

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

September 2023

Bowden

						9:45 Music Therapy with Jaideen 11:00 Circle Curling 2:00 Jeopardy	1		2				
2:30 Sunday Service with Don	LABOUR DAY No recreation or physio today	9:30 Physio Fitness 2:15 Bingo (DE Dining Rm) 6:15 Courtyard Social	10:00 Zumba Chair Fitness 11:30 Rec Meeting 2:00 Autumn Art 6:15 Name that Tune	9:30 Physio Fitness 11:15 A/B Mobile 2:15 Time slips 2:15 Water Colors with Jess 6:30 Live Music with Kevin	9:45 Music Therapy with Jaideen 11:00 Ping Pong games 1:30 Scenic Drive		3	4	5	6	7	8	9
10:00 Grand Parents Day Reminisce 2:30 Sunday Service with Don	10:00 Drumfit 2:00 Music Appreciation Frank Sinatra	9:30 Physio Fitness 10:00 Curling 12:30 Dine in 2:15 Bingo (DE Dining Rm) 6:15 Reminisce (D)	10:00 Zumba Chair Fitness 2:30 Birthday Party with Greg 6:15 Crossword	9:30 Physio 11:15 Food Council Meeting 11:15 A/B Mobile 2:00 Art Class 2:15 Trivia 6:30 Live Music with Allen	Music Therapy with Jaideen 12:30 Arden Dine In 2:00 Karaoke		10	11	12	13	14	15	16
10:30 Tribute to Terry Fox 2:30 Sunday Service with Don	10:00 Drumfit 2:00 Big Wheel Trivia	9:30 Physio Fitness 10:00 Bocce 11:30 Resident & Family Council 2:15 Bingo 6:15 Name that Tune (D)	Pirate Day! 10:00 Pirate Games 2:30 Jolly Roger Pirate Party with Classic Rewind 6:15 Card bingo	9:30 Physio Fitness 11:15 A/B Mobile 2:00 Art Class 2:15 Board game 6:30 Live Music with Brian	Music Therapy with Jaideen 11:00 Target toss 2:00 Armchair Travel to Scotland		17	18	19	20	21	22	23
10:00 Hockey 11:00 2:30 Memorial and Sunday Service with Don	10:00 Drumfit 2:00 Music Appreciation Kenny Rogers	9:30 Physio Fitness 10:00 Horse Races 2:15 Bingo (DE Dining Rm) 6:15 Baking	10:00 Zumba Chair Fitness 11:30 Lunch Outing to .. 2:00 Baking 6:15 Musical Bingo	9:30 Physio 11:15 A/B Mobile 2:00 Art Class 2:15 Geography Bingo 6:30 Live Music with Richard	Music Therapy with Jaideen 11:00 Bocce Ball 2:00 YouTube Trivia		24	25	26	27	28	29	30
						<i>Truth & Reconciliation Day</i> No recreation or physio							