

September 2024

2nd Floor Beech



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 9:30am Spiritual Time 10:30am Wheelchair Stroll 3:30pm Football toss game 6:30pm Lawrence Welk Show	2 Labor Day Holiday 9:30am Group Exercises 10:30am Stepper Machine 2:00pm Ice Cream Treats & Chats QUIN ??? 2:30-8????	3 9:30am Fun & Fitness 10:30am Friendly Visits 2:00pm Manicures 2:00pm Resident's Floor Meeting 2nd 3:30pm Fall Name Tags 6:30pm September in History	4 9:30am Group Exercises - moderate 10:30am Dementiability-Montessori 2:00pm Sing a Long	5 9:30am Fun & Fitness 10:30am Hand Massage 2:00pm Garden Care 6:30pm Teacup Therapy	6 2:00pm Bingo 3:30pm September Poems 6:30pm Movie Night	7 9:30am Baking 2:30pm Outdoor Enjoyment 3:30pm Cards and Cribbage 6:30pm Reading Group
8 9:30am Spiritual Time 10:30am Wheelchair Stroll 3:30pm Remincising in the Garden 6:30pm Lawrence Welk Show	9 9:30am Group Exercises 10:00am Resident's Council Meeting 10:30am Stepper Machine 2:00pm Shuffleboard 3:30pm Short Stories 6:30pm Shopping Experience	10 9:30am Fun & Fitness 10:30am Dementiability-Montessori 2:00pm Classic Movie 2:00pm Fall Decorations	11 9:30am Group Exercises 10:30am Stepper machine 2:00 Jennifer's Retirement Party-MPR 3:30pm Life Skills 6:30pm Name that Celebrity	12 9:30am Fun & Fitness 10:00am Believer's Communion - MPR 1:30pm Trip to Walmart 2:00pm Garden Walks 6:45pm Toast & Tea	13 9:30am Group Exercises 10:30am Portable Nusteeper 2:00pm OBIE 3:30pm Improvised Air Hockey 6:30pm Manicures & Hand Massages	14 10:00am Outdoor Enjoyment 2:00pm Balloon Toss 3:00pm Google Workshops 6:30pm Movie Night 6:30pm Technology Q & As
15 9:30am Spiritual Time 10:30am Wheelchair Stroll 2:00pm Church Service - Eastminster Church - MPR 3:30pm Exercise & Trivia 6:30pm Lawrence Welk Show	16 9:30am Group Exercises 10:30am Stepper Machine 2:00pm Carnival in the Spruce Courtyard 3:00pm Rhythm & Rhymes 6:30pm Pen Pals 2024	17 9:30am Fun & Fitness 10:30am Hand Massage 2:00pm Picture Bingo 3:30pm Nails and Manicures 6:30pm Sing a Long	18 9:30am Group Exercises 10:30am Stepper machine 2:00pm Music with Colleen Macalister 7:00pm Lions Club Bingo - MPR	19 Book Exchange Elections Polling Day - MPR 9:30am Fun & Fitness 10:30am Hand Massages Outdoor Garden Social 4:00pm Ball Toss Challenge 6:45pm Toast & Tea	20 10:00am Holy Communion & Rosary Prayer -MPR 2:00pm Physical Game 3:30pm Word Searches 6:30pm Manicures & Hand Massages	21 9:30am Montessori Activities 10:00am Exercises & Trivia 2:00pm Cold Creek Cloggers-mpr 3:30pm 1:1 Garden Walks 6:30pm Proverbs
22 9:30am Spiritual Time 10:30am Wheelchair Stroll 2:00pm Church Service Maranatha Church - MPR 3:30pm It Happened in September Quiz 6:30pm Lawrence Welk Show	23 9:30am Group Exercises 10:30am Stepper Machine 2:00pm Birthday Social September Birthday Social 3:30pm Name any 10 quiz 6:30pm Outdoor Reminiscing	24 9:30am Fun & Fitness 10:30am Dementiability-Montessori 2:00pm Pet Therapy 2nd 2:00pm 1:1 Friendly Visits 7:30pm Day Spring Choir - MPR	25 9:30am Group Exercises 10:30am Stepper machine 2:00pm Resident's Villa Representative Elections - MPR 2:00pm Chair Twister 3:30pm Sorting 6:30pm Comic Book Day History	26 9:30am Fun & Fitness 10:00am Reading Group 1:30pm Trip to Quinte Mall 6:45pm Toast & Tea	27 9:30am Dementiability-Montessori 2:00pm Bingo 3:30pm Hand Massages 6:30pm Name that Tune	28 9:30am Brain Fit & Exercise 10:30am Dementiability-Montessori 2:30pm Afternoon Cocktail 3:00pm Positive Affirmations Jar 6:30pm Pandoras Box Game
29 9:30am Spiritual Time 10:30am Wheelchair Stroll 3:30pm Balloon toss 6:30pm Lawrence Welk Show	30 Truth & Reconciliation Day 9:30am Group Exercises 10:30am Stepper Machine 2:00pm Therapeutic Painting 3:00pm Meditation w Mel 6:30pm Hot Topic Discussions					

MPR - Multi Purpose Room

The activity calendar is subject to change after the time of printing. When the floor(s) and/or villa(s) are in isolation according to Infection Prevention & Control protocols; daily programs will be offered as small group (up to 5 participants) and individualised activity. Please call extension 2244 for further information