

Promenade September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																					
			RR Retirement New Location Code SS Senior Suites <table><tr><td>WC</td><td>Wellness Centre</td><td>G</td><td>Gym</td></tr><tr><td>B</td><td>Bistro</td><td>GS</td><td>Golf Simulator</td></tr><tr><td>LL</td><td>Lower Lounge</td><td>BP</td><td>Back Patio</td></tr><tr><td>GR</td><td>Game Room</td><td>DR</td><td>Dining Room</td></tr><tr><td>AR</td><td>Activity Room</td><td>L</td><td>Lobby</td></tr><tr><td>BR</td><td>Bridge Room</td><td>YR</td><td>Yoga Room</td></tr><tr><td>L</td><td>Library</td><td>T</td><td>Theatre</td></tr><tr><td>C</td><td>Chapel</td><td>P</td><td>Pool</td></tr></table> Activity Colour Code <table><tr><td>Blue: Physical Exercise</td><td>Green: Spiritual</td></tr><tr><td>Brown: Bus Trip, Shopping</td><td>Purple: Vendor</td></tr><tr><td colspan="2">Red: New Program /Special Events</td></tr></table>	WC	Wellness Centre	G	Gym	B	Bistro	GS	Golf Simulator	LL	Lower Lounge	BP	Back Patio	GR	Game Room	DR	Dining Room	AR	Activity Room	L	Lobby	BR	Bridge Room	YR	Yoga Room	L	Library	T	Theatre	C	Chapel	P	Pool	Blue: Physical Exercise	Green: Spiritual	Brown: Bus Trip, Shopping	Purple: Vendor	Red: New Program /Special Events		1 10:00 Morning Exercises (RRG) 10:15 Latin Chair Dancing (SSYR) 10:30 Sing A Long (RRT) 1:30 Bridge Game (SSBR) 2:00 Fall Flowers Craft (RRAR) 2:00 Celebration of the Word (SSC) 3:00 Art with Verbena (SSL4) 3:00 Pina Colada Social Hour (RRB) 4:00 Pina Colada Social Hour (SSB) 8:00 Friday Night Movie: "Entrapment" (SST)	2 WORLD COCONUT DAY 10:30 Crosswords (RRT) 1:15 Euchre (SBR) 1:30 Movie Matinee: "A League of Their Own" (SST) 2:00 Bingo (RRT) 4:00 Tea & Coconut Macaroons Social (SSB)
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3 10:30 Word Game of Choice (RRT) 1:15 Wii Bowling (RRT) 2:30 \$ Toonie \$ Bingo (SSLB) 2:30 Movie Matinee: "Driving Miss Daisy" (RRT) 4:00 Tea & Coconut Macaroons Social (RRB)	4 Happy LABOUR DAY 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Wordle (RRT) 1:30 Bridge Game (SSBR) 2:00 Art with Verbena (SSL4) 2:00 Bingo (RRT) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB)	5 10:00 Morning Exercises (SSYR) 10:00 Tech Tuesday: Support with Personal Electronic Devices (RRT) 10:30 4 Pics 1 Word (RRT) 11:00 Jewelry by Olivia (SSL) 1:15 Euchre (SSBR) 1:30 Chair Tai Chi (SSYR) 2:00 Seated Exercises (RRG) 2:30 \$ Toonie \$ Bingo (SSLB) 3:00 History Recall: 60's Era (RRT)	6 9:30 Colouring Club (RRAR) 10:30 Scrabble (RRT) 10:00 Aqua Fitness-please sign up with Reception (SSP) 2:00 Collette Travel: Travel to Portugal Presentation-please sign up with Reception (SST) 2:00 Bingo (RRT) 2:00 Tech Support with Personal Electronic Devices (SSLB) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB)	7 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Thursday Trivia (RRT) BBQ Lunch 1:15 Euchre (SSBR) 1:30 Documentary: History of Chocolate (RRT) 2:00 Catholic Mass (RRC) 2:30 \$ Toonie \$ Bingo (SSLB) Tie Dye Thursday (Wear your Tie Dye Apparel)	8 10:00 - 11:30 Shopping at Walmart 10:00 