


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>☺ Emotional 🧠 Intellectual 🚗 Outing 👣 Physical 👤 Purposeful 🐾 Social ☀️ Spiritual 🛒 Vendor</p>	<p>“There is nothing in the world so irresistibly contagious as laughter and good humor.” — Charles Dickens, <i>A Christmas Carol</i></p>	 <p>INSPIRED SENIOR LIVING WITH Verve</p>	<p>LLL showcase this month will highlight zucchini - feature dinner will be Friday September 7th ... families are welcome to join (*sign up at reception).</p>	<p>Walk & Talk is back starting Sept. 6 Mon & Thurs 10 - Noon Westbank Lions Community Centre Free Come out and enjoy the chance to get fit and engage socially!</p>	<p>9:30 🚶 Go4Life Walking Club - Resident Run [B] 1 1:00 🧸 Crib Club - everyone welcome! [B] 6:30 ☺ Saturday Night at the Movies [T]</p>	
<p>11:30 🕯️ Catholic Communion [L] 2 2:00 🧠 Let's Play Scrabble [L] 6:30 🎵 Sing Along With Albert - everyone welcome [B]</p>	<p>Labor Day 3 9:30 🚶 Advanced Aquafit [P] 10:30 🚗 Back Road Wanderers - Scenic Drive *sign up* [BO] 2:00 🚶 Go4Life Walking in the Pool [P] 2:00 🎬 Movie Matinee [T] 7:00 🎲 Bingo! [CK]</p>	<p>10:00 🧠 Meet Me At The MOMA Art Program - lecture [CK] 4 1:00 🚗 Chances Casino/Bingo Outing *sign up* [BO] 1:00 ☺ Women's Al-Anon Meeting [T]</p>	<p>8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 5 10:00 🛒 The Heritage Market: produce for sale in the front lobby [B] 1:30 🧠 Beginner's/Refresher Canasta Game 1:30-4:30 [CK] 1:30 🧠 Bridge Club [L] 2:00 🚶 Go4Life Walking in the Pool [P] 2:30 🧠 Food & Recreation Meeting [TL] 6:30 ☺ Murdoch Mysteries Season 1 [T]</p>	<p>9:45 🚶 Go4Life Walking Club: Bus to Bird Sanctuary *sign up* [BO] 6 10:00 🧠 Spanish Lessons [PDR] 1:00 🚶 Osteofit [T] 1:30 ☺ Suite Visits with Kim 1:45 🎲 \$"Quarter Bingo" [CK] 2:00 🚶 Shuttle Bus to Save-On-Foods *sign up* [BO] 2:15 🚶 Shuttle Bus to Walmart *sign up* [BO] 3:15 Baking with Kim [CK] 6:30 🎲 Ice Cream Social [CK]</p>	<p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 7 9:00 🛒 FootCare Clinic: *book app. @ recep* 9:30 🚶 Advanced Aquafit [P] 10:00 🎨 Open Painting Group (10-4) - bring your own piece to work on [CK] 1:30 🚒 Fire Fighting Friday - see poster for details 2:00 🚶 Go4Life Walking in the Pool [P] 2:30 🛒 Happy Hour with Vic U. [B] 4:30 🎲 LLL Dinner featuring Zucchini [DR] 6:30 🎲 Concert & Sing Along with Doug - everyone welcome [B]</p>	<p>9:30 🚶 Go4Life Walking Club - Resident Run [B] 8 10:15 🎲 Carpet Bowling with Kim [TL] 1:00 🧸 Crib Club - everyone welcome! [B] 1:30 🎨 "Everyone Has A Story" (Collage/Scrapbooking with Kim) [CK] 6:30 ☺ Saturday Night at the Movies [T]</p>
