




Promenade September 2023

Memory Care & Assisted Living

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																						
			<div><div>RR Retirement</div><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><div>Activity Colour Code</div><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></div>	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			<div>1</div> <div>8:30 Scenery Walk (3rd)</div> <div>9:00 Latin Chair Dancing (2nd)</div> <div>9:40 Latin Chair Dancing (3rd)</div> <div>10:00 Coffee & Snack Cart</div> <div>2:00 Fall Colouring (2nd)</div> <div>3:00 Social Hour (RRB)</div> <div>3:00 Beach Ball Catch (3rd)</div>	<div>2</div> <div>WORLD COCONUT DAY</div> <div>9:30 1:1 Visits (2nd)</div> <div>10:00 Coffee & Snack Cart</div> <div>1:45 Armchair Travel: Alaska (3rd)</div> <div>3:30 Bean Bags (3rd)</div>
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<div>3</div> <div>10:00 Coffee & Snack Cart</div> <div>10:00 TV Catholic Mass (3rd)</div> <div>10:00 1:1 Visits (3rd)</div> <div>1:30 Bean Bags (2nd)</div> <div>2:30 Movie Matinee: A League of their Own (RRT)</div> <div>4:00 Tea & Coconut Macaroon Social (RRB)</div>	<div>4</div> <div>Happy Labour Day</div> <div>9:30 Monday Manicures (2nd)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:45 Chair Exercises (2nd)</div> <div>1:30 Fit Minds (3rd)</div> <div>3:00 Social Hour (RRB)</div> <div>3:15 Beach Ball Catch (2nd)</div> <div>4:00 Scenery Walk (3rd)</div>	<div>5</div> <div>9:30 Scenery Walk (2nd)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:45 Balloon Tennis (3rd)</div> <div>11:00 Jewelry by Olivia (SSL)</div> <div>2:00 Chit Chat with Activities (3rd)</div> <div>3:00 History Recall: 60's Era (RRT)</div>	<div>6</div> <div>9:30 Colouring Club (RRAR)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:40 Fun and Fitness (2nd)</div> <div>2:30 Fun and Fitness (3rd)</div> <div>3:00 Social Hour (RRB)</div> <div>3:00 Bingo (2nd)</div>	<div>7</div> <div>8:00 Scenery Walk (2nd)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:45 Chair Dancing (3rd)</div> <div>2:00 Fall Tree Craft (2nd)</div> <div>2:00 Catholic Mass (RRC)</div> <div>4:00 Scenery Walk (3rd)</div>	<div>8</div> <div>8:30 Scenery Walk(3rd)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:30 Sing A Long (RRT)</div> <div>2:00 Live Entertainment with Arlene Quinn (SSL)</div> <div>3:00 Social Hour (RRB)</div>	<div>9</div> <div>9:30 1:1 Visits (2nd)</div> <div>10:00 Coffee & Snack Cart</div> <div>10:30 Chocolate Chip Cookie Social (3rd)</div> <div>1:30 1:1 Trivia and Word Puzzles (2nd)</div> <div>2:30 Armchair Travel: Australia (3rd)</div> <div>3:30 Bean Bags (3rd)</div>																																						