Morning Exercises (RRG) 10:30 Sing A Long (RRT) 11:00 Chair Yoga (SSYR) 1:30 Bridge Game (SSBR) 2:00 Live Entertainment with Arlene Quinn (SSL) 2:00 Celebration of the Word (SSC) 3:00 Art with Verbena (SSL4) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) 8:00 Friday Night Movie: "Ghost" (SST)	9 10:30 Crosswords (RRT) 1:15 Euchre (SBR) 1:30 Movie Matinee: "The Fugitive" (SST) 2:00 Bingo (RRT) 4:00 Iced Tea Social (SS Front Patio)																																					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 10:30 4 Pics 1 Word (RRT) 1:15 Wii Bowling (RRT) 2:30 \$ Toonie \$ Bingo (SSLB) 2:30 Movie Matinee: "Mrs. Doubtfire" (RRT) 4:00 Iced Tea Social (RR Front Patio)	11 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Activities Meeting (RRT) 1:30 Bridge Game (SSBR) 1:30 Activities Meeting (SST) 2:00 Art with Verbena (SSL4) 2:00 Bingo (RRT) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB)	12 CHOCOLATE MILKSHAKE DAY 10:00 Morning Exercises (SSYR) 10:30 Milkshake Social (RRB) 10:30 Senior Suite Residents Blood Pressure Clinic (SYR) 1:00 Retirement Residents Blood Pressure & Weight Clinic (WC) 1:15 Euchre (SSBR) 1:30 Milkshake Social (SSB) 2:00 Seated Exercises (RRG) 2:30 \$ Toonie \$ Bingo (SSLB)	13 9:30 Colouring Club (RRAR) 10:30 Scrabble (RRT) 10:00 - 11:15 Outing to St Joseph Fruit Farm 10:00 Aqua Fitness-please sign up with Reception (SSP) 11:45 - 2:00 Lunch Outing to Pelican Seafood Market & Grill 2:00 Bingo (RRT) 3:00 Chocolate Tasting Social Hour (RRB) 4:00 Chocolate Tasting Social Hour (SSB)	14 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Thursday Trivia (RRT) 1:15 Euchre (SSBR) 1:30 Documentary: Terry Fox (RRT) 2:00 Catholic Mass (RRC) 2:30 \$ Toonie \$ Bingo (SSLB) 3:00 Baking Club: Apple Crisp (RRAR) BBQ Dinner	15 10:00 - 11:30 Shopping at Superstore 10:00 Morning Exercises (RRG) 10:15 Latin Chair Dancing (SSYR) 10:30 Sing A Long (RRT) 1:00 - 3:00 Outing to Cumberland Library 1:30 Bridge Game (SSBR) 1:30 Live Entertainment with Kevin Agnew (RRT) 2:00 Celebration of the Word (SSC) 3:00 Art with Verbena (SSL4) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) 8:00 Friday Night Movie: "Something's Gotta Give" (SST)	16 10:30 Crosswords (RRT) 1:15 Euchre (SSBR) 1:30 Movie Matinee: "Bridget Jone's Diary" (SST) 2:00 Bingo (RRT) 4:00 Tea & Treats (SSB)
17 10:30 Word Game of Choice (RRT) 1:15 Wii Bowling (RRT) 2:30 \$ Toonie \$ Bingo (SSLB) 2:30 Movie Matinee: "Chitty Chitty Bang Bang" (RRT) 4:00 Tea & Treats (RRB)	18 10:00 Morning Walk About for Terry Fox 10:30 Crochet Club (SSL) 1:30 Bridge Game (SSBR) 2:00 Art with Verbena (SSL4) 2:00 Live Entertainment with "The Piano Man" (RRT) 3:00 Social Hour (RRB) - All Proceeds Going to The Terry Fox Foundation 4:00 Social Hour (SSB)	19 10:00 Morning Exercises (SSYR) 10:30 Scrabble (RRT) 10:30 - 11:15 Handi House: Minor Walker/Wheelchair Repair Clinic (RRG) 1:15 Euchre (SSBR) 1:30 Chair Tai Chi (SSYR) 2:00 Seated Exercises (RRG) 2:30 \$ Toonie \$ Bingo (SSLB) 3:00 History Recall: Terry Fox (RRT) \$Toonies for Terry\$ (Please Donate at Reception)	