





	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>“Walk Across Canada” September 25th to October 1st</p> <p>Active Aging Week takes place each year during the last week of September.</p> <p>It promotes the benefits of healthier, more active lifestyles across the life span.</p> <p>Older adults can experience wellness activities and exercise in a safe, supportive environment.</p> <p>Regardless of age or health conditions, older adults can live as fully as possible in all areas of life.</p> <p>Contact your Life Enrichment Manager for information on how you can participate.</p>	 <p>Java Music Club discussion group for all residents: Building a culture of positive mutual support (*New weekly program)</p>		<p><i>For the month of September we will be featuring: Tomatoes</i> -Sept 8: A feature dinner showcasing Tomato</p>		<p>Location Keys</p> <p>Coffee House CH Library LI Lobby L Lounge LO Oak Room O Theatre T</p>	<p>9:15 🍃 Gym Dandies [O] 1</p> <p>10:15 🍃 Bean Bag Toss Game in the Lounge [LO]</p> <p>2:00 🎲 Crib players meet up in Oakroom for a game</p> <p>3:30 🍷 Happy Hour & Social w/ Ray Volk [LO]</p> <p>7:00 🎲 Bingo [O]</p>	<p>9:30 🍃 Carpet Bowling [O] 2</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🎲 Shuffle Board [LI]</p> <p>1:30 🎲 Whist [O]</p> <p>7:00 🎲 Rummy & Skip Bo [O]</p> <p>7:00 🎬 Saturday Night Movie [T]</p>
	<p>2:00 🧠 Scrabble in the Lounge 3</p> <p>3:30 🍷 Sunday Social and Pub</p> <p>7:30 🎲 Skip Bo & Canasta [LO]</p>	<p>Labor Day 4</p> <p>9:15 🍃 No Gym Dandies today [O]</p> <p>10:30 🗨️ No Java Discussion Group today</p> <p>2:00 🚗 No Backroad Wanderers Drive today</p> <p>7:00 🎬 Movie-Viewer's Choice [T]</p> <p>7:00 🎲 Bingo [O]</p>	<p>5</p> <p>9:00 🍷 Men's Shed Group [CH]</p> <p>11:00 🎲 Rings N Things w/ Jacqueline (Jewelry for purchase) in the Lobby [LI]</p> <p>10:00 🍃 No Strength & Balance Exercise today [O]</p> <p>10:30 🗨️ Resident Council Meeting in the Oak Room [O]</p> <p>10:30 🧠 No Giant Crossword puzzle today [O]</p> <p>2:00 🎲 Card Bingo [O]</p> <p>3:30 🍷 No Gary's Pub Afternoon today [LO]</p> <p>7:00 🎲 Melody Boys perform for Toonie Tuesday evening *Bar is open</p>	<p>6</p> <p>Last day to sign up and pay for Many Hats Theatre in Penticton Sunday Sept. 24</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍷 TLC Pontoon Boat (Morning coffee & donuts on the water- float 10:00am-11:00am) *Sign up</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🧘 Chair Yoga [O]</p> <p>1:30 🗨️ Coping with Loss seminar in the Theatre with Louanne</p> <p>2:00 🎲 Crib Tournament in the Oak Room *Sign up/ \$2 to play</p> <p>7:00 🎲 Skip Bo & Canasta [CH]</p>	<p>7</p> <p>9:00 🗨️ Hearing Clinic with Hearing Connect [LI]</p> <p>9:30 🍃 Walking outside along waterfront Downtown Kelowna (Go4Life)*Sign up</p> <p>10:00 🗨️ Hawthorn Quilters [O]</p> <p>10:30 🗨️ Hot Topics with Louanne [CH]</p> <p>2:00 🚗 Shopping Shuttle to Orchard Park Mall *Sign up</p>	<p>8</p> <p>Living Loving Local Dinner Featuring Tomato</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:15 🍃 Rollo Trump game in the Lounge</p> <p>2:00 🎲 Crib players meet up in Oakroom for a game</p> <p>3:30 🍷 Happy Hour & Social w/ Accordion Club *Celebrating Grandparents Day *Caesars on special w/ tomato garnish \$3 [LO]</p> <p>7:00 🎲 Bingo [O]</p>	<p>9</p> <p>8:45 🍃 Go4Life Walking Club- meet in Lobby</p> <p>9:30 🍃 Carpet Bowling [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🎲 Shuffle Board [LI]</p> <p>1:30 🎲 Whist [O]</p> <p>3:00 🍷 Horse Race game in the Lounge</p> <p>7:00 🎲 Rummy & Skip Bo [O]</p> <p>7:00 🎬 Saturday Night Movie [T]</p>