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:00 TV Catholic Mass (3rd)</div> <div>👤10:00 1:1 Visits (3rd)</div> <div>🍪10:30 Chocolate Chip Cookie Social (2nd)</div> <div>📺1:30 Bean Bags (2nd)</div> <div>🎬2:30 Movie Matinee: Mrs. Doubtfire (RRT)</div> <div>🎲3:00 Categories Game (3rd)</div>	<div>11</div> <div>👩9:30 Monday Manicures (3rd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:45 Chair Exercises (2nd)</div> <div>🧠1:30 Fit Minds (3rd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>🌳4:00 Scenery Walk (3rd)</div>	<div>12</div> <div>CHOCOLATE MILKSHAKE DAY</div> <div>🌳9:30 Scenery Walk(2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>🍷10:30 Chocolate Milkshake Social (RRB)</div> <div>📺10:45 Music Therapy with Jennifer (2nd)</div> <div>📺10:45 Balloon Tennis (3rd)</div> <div>👥2:00 Chit Chat with Activities (3rd)</div> <div>🌳4:00 Scenery Walk (2nd)</div>	<div>13</div> <div>👩9:30 Colouring Club (RRAR)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:40 Fun and Fitness (2nd)</div> <div>📺2:30 Fun and Fitness (3rd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>🎲3:00 Bingo (2nd)</div>	<div>14</div> <div>🌳8:00 Scenery Walk (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>👩10:45 Group Painting (3rd)</div> <div>📺2:00 Catholic Mass (RRC)</div> <div>☎3:00 Retirement Residence Social with Management (RLL)</div> <div>🌳4:00 Scenery Walk (3rd)</div>	<div>15</div> <div>🌳8:30 Scenery Walk(3rd)</div> <div>📺9:00 Latin Chair Dancing (2nd)</div> <div>📺9:40 Latin Chair Dancing (3rd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>👥10:30 Sing A Long (RRT)</div> <div>🎭1:30 Live Entertainment with Kevin Agnew (RRT)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>📺3:00 Beach Ball Catch (3rd)</div>	<div>16</div> <div>👥9:30 1:1 Visits (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>🎬2:30 Armchair Travel: Italy (3rd)</div> <div>📺3:30 Bean Bags (3rd)</div>
<div>17</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:00 TV Catholic Mass (3rd)</div> <div>👤10:00 1:1 Visits (3rd)</div> <div>📺1:30 Bean Bags (2nd)</div> <div>🎲4:00 Categories Game (3rd)</div>	<div>18</div> <div>👩9:30 Monday Manicures (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:00 - 10:30 Morning Walk About for Terry Fox</div> <div>📺10:45 Chair Exercises (2nd)</div> <div>🎭2:00 Live Entertainment with Noel "The Piano Man" (RRT)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>🌳4:00 Scenery Walk (3rd)</div>	<div>19</div> <div>🌳9:30 Scenery Walk(2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>10:30 - 11:15 Handi House: Minor Walker/Wheelchair Repair Clinic (RRG)</div> <div>📺10:45 Balloon Tennis (3rd)</div> <div>👥2:00 Chit Chat with Activities (3rd)</div> <div>📺3:00 History Recall: Terry Fox (RRT)</div> <div>\$Toonies for Terry\$ (Please Donate at Reception)</div>	<div>20</div> <div>👩9:30 Colouring Club (RRAR)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:40 Fun and Fitness (2nd)</div> <div>📺2:30 Fun and Fitness (3rd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>🎲3:00 Bingo (2nd)</div>	<div>21</div> <div>World Alzheimer's Day (Everyone is encouraged to wear purple)</div> <div>🌳8:00 Scenery Walk (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:45 Chair Zumba (3rd)</div> <div>👩1:30 Fall Leaves Craft (2nd)</div> <div>📺2:00 Catholic Mass (RRC)</div> <div>🌳4:00 Scenery Walk (3rd)</div>	<div>22</div> <div>🌳8:30 Scenery Walk(3rd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>👥10:30 Sing A Long (RRT)</div> <div>🧠2:00 Charades (2nd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>📺3:00 Beach Ball Catch (3rd)</div>	<div>23</div> <div>👥9:30 1:1 Visits (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:30 Baking Club (RRAR)</div> <div>🎬2:30 Armchair Travel: Prince Edward Island (3rd)</div> <div>📺3:30 Bean Bags (3rd)</div>
<div>24</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:00 TV Catholic Mass (3rd)</div> <div>👤10:00 1:1 Visits (3rd)</div> <div>📺1:30 Bean Bags (2nd)</div> <div>🎲3:00 Categories Game (3rd)</div>	<div>25</div> <div>👩9:30 Monday Manicures (3rd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>11:00 Singing of "Mon Drapeau" at the Flagpole</div> <div>🧠1:30 Fit Minds (3rd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>📺3:15 Beach Ball Catch (2nd)</div> <div>🌳4:00 Scenery Walk (3rd)</div> <div>FRANCO ONTARIAN DAY (Wear Green & White)</div>	<div>26</div> <div>🌳9:30 Scenery Walk (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>10:30 Veteran's Meeting (RRLL)</div> <div>📺10:45 Balloon Tennis (2nd)</div> <div>📺10:45 Music Therapy with Jennifer (3rd)</div> <div>👥2:00 Chit Chat with Activities (2nd)</div> <div>📺3:00 History Recall: Truth and Reconciliation (RRT)</div>	<div>27</div> <div>👩9:30 Colouring Club (RRAR)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:40 Fun and Fitness (2nd)</div> <div>📺2:30 Fun and Fitness (3rd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>🎲3:00 Bingo (2nd)</div> <div>📺4:00 September Birthday Celebration with Activities (2nd & 3rd)</div>	<div>28</div> <div>🌳8:00 Scenery Walk (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺10:30 Food Service Meeting (RRT)</div> <div>👩10:45 Watercolour Collage (3rd)</div> <div>📺2:00 Catholic Mass (RRC)</div> <div>🌳4:00 Scenery Walk (3rd)</div>	<div>29</div> <div>🌳8:30 Scenery Walk(3rd)</div> <div>📺9:00 Latin Chair Dancing (2nd)</div> <div>📺9:40 Latin Chair Dancing (3rd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>👥10:30 Sing A Long (RRT)</div> <div>📺2:00 Chair Zumba (2nd)</div> <div>🍷3:00 Social Hour (RRB)</div> <div>ORANGE SHIRT DAY (Everyone Encouraged to Wear Orange)</div>	<div>National Day for Truth and Reconciliation</div> <div>30</div> <div>👥9:30 1:1 Visits (2nd)</div> <div>☎10:00 Coffee & Snack Cart</div> <div>📺3:30 Bean Bags (3rd)</div>