20 8:00 Senior Suites Breakfast with Management (SSDR) 9:30 Colouring Club (RRAR) 10:00 - 11:45 Shopping at Convent Glen Mall 10:30 Scrabble (RRT) 10:00 Aqua Fitness-please sign up with Reception (SSP) 12:30 - 2:45 Outing to Cumberland Museum -\$5/person 2:00 Bingo (RRT) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB)	21 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Thursday Trivia (RRT) - BBQ Lunch 1:15 Euchre Games (SSBR) 1:30 Documentary: Alzheimer's 2:00 Catholic Mass (RRC) 2:30 \$ Toonie \$ Bingo (SSLB) 3:00 Bookmarks Craft (RRAR) 3:00 Retirement Residence Social with Management (RLL) - World Alzheimer's Day (Wear Purple)	22 10:00 - 12:00 Brunch Outing to Cora's 10:00 Morning Exercises (RRG) 10:30 Sing A Long (RRT) 11:00 Chair Yoga (SSYR) 1:00 - 2:45 Shopping at Fallingbrook Mall 1:30 Bridge Game (SSBR) 2:00 Celebration of the Word (SSC) 3:00 Art with Verbena (SSL4) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) 8:00 Friday Night Movie: "Walk the Line" (SST)	23 10:00 Crochet Club Craft Fair (SSL) 10:30 Crosswords (RRT) 1:15 Euchre Games (SSBR) 1:30 Movie Matinee: "Grease" (SST) 2:00 Bingo (RRT) 2:00 Fall Flowers Craft (SSLB) 4:00 Hot Apple Cider Social (SSB)
24 10:30 Word Game of Choice (RRT) 1:15 Wii Bowling (RRT) 2:30 \$ Toonie \$ Bingo (SSLB) 2:30 Movie Matinee: "Little Women" (RRT) 4:00 Hot Apple Cider Social (RRB)	25 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Word Unscramble (RRT) 11:00 Singing of "Mon Drapeau" at the Flagpole 1:30 Bridge Game (SSBR) 2:00 Art with Verbena (SSL4) 2:00 Bingo (RRT) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) - FRANCO ONTARIAN DAY (Wear Green & White)	26 10:00 Morning Exercises (SSYR) 10:30 Veteran's Meeting (RRLL) 1:00 Painting with Anita-please sign up with Reception (RLL) 1:15 Euchre Games (SSBR) 2:00 Seated Exercises (RRG) 2:30 \$ Toonie \$ Bingo (SSLB) 3:00 History Recall: 70's Era (RRT)	27 9:30 Colouring Club (RRAR) 10:00 - 11:45 Shopping at Place D'Orleans Mall 10:00 Aqua Fitness-please sign up with Reception (SSP) 10:30 Scrabble (RRT) 1:00 - 2:30 Shopping at Fresh Co 2:00 Bingo (RRT) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) 5:00 Birthday & Anniversary Dinner with Live Entertainment from Lauren Hall (SS) & Peter Foret (RR)	28 10:00 Morning Exercises (SSYR) 10:30 Crochet Club (SSL) 10:30 Retirement Residence Food Service Meeting (RRT) 1:15 Euchre Games (SSBR) 1:30 Documentary: Orange Shirt Day (RRT) 1:30 Senior Suites Food Service Meeting (RRT) 2:00 Catholic Mass (RRC) 2:30 \$ Toonie \$ Bingo (SSLB) - BBQ Dinner	29 10:00 - 2:00 Outing to Parc Omega -\$30/person 10:00 Morning Exercises (RRG) 10:15 Latin Chair Dancing (SSYR) 10:30 Sing A Long (RRT) 1:30 Bridge Game (SSBR) 2:00 Celebration of the Word (SSC) 3:00 Art with Verbena (SSL4) 3:00 Social Hour (RRB) 4:00 Social Hour (SSB) 8:00 Friday Night Movie: "Seabiscuit" (SST) - ORANGE SHIRT DAY (Wear Orange)	30 National Day for Truth and Reconciliation 10:30 Crosswords (RRT) 1:15 Euchre Games (SSBR) 1:30 Movie Matinee: "Two Weeks Notice" (SST) 2:00 Bingo (RRT) 4:00 Tea & Eclairs (SSB)