 Infection Control & Importance of Flu Shot Presentation- Café 3:30 Pet Visits w/ Ed & Rufus 3:45 Knitting Circle- Café 7:30 Euchre- CR	<b>8:30 Walking Club- LL 19</b> 10:00 R.C Mass-CH <b>10:00 Longs/Dollarama- Bus</b> <b>10:00 Vendor: Claudette Fashion</b> 10:30 Mind Joggers- Café 2:00 Bingo- CR 3:45 Knitting Circle- Café 7:30 Board Games- CR	<b>Exercise &amp; DR Visit 20</b> 10:45 Activity Booklet- Café 11:00 Tuck Shop- HK 2:00 Card Games- Cafe 3:30 Pet Visits with Lynn & Leo <b>7:30 Southbrook's 30th Anniversary Gala- CR</b>	<b>21</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>*Please note, there is no evening Entertainment today</b>
<b>22</b> 10:30 Coffee & Colour- Café 2:30 Church Service with Kennedy Road Tabernacle 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky <b>7:30 Piano with Amala- CR</b>	<b>Exercise 23</b> Eye Care Express 9:30-3:30- CR 10:45 Discussion Group- Café 11:00 Tuck Shop- HK 2:00 Euchre- CR 2:00 Carpet Bowling- LL 3:45 Knitting Circle- Café	<b>DR Visit 24</b> 8:30 Walking Club- LL <b>10:00 Apple Picking at Chudleighs Farm- Bus</b> 10:30 Autumn Trivia- Café 2:00 Let's Talk Food- Café 3:45 Knitting Circle- Café <b>7:30 Bingo Night- CR</b>	<b>Exercise 25</b> 10:45 Baking Group- HK 2:00 Nail Nook- CR 3:30 Pet Visits w/ Ed & Rufus 3:45 Knitting Circle- Café 7:30 Euchre- CR	<b>26</b> 8:30 Walking Club- LL <b>10:00 Shoppers Drug Mart-Bus</b> 10:30 Mind Joggers- Café 2:00 Bingo- CR 3:45 Knitting Circle- Café 7:30 Board Games- CR	<b>Exercise &amp; DR Visit 27</b> 10:45 Flashback Friday- Café 11:00 Tuck Shop- HK <b>2:00 Monthly Meeting &amp; Calendar Review- CR</b> 3:30 Pet Visits with Lynn & Leo 3:45 Knitting Circle- Café 7:30 Movie Night- GR	<b>28</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by Penny Johnson- CR</b>
<b>29</b> 10:30 Coffee & Colour- Café 2:30 Church Service with St. Andrews Presbyterian- CR 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>Exercise 30</b> 10:45 Word Games- Café 11:00 Tuck Shop- HK 2:00 Euchre- CR 2:00 Carpet Bowling- LL 3:45 Knitting Circle- Café 7:30 Trivia with Grace- Café	<b>Exercise Class Legend:</b> Mon, Wed, & Fri. 8:30: Balance Class- RR 10:15: Strengthening Class-RR 11:00 Flexibility Class- ALA  <i>*Afternoon Tea Time Daily, 3pm in the main lobby</i>	<b>Room Location Legend:</b> HK- Hobby Kitchen CR- Canada Room RR- Recreation Room GR- TV & Games Room DTD- Door to Door LL- Lower Level CH- Chapel CY- Courtyard			

# September 2019 ALA Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> 10:30 Coffee & Colour- Café 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>Labour Day 2</b> 9:30 Bowling 10:00 Mind Game 10:30 How Jobs Have Changed- Café 2:00 Euchre- CR 2:00 Carpet Bowling- LL 3:30 Reminiscing Circle: Back to School	<b>3</b> <b>PODIATRIST- Morning ALA</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Word Game 3:30 Music Circle 4:00 1:1 Reading 6:30 Hangman <b>7:30 Bingo Night- CR</b>	<b>4</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Basketball 10:00 Mind Games 11:00 Exercise 3:30 Nail Nook 4:00 Pet Visits with Rufus 6:00 Visits with Thanusha	<b>5</b> 9:00 Friendly Visits 10:00 R.C Communion- CH 10:00 Morning Movement 10:30 Puzzle in the Lounge 3:30 Matching 4:00 Colour Creations 6:00 ALA Movie Night	<b>Exercise &amp; DR Visit 6</b> 9:00 Friendly Visits 9:30 Target 10:00 What Doesn't Belong? 