	<p>2:00 🧠 Scrabble in the Lounge 10</p> <p>3:30 🍷 Sunday Social and Pub</p> <p>7:30 🎲 Skip Bo & Canasta [LO]</p>	<p>11</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:30 🗨️ Java Discussion Group in the Library</p> <p>2:00 🚗 Backroad Wanderers Drive *Sign up</p> <p>7:00 🎲 Bingo [O]</p>	<p>12</p> <p>9:00 🍷 Men's Shed Group [CH]</p> <p>10:00 🍃 Strength & Balance Exercise in the Oakroom [O]</p> <p>10:30 🧠 Giant Crossword puzzle [O]</p> <p>2:00 🚗 Shopping Shuttle to Walmart *Sign-up *Please note change in day</p> <p>2:00 🎲 Card Bingo [O]</p> <p>3:30 🍷 Gary's Pub Afternoon [LO]</p>	<p>13</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🧘 Chair Yoga [O]</p> <p>11:00 🗨️ Anglican Church Service [T]</p> <p>11:15 🍷 LLL Lunch Bunch to L'Isola Bella Bistro in Lake Country for Italian food *Sign up</p> <p>7:00 🎲 Skip Bo & Canasta [CH]</p>	<p>14</p> <p>9:30 🍃 Walking outside along waterfront Downtown Kelowna (Go4Life)*Sign up</p> <p>10:00 🗨️ Hawthorn Quilters [O]</p> <p>10:30 🗨️ Hot Topics with Louanne [CH]</p>	<p>15</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:15 🍃 Bean Bag Toss Game in the Lounge [LO]</p> <p>2:00 🎲 Crib players meet up in Oakroom for a game</p> <p>3:30 🍷 No Happy Hour & Social *No entertainment today (Setting up for Verve 40th Anniversary Sat. Sept 16) [LO]</p> <p>7:00 🎲 Bingo [O]</p>	<p>16</p> <p>Verve 40th Anniversary Celebration day Open House 1:00-4:00 & Celebration Ceremony at 2:00pm in the Lounge</p> <p>9:30 🍃 Carpet Bowling [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🎲 Shuffle Board [LI]</p> <p>1:30 🎲 No Whist today [O]</p> <p>7:00 🎲 Rummy & Skip Bo [O]</p> <p>7:00 🎬 Saturday Night Movie [T]</p>
	<p>2:00 🧠 Scrabble in the Lounge 17</p> <p>3:30 🍷 Sunday Social and Pub</p> <p>7:30 🎲 Skip Bo & Canasta [LO]</p>	<p>18</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:30 🗨️ No Java Discussion Group today</p> <p>2:00 🚗 Backroad Wanderers Drive *Sign-up</p> <p>7:00 🎲 Bingo [O]</p>	<p>19</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:00 🍷 Men's Shed Group [CH]</p> <p>10:00 🍃 Strength & Balance Exercise in the Oakroom [O]</p> <p>10:30 🧠 Giant Crossword puzzle + Bonus LLL crossword puzzle [O]</p> <p>1:30 🗨️ Making tomato salsa for Happy Hour *Come out and help prepare ingredients [CH]</p> <p>2:00 🎲 Card Bingo [O]</p> <p>3:30 🍷 Gary's Pub Afternoon [LO]</p>	<p>20</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10-2P 🗨️ Stellar Gem Services [LI]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🧘 Chair Yoga [O]</p> <p>12:15 🍷 TLC Pontoon boat (Late picnic lunch during float 1:00-2:00pm) *Sign up</p> <p>3:00 🍷 Active Aging Kick off and Sign up event in the Lounge *Residents and Staff Register to participate</p> <p>7:00 🎲 Skip Bo & Canasta [CH]</p>	<p>21</p> <p>World Alzheimer's Day- Staff & Residents pay \$2 donation to dress down/wear your