<p>11:30 🕯️ Catholic Communion [L] 9 2:00 🧠 Let's Play Scrabble [L] 6:30 🎵 Sing Along With Albert - everyone welcome [B]</p>	<p>9:30 🚶 Advanced Aquafit [P] 10 1:00 🚶 Osteofit [T] 2:00 🚗 "Back Road Wanderers" Scenic Drive [BO] 2:00 🚶 Go4Life Walking in the Pool [P] 3:30 🚶 Connect Hearing Clinic [B] 7:00 🎲 Bingo! [CK]</p>	<p>10:00 🧠 Meet Me At The MOMA Art Program - paint [CK] 11 10:30 🕯️ Catholic Mass [L] 1:00 ☺ Women's Al-Anon Meeting [T] 2:30 🛒 Birthday Party with the Accordion Club [B] 3:30 🎨 Ukulele Lessons (Beginner) [T] 6:30 🎲 Ladies Spa Night with Kim [CK]</p>	<p>8:00 🎨 The Heritage Art Group 8 am - 1 pm [CK] 12 10:00 🛒 Sing for Your Life [T] 10:00 🛒 The Heritage Market: produce for sale in the front lobby [B] 1:30 🧠 Bridge Club [L] 1:30 🧠 Canasta Game - everyone welcome [CK] 2:00 🚶 Go4Life Walking in the Pool [P] 6:30 ☺ Murdoch Mysteries Season 1 [T]</p>	<p>10:00 🚶 Happy Hookers Meeting [CK] 13 10:00 🚶 Shuttle Bus to Save-On-Foods *sign up* [BO] 10:00 🧠 Spanish Lessons [PDR] 10:15 🚶 Shuttle Bus to Walmart *sign up* [BO] 1:00 🚶 Osteofit [G] 1:45 🎲 \$"Quarter Bingo" [CK] 3:15 ☺ Baking for Fundraiser [CK] 6:30 🎲 Whiski-Jack's Pub Outing *sign up* [BO]</p>	<p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 14 9:30 🚶 Advanced Aquafit [P] 10:00 🎨 Open Painting Group (10-4) - bring your own piece to work on [CK] 10:00 🛒 Pop Up Shopping Event 10-2 [T] 2:00 🚶 Go4Life Walking in the Pool [P] 2:30 🛒 Happy Hour with Valley Gentlemen [B] 3:30 🎨 Ukulele Lessons (Intermediate) [G]</p>	<p>9:30 🚶 Go4Life Walking Club - Resident Run [B] 15 10:15 🎲 News & Views: conversation & coffee group [CK] 1:00 🧸 Crib Club - everyone welcome! [B] 1:30 🎨 Craft with Kim [CK] 6:30 ☺ Saturday Night at the Movies [T]</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11:30 ☘ Brunch Buffet - families invited ... please sign up at reception by September 9 [DR] 16</p> <p>11:30 ☘ Catholic Communion [L]</p> <p>2:00 ☘ Let's Play Scrabble [L]</p> <p>6:30 ☘ Sing Along With Albert - everyone welcome [B]</p>	<p>9:30 ☘ Advanced Aquafit [P] 17</p> <p>1:00 ☘ Osteofit [T]</p> <p>2:00 ☘ "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>7:00 ☘ Bingo! [CK]</p>	<p>10:00 ☘ Meet Me At The MOMA Art Program - lecture [CK] 18</p> <p>1:00 ☘ Women's Al-Anon Meeting [T]</p> <p>2:15 ☘ Go4Life: Chair Class with Kim [G]</p> <p>3:00 ☘ Ukulele Lessons (Beginner) [T]</p> <p>3:45 ☘ Word Games [B]</p> <p>6:30 ☘ Carpet Bowling [TL]</p>	<p>8:00 ☘ The Heritage Art Group 8 am - 1 pm [CK] 19</p> <p>10:00 ☘ Sing for Your Life [T]</p> <p>10:00 ☘ The Heritage Market: produce for sale in the front lobby [B]</p> <p>1:30 ☘ Bridge Club [L]</p> <p>1:30 ☘ Canasta Game - everyone welcome [CK]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>6:30 ☘ Murdoch Mysteries Season 1 [T]</p>	<p>10:00 ☘ Orchard Park Shopping Mall: Sign up at reception [BO] 20</p> <p>10:00 ☘ Spanish Lessons [PDR]</p> <p>1:00 ☘ Osteofit [T]</p> <p>1:45 ☘ "\$Quarter Bingo" [CK]</p> <p>2:30 ☘ Happy Hour with Dan S. [B]</p> <p>6:30 ☘ Pool & Pub Night [SL-5]</p>	<p>Blue Jean Fridays for TLC Society (pontoon boat) - Wear your Jeans & drop your toonie at reception 21</p> <p>9:00 ☘ FootCare Clinic: *book app. @ recep* [S]</p> <p>9:30 ☘ Advanced Aquafit [P]</p> <p>10:00 ☘ Open Painting Group (10-2:30) - bring