




INSPIRED SENIOR LIVING

September 2023

GardenSide



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>World Alzheimer's Month</p>		 <p>Grandparent's Day</p>				
<p>10:00 Catholic Mass on TV 3</p> <p>10:30 Piano with Thelma</p> <p>2:30 Arts & Crafts Finishing Workshop</p> <p>4:00 Library Visit</p>	<p>9:30 1 on 1 Mobility Program 4</p> <p>10:00 Gentle Exercises</p> <p>11:00 Labour Day Discussion</p> <p>2:30 Coffee and Donuts</p> <p>"What's My Job" Game</p> <p>3:30 Piano Music w/Mabon</p>	<p>10:00 Gentle Exercises 5</p> <p>10:45 1:1 Visits</p> <p>3:00 Let's Reminisce about the PNE!</p> <p>6:30 Evening Manicures</p>	<p>10:00 Chair Exercise 6</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:00 'Concerts In Care'</p>	<p>10:30 Sing Along with Suzie-Q 7</p> <p>2:00 Horseshoes in the Round</p> <p>3:30 1:1 visits with Megan</p>	<p>10:00 Chair Exercises 1</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Performance by Martin Adcock</p> <p>2:00 Artfull Enrichment</p> <p>3:30 1 on 1 visits with Mona</p>	<p>10:00 Horseshoes in the Round 2</p> <p>11:00 Morning Word Games</p> <p>2:00 Outside Strolls</p> <p>3:30 Java Music Club with Mona</p>
<p>National Grandparents Day 10</p> <p>10:00 Catholic Mass on TV</p> <p>10:30 Piano with Thelma</p> <p>2:00 Lutheran Church Service - In Person</p> <p>2:15 Balloon Badminton</p>	<p>9:30 1 on 1 Mobility Program 11</p> <p>10:00 Gentle Exercises</p> <p>11:00 Shake Loose Memory</p> <p>2:00 Grandparent Day Social with tea and treats</p> <p>3:30 Piano Music w/Mabon</p>	<p>10:00 Gentle Exercises 12</p> <p>10:30 Baking Club 'Best Ever Blondies'</p> <p>2:00 Artfull Enrichment</p> <p>3:00 Tri-Bike Rides with Wendy J</p> <p>6:30 Evening Manicures</p>	<p>10:00 Gentle Exercises 13</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Bingo</p> <p>3:30 1 on 1 visits with Life Enrichment Staff</p>	<p>10:00 Chair Exercise 14</p> <p>11:00 Brain Fitness- Word Games</p> <p>2:30 September Birthday and Welcome Tea</p>	<p>9:45 Music Therapy Session 1 with Lorri 15</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:00 Live Music w/ Roberto Risman</p> <p>2:30 Scenic Drive</p> <p>4:00 Avocado Smoothie Drink Social</p>	<p>10:00 Lets Play Bocce 16</p> <p>10:30 Morning Sing A Long</p> <p>3:30 1 on 1 visits with Mona</p>
<p>10:00 Catholic Mass on TV 17</p> <p>10:30 Piano with Thelma</p> <p>2:00 Let's Make Fall Centre Pieces</p> <p>3:00 Young Musicians and Artists Performance</p> <p>3:30 'I'm Still Learning' Activity</p>	<p>10:00 Pink Flamingo Game 18</p> <p>11:00 Brain Fitness - True or False</p> <p>2:00 In Room Plant Care</p> <p>3:30 Piano Music w/Mabon</p>	<p>10:00 Chair Yoga 19</p> <p>10:30 Brain Fitness- Word Games</p> <p>11:00 Reading The Daily Chronicles</p> <p>1:30 1 on 1 visits with Mona</p> <p>3:00 Busy Bakers: Cinnamon Sugar Plum Cake</p> <p>6:30 Evening Manicures</p>	<p>10:00 Horseshoes In the Round 20</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Java Music Club with Mona</p>	<p>10:00 Roll - O - Trump 21</p> <p>11:00 Brain Fit</p> <p>2:00 Let's Make Fall Centre Pieces</p> <p>4:00 Room to Room Plant Care</p>	<p>9:45 Music Therapy Session 1 with Lorri 22</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Reading The Daily Chronicles</p> <p>2:30 Travelogue to Milan, Italy</p> <p>3:30 Horseshoes in the Round</p>	<p>First Day of Autumn! 23</p> <p>10:00 Gentle Exercises</p> <p>11:00 Karaoke with DJ Wendy B</p> <p>2:30 Autumn Baking- Homemade Cinnamon Buns!</p>
<p>10:00 Catholic Mass on TV 24</p> <p>10:30 Piano with Thelma</p>	<p>9:30 1 on 1 Mobility Program 25</p> <p>10:00 Roll - O - Trump</p> <p>11:00 Morning Word Games</p> <p>2:00 Shake Loose Memories</p> <p>3:30 Piano Music w/Mabon</p>	<p>10:00 Chair Exercises 26</p> <p>10:30 Family Day Discussion</p> <p>2:00 Artfull Enrichment</p> <p>3:30 Hot Drink Social - Almond Roca</p> <p>6:30 Evening Manicures</p>	<p>10:00 Drumfit with Mona 27</p> <p>11:00 Morning Word Games</p> <p>2:00 Bingo</p> <p>2:00 1 on 1 visits with Life Enrichment Staff</p> <p>3:30 Spa Time Hand Massages</p>	<p>10:00 A Look Back: Trips to the Grocery Store 28</p> <p>2:00 Java Music Club with Wendy J</p> <p>3:30 Let's Play Petanque!</p>	<p>9:45 Music Therapy Session 1 with Lorri 29</p> <p>10:45 Music Therapy Session 2 with Lorri</p> <p>11:00 Ring Toss</p> <p>2:00 Felting Workshop</p>	<p>Orange Shirt Day - Wear Orange 30</p> <p>10:00 Horseshoes In the Round</p> <p>11:00 Finish the Lines</p> <p>2:00 Autumn Flavors, Smells & Facts</p> <p>3:30 1 on 1 visits</p>