jeans</p> <p>9:30 🍃 Walking outside along waterfront Downtown Kelowna (Go4Life)*Sign up</p> <p>10:00 🗨️ Hawthorn Quilters [O]</p> <p>10:30 🗨️ Hot Topics with Louanne [CH]</p> <p>2:00 🚗 Shopping Shuttle to Orchard Park Mall *Sign up</p>	<p>22</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:15 🍃 Golf putting game in the Lounge</p> <p>2:00 🎲 Crib players meet up in Oakroom for a game</p> <p>3:30 🍷 Happy Hour & Celebration Event w/ Vic Ukrainetz [LO]</p> <p>7:00 🎲 Bingo [O]</p>	<p>23</p> <p>8:45 🍃 Go4Life Walking Club- meet in Lobby</p> <p>9:30 🍃 Carpet Bowling [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🎲 Shuffle Board [LI]</p> <p>1:30 🎲 Whist [O]</p> <p>3:00 🍷 Horse Race game in the Lounge</p> <p>7:00 🎲 Rummy & Skip Bo [O]</p> <p>7:00 🎬 Saturday Night Movie [T]</p>
	<p>Pick up calendars today 24</p> <p>9:00 🍃 Go4Life Walking Club- meet in Lobby</p> <p>11:00 🍷 Buffet Brunch at the Nest & Nectar and Many Hats Theatre matinee *Must have ticket- register to attend by Weds. Sept 6. See sign up sheet for details & price</p> <p>2:00 🧠 Scrabble in the Lounge</p> <p>3:30 🍷 No Sunday Social and Pub today</p> <p>7:30 🎲 Skip Bo & Canasta [LO]</p>	<p>25</p> <p>Start of Active Aging Week</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:30 🗨️ No Java Discussion Group today</p> <p>10:30 🍃 Special program: Beginners Only Introductory Chair exercise in the Oak Room [O]</p> <p>1:30 🚗 Backroad Wanderers Drive & stop at Bella Rosa Orchard- Apples & Gelato for purchase *Sign-up</p> <p>7:00 🎲 Bingo [O]</p>	<p>26</p> <p>Hand in sign-up sheets today</p> <p>9:00 🍷 Men's Shed Group [CH]</p> <p>10:00 🍃 Strength & Balance Exercise in the Oakroom [O]</p> <p>10:30 🧠 Giant Crossword puzzle [O]</p> <p>2:00 🗨️ Walking at CNC indoor walking track *Sign up/No cost/ Track your steps</p> <p>2:00 🎲 Card Bingo [O]</p> <p>3:30 🍷 Gary's Pub Afternoon with Healthy Trivia [LO]</p>	<p>27</p> <p>Sports Team Dress-up day or wear your Go4Life shirt</p> <p>9:00 🍃 Go 4 Life Walking club- meet in Lobby</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🧘 Chair Yoga [O]</p> <p>2:00 🍷 Golf Putting game in the Lounge followed by a healthy snack social</p> <p>7:00 🎲 Skip Bo & Canasta [CH]</p>	<p>28</p> <p>9:30 🍃 Walking outside along waterfront Downtown Kelowna (Go4Life)*Sign up</p> <p>10:00 🗨️ Hawthorn Quilters [O]</p> <p>10:30 🗨️ Hot Topics with Louanne [CH]</p> <p>10:45 🍃 Shuffle Board Game in the Lounge</p> <p>11:00 🗨️ Catholic Mass [T]</p> <p>1:30 🚗 Shopping Shuttle to Walmart on Westside *Sign-up *Please note change in time</p>	<p>29</p> <p>October Fest dinner</p> <p>9:15 🍃 Gym Dandies [O]</p> <p>10:15 🍃 Bean Bag Toss Game in the Lounge [LO]</p> <p>2:00 🎲 Crib players meet up in Oakroom for a game</p> <p>2:30 🍷 *Try Something New activity: Guided Meditation & Relaxation in the Theatre with Jolynne</p> <p>3:30 🍷 No Happy Hour and entertainment [LO]</p> <p>7:00 🎲 Bingo [O]</p>	<p>30</p> <p>9:30 🍃 Carpet Bowling [O]</p> <p>10:00 🎲 Pool/Billiards [LI]</p> <p>10:30 🍷 Active Aging Wrap up with fruit smoothies in the Coffee House (hand in your pedometers)</p> <p>10:30 🎲 Shuffle Board [LI]</p> <p>1:30 🎲 Whist [O]</p> <p>7:00 🎲 Rummy & Skip Bo [O]</p> <p>7:00 🎬 Saturday Night Movie [T]</p>