your own piece to work on [CK]</p> <p>1:15 ☘ Symphony Outing *sign up at reception* \$10 suggested donation at door [BO]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>2:30 ☘ Cooking with Pearl - something zucchini! [CK]</p> <p>3:30 ☘ Ukulele Lessons (Intermediate) [G]</p>	<p>9:30 ☘ Go4Life Walking Club - Resident Run [B] 22</p> <p>10:00 ☘ Men's Pancake Breakfast *sign up* [CK]</p> <p>1:00 ☘ Crib Club - everyone welcome! [B]</p> <p>1:30 ☘ You Be The Judge - Discussion & Coffee Group [PDR]</p> <p>6:30 ☘ Saturday Night at the Movies [T]</p>
<p>11:30 ☘ Catholic Communion [L] 23</p> <p>2:00 ☘ Let's Play Scrabble [L]</p> <p>6:30 ☘ Sing Along With Albert - everyone welcome [B]</p>	<p>9:30 ☘ Advanced Aquafit [P] 24</p> <p>1:00 ☘ Osteofit [T]</p> <p>2:00 ☘ "Back Road Wanderers" Scenic Drive [BO]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>7:00 ☘ Bingo! [CK]</p>	<p>9:45 ☘ NexGen Hearing Clinic [B] 25</p> <p>10:00 ☘ Meet Me At The MOMA Art Program - paint [CK]</p> <p>1:00 ☘ Women's Al-Anon Meeting [PDR]</p> <p>3:00 ☘ Ukulele Lessons (Beginner) [G]</p>	<p>8:00 ☘ The Heritage Art Group 8 am - 1 pm [CK] 26</p> <p>10:00 ☘ Sing for Your Life [T]</p> <p>10:00 ☘ The Heritage Market: produce for sale in the front lobby [B]</p> <p>1:30 ☘ Bridge Club [L]</p> <p>1:30 ☘ Canasta Game - everyone welcome [CK]</p> <p>1:30 ☘ New Resident Welcome [T]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>2:30 ☘ Resident Meeting - with guest speaker on Samaritan's Purse [T]</p> <p>6:30 ☘ Murdoch Mysteries Season 1 [T]</p>	<p>10:00 ☘ Go4Life Walking Club to Peachland [BO] 27</p> <p>10:00 ☘ Spanish Lessons [PDR]</p> <p>1:00 ☘ Osteofit [T]</p> <p>1:45 ☘ "\$Quarter Bingo" [CK]</p> <p>2:00 ☘ Shuttle Bus to Save-On-Foods *sign up* [BO]</p> <p>2:15 ☘ Shuttle Bus to Walmart *sign up* [BO]</p> <p>2:15 ☘ Sign Up for Next Month's Activities [T]</p> <p>6:30 ☘ Music Concert DVD Social [T]</p>	<p>LAST ONE! Blue Jeans Friday for TLC Society - donations collected at reception 28</p> <p>9:30 ☘ Advanced Aquafit [P]</p> <p>10:00 ☘ Open Painting Group (10-4) [CK]</p> <p>10:00 ☘ Zumba Gold [T]</p> <p>2:00 ☘ Go4Life Walking in the Pool [P]</p> <p>2:30 ☘ Happy Hour with Old Time Fiddlers [B]</p> <p>3:30 ☘ Ukulele Lessons (Intermediate) [G]</p> <p>4:30 ☘ Octoberfest Theme Dinner - Dress Up! [DR]</p> <p>5:30 ☘ Cultural Days 5:30 - 8:30 pm Presented by SWAC [B]</p> <p>6:30 ☘ Octoberfest Beer Tasting [CK]</p> <p>7:00 ☘ Resident Council Meeting</p>	<p>Cultural Days 10-4 presented by SWAC 29</p> <p>9:30 ☘ Go4Life Walking Club - Resident Run [B]</p> <p>10:00 ☘ Games on the North Patio with Kim [OP]</p> <p>1:00 ☘ Crib Club - everyone welcome! [B]</p> <p>1:30 ☘ Special Activity with Kim: TBA</p> <p>6:30 ☘ Saturday Night at the Movies [T]</p>
<p>Cultural Days 11-4 Presented by SWAC 30</p> <p>11:30 ☘ Catholic Communion [L]</p> <p>2:00 ☘ Let's Play Scrabble [L]</p> <p>6:30 ☘ Sing Along With Albert - everyone welcome [B]</p>						