11:00 Exercise 3:30 Sing Along With Sonja 4:00 Pet Visits with Leo 7:30 Movie Night- GR	<b>7</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by The Pereira Family- CR</b>
<b>8</b> 10:30 Coffee & Colour- Café 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>9</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Target 10:00 Wedding Reminisce 11:00 Exercise <b>2:00 All About Rachel and Corey's Wedding- Café</b> 3:30 Sing Along 6:00 Visits with Grace	<b>10</b> <b>DR Visit</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Spelling Bee 3:30 Short Stories 4:00 Colour Creations 6:30 Pictionary <b>7:30 Bingo Night- CR</b>	<b>11</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Balloon Tennis 10:00 Mind Games 11:00 Exercise 3:30 Afternoon Craft 4:00 Pet Visits with Rufus 6:00 Visits with Thanusha	<b>Chocolate Milkshake Day 12</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Game of Things 10:30 Sing Along 3:00 Milkshake Social- CR 3:30 Sort it Out 4:00 Colour Creations 6:00 ALA Movie Night	<b>Exercise &amp; DR Visit 13</b> 9:00 Friendly Visits 9:30 Balloon Toss 10:00 Myths and Superstitions 11:00 Exercise 3:30 Sing Along With Sonja 4:00 Pet Visits with Leo 7:30 Movie Night- GR	<b>14</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by Brent- Golden Music- CR</b>
<b>15</b> 10:30 Coffee & Colour- Café 2:30 Church w/ Rev Hamilton 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>16</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Bowling 10:00 What Doesn't Belong? 11:00 Exercise 3:30 Short Stories 6:00 Visits with Thanusha 7:30 Music with David- CR	<b>17</b> <b>DR Visit</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Word Game 3:30 Music Circle 4:00 1:1 Reading 6:30 Hangman <b>7:30 Bingo Night- CR</b>	<b>18</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Basket 10:00 Mind Games 11:00 Exercise 3:30 Nail Nook 4:00 Pet Visits with Rufus 6:00 Visits with Thanusha	<b>19</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 R.C Mass- CH 10:00 I Spy 10:30 Puzzle in the Lounge 3:30 Matching 4:00 Colour Creations 6:00 ALA Movie Night	<b>Exercise &amp; DR Visit 20</b> 10:00 Activity Booklet 11:00 Exercise 3:30 Sing Along With Sonja 4:00 Pet Visits with Leo <b>7:30 Southbrook's 30th Anniversary Gala- CR</b>	<b>21</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>*Please note, there is no evening Entertainment today</b>
<b>22</b> 10:30 Coffee & Colour- Café 2:30 Church Service with Kennedy Road Tabernacle 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky <b>7:30 Piano with Amala- CR</b>	<b>23</b> <b>Exercise</b> Eye Care Express 9:30-3:30- CR 9:00 Friendly Visits 9:30 Target 10:00 I Spy 11:00 Exercise 3:30 Sing Along	<b>24</b> <b>DR Visit</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Spelling Bee 3:30 Short Stories 4:00 Colour Creations 6:30 Pictionary <b>7:30 Bingo Night- CR</b>	<b>25</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Balloon Tennis 10:00 Mind Games 11:00 Exercise 3:30 Afternoon Craft 4:00 Pet Visits with Rufus 6:00 Visits with Thanusha	<b>26</b> 9:00 Friendly Visits 9:30 Morning Movement 10:00 Game of Things 10:30 Sing Along 3:30 Sort it Out 4:00 Colour Creations 6:00 ALA Movie Night	<b>Exercise &amp; DR Visit 27</b> 9:00 Friendly Visits 9:30 Balloon Toss 10:00 Categories 11:00 Exercise <b>2:00 Calendar Review- CR</b> 3:30 Sing Along With Sonja 4:00 Pet Visits with Leo 7:30 Movie Night- GR	<b>28</b> 10:30 Bingo- CR 2:00 Euchre- CR 2:00 Cranium Crunchies- Cafe <b>7:30 Entertainment by Penny Johnson- CR</b>
<b>29</b> 10:30 Coffee & Colour- Café 2:30 Church Service with St. Andrews Presbyterian- CR 3:00 Sunday Tea- CR 3:30 Pet Visits w/ Nicky 7:30 Travelogue-GR	<b>30</b> <b>Exercise</b> 9:00 Friendly Visits 9:30 Bowling 10:00 Spelling Bee 11:00 Exercise 3:30 Nail Nook 6:00 Visits with Grace	* Activity Resources are located in the ALA Lounge and Fire Side Lounge for everyone to use At anytime*  *Daily Tea Time in the Main Lobby At 3:00pm*	<b>Room Location Legend:</b> <b>HK- Hobby Kitchen</b> <b>CR- Canada Room</b> <b>RR- Recreation Room</b> <b>GR- TV &amp; Games Room</b> <b>DTD- Door to Door</b> <b>LL- Lower Level</b> <b>CH- Chapel</b> <b>CY- Courtyard</b>			