

RAVINES September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																	
 Trip to Parc Omega	 Elmer and his turning 3D Jigsaw Big Ben	New Location Code <table><tr><td>RRB</td><td>RR Bistro</td><td>SSB</td><td>SS Bistro</td></tr><tr><td>RRD</td><td>RR Dining Room</td><td>SSD</td><td>SS Dining Room</td></tr><tr><td>RRG</td><td>RR Game Room</td><td>SLI</td><td>SS Library</td></tr><tr><td>RLI</td><td>RR Library</td><td>SSL</td><td>SS Lobby</td></tr><tr><td>RRL</td><td>RR Lobby</td><td>SSP</td><td>SS Pool</td></tr><tr><td>RRT</td><td>RR Theatre</td><td>PKL</td><td>Front Parking Lot</td></tr><tr><td>RBV</td><td>Backyard</td><td>RSD</td><td>RR & SS Dining Room</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, Tuck Shop</td></tr><tr><td>Red: New Program /Special Events</td><td></td></tr></table>		RRB	RR Bistro	SSB	SS Bistro	RRD	RR Dining Room	SSD	SS Dining Room	RRG	RR Game Room	SLI	SS Library	RLI	RR Library	SSL	SS Lobby	RRL	RR Lobby	SSP	SS Pool	RRT	RR Theatre	PKL	Front Parking Lot	RBV	Backyard	RSD	RR & SS Dining Room	Blue: Physical Exercise	Green: Spiritual	Brown: Bus Trip, Shopping	Purple: Vendor, Tuck Shop	Red: New Program /Special Events		1 🕒 10:00 Chair Tai Chi (SSA) 🕒 10:35 Seated Ball Exercise (RRA) 🕒 2:00 BINGO (SSA) 🕒 2:00 Bridge (SSB) 🕒 3:30 Mix & Mingle (SSB) 🕒 3:30 Virtual Hymns Sing (RRT)	2 🕒 10:15 Weekend Exercise (SSA) 🕒 2:15 Movie: The Ballad of Buster Scruggs (RRT) 🕒 3:30 Mix & Mingle (RRB) 🕒 7:15 Movie: The Ballad of Buster Scruggs (RRT)
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3 🕒 10:15 Weekend Exercise (RRA) 🕒 11:00 St. Mary's Catholic Live Stream Mass (RRT) 🕒 2:00 Bridge (SSB) 🕒 2:15 Movie: Dream Girls (RRT) 🕒 7:15 Movie: Dream Girls (RRT)	4  🕒 10:00 Chair Cardio Exercise (SSA) 🕒 10:35 Seated Ball Exercise (RRA) 🕒 1:30 Scenic Drive 🕒 2:00 BINGO (SSA) 🕒 2:30 Riddle Quiz (RRT) 🕒 2:45 Aquafit (SSP) 🕒 3:30 Mix & Mingle (SSB)	5 🕒 8:00 SS Community Breakfast (SSD) 🕒 10:00 Moderate Intensity Exercise (SSA) 🕒 10:35 Resistance Band Exercise (RRA) 🕒 10:35 Tech Tuesday (SSB) 🕒 2:00 Craft Club (SSA) 🕒 2:00 Euchre (SSB) 🕒 2:30 Documentary: Live to 100 (RRT) 🕒 3:30 Mix & Mingle (RRB)	6 🕒 9:30 Tuck Shop (SSL) 🕒 10:00 Zumba (SSA) 🕒 10:30 Tuck Shop (RRL) 🕒 10:35 SS Food Forum (SSA) 🕒 10:35 Seated Ball Exercise (RRA) 🕒 2:00 BINGO (SSA) 🕒 2:00 Bridge (SSB) 🕒 2:30 Game: Table Curling (RRA) 🕒 2:30 Aquafit (SSP) 🕒 3:30 Mix & Mingle (SSB)	7 🕒 10:00 Shopping: Wal-Mart 🕒 10:00 Chair Cardio Exercise (SSA) 🕒 10:35 Resistance Band Exercise (RRA) 🕒 2:00 Shopping: Carlingwood Shopping Centre 🕒 2:00 Euchre (SSB) 🕒 2:30 Music Hall (RRT) 🕒 2:30 Aquafit (SSP) 🕒 2:30 Paint the Mountain (SSA) 🕒 3:30 Mix & Mingle (RRB)	8 🕒 10:00 Chair Tai Chi (SSA) 🕒 10:35 Seated Ball Exercise (RRA) 🕒 10:30 SS Town Hall Meeting: Fire & Full Evacuation Drill Review (RRT) 🕒 2:00 BINGO (SSA) 🕒 2:00 Bridge (SSB) 🕒 3:30 Mix & Mingle (SSB) 🕒 3:30 Virtual Hymns Sing (RRT)	9 🕒 10:15 Weekend Exercise (SSA) 🕒 2:15 Movie: A Beautiful Life (RRT) 🕒 3:30 Mix & Mingle (RRB) 🕒 7:15 Movie: A Beautiful Life (RRT)																																	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Bridge (SSB) 2:15 Movie: Worth (RRT) 7:15 Movie: Worth (RRT)	11 10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 1:30 Scenic Drive 2:00 BINGO (SSA) 2:30 Hangman (RRT) 2:30 Walker Repair Clinic (RRL) 2:45 Aquafit (SSP) 3:15 Walker Repair Clinic (SSL) 3:30 Mix & Mingle (SSB)	12 10:00 Moderate Intensity Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 10:35 Tech Tuesday (SSB) 2:00 Craft Club (SSA) 2:00 Euchre (SSB) 2:30 Documentary: Live to 100 (RRT) 2:30 RR Afternoon Tea with Management (RRD) 3:30 Mix & Mingle (RRB)	13 9:30 Tuck Shop (SSL) 10:00 Zumba (SSA) 10:30 Tuck Shop (RRL) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 2:30 Aquafit (SSP) 2:30 Staff WOW Party (RRA) 3:30 Mix & Mingle (SSB)	14 10:00 Day Trip to Almonte (Promenade, Lunch and Textile Museum) 10:00 Chair Cardio Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Euchre (SSB) 2:30 Music Hall (RRT) 2:30 Aquafit (SSP) 3:30 Mix & Mingle (RRB)	15 10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 1:00 Ravines Garage Sale (PKL) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 3:30 Mix & Mingle (SSB) 3:30 Virtual Hymns Sing (RRT)	16 10:15 Weekend Exercise (SSA) 2:15 Movie: The Current War (RRT) 3:30 Mix & Mingle (RRB) 7:15 Movie: The Current War (RRT)
17 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Bridge (SSB) 2:15 Movie: All My Life (RRT) 2:30 Interdenominational Church Service with Pastor Pauline Williams (RRC) 7:15 Movie: All My Life (RRT)	18 10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 1:30 Scenic Drive 2:00 BINGO (SSA) 2:30 Wordle (RRT) 2:45 Aquafit (SSP) 3:30 Mix & Mingle (SSB)	19 10:00 Moderate Intensity Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 10:35 Tech Tuesday (SSB) 11:00 RR Residents Chit Chat with GM & Fire Evacuation Review (RRT) 2:00 Craft Club (SSA) 2:00 Euchre (SSB) 2:30 Documentary: Live to 100 (RRT) 3:30 Mix & Mingle (RRB)	20 Full Building Evacuation Drill 9:30 Tuck Shop (SSL) 10:00 Zumba (SSA) No Exercise in RR Today 10:50 Tuck Shop (RRL) 2:30 Aquafit (SSP) 2:30 Bridge (SSB) 2:30 New Game: 3 Movers (RRA) 2:30 BINGO (SSA) 3:30 Mix & Mingle (SSB)	21 10:00 Shopping: Merivale Mall 10:00 Chair Cardio Exercise (SSA) 10:30 SS Resident Council Meeting (RRT) 10:35 Resistance Band Exercise (RRA) 2:00 Shopping: Nepean Crossroads Centre 2:00 Euchre (SSB) 2:30 Music Hall (RRT) 2:30 Aquafit (SSP) 5:00 Birthday & Anniversary Dinner (RSD)	22 10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 3:30 Mix & Mingle (SSB) 3:30 Virtual Hymns Sing (RRT)	23 10:15 Weekend Exercise (SSA) 2:15 Movie: First Knight (RRT) 3:30 Mix & Mingle (RRB) 7:15 Movie: First Knight (RRT)
24 10:15 Weekend Exercise (RRA) 11:00 St. Mary's Catholic Live Stream Mass (RRT) 2:00 Bridge (SSB) 2:15 Movie: My Girl (RRT) 7:15 Movie: My Girl (RRT)	25 10:00 Chair Cardio Exercise (SSA) 10:35 Seated Ball Exercise (RRA) 1:30 Scenic Drive 2:00 BINGO (SSA) 2:30 Kahoot (RRT) 2:45 Aquafit (SSP) 3:30 Mix & Mingle (SSB)	26 10:00 Moderate Intensity Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 10:35 Tech Tuesday (SSB) 2:00 Craft Club (SSA) 2:00 Euchre (SSB) 2:30 Documentary: Live to 100 (RRT) 3:30 Mix & Mingle (RRB)	27 9:30 Tuck Shop (SSL) 10:00 Zumba (SSA) 10:30 Tuck Shop (RRL) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 2:30 Aquafit (SSP) 3:00 Drum Circle (RRA) 3:30 Mix & Mingle (SSB)	28 10:00 Shopping: Giant Tiger 10:00 Chair Cardio Exercise (SSA) 10:35 Resistance Band Exercise (RRA) 2:00 Shopping: Billings Bridge Shopping Mall 2:00 Euchre (SSB) 2:30 Music Hall (RRT) 2:30 Aquafit (SSP) 3:30 Mix & Mingle (RRB)	29 10:00 Chair Tai Chi (SSA) 10:35 Seated Ball Exercise (RRA) 2:00 BINGO (SSA) 2:00 Bridge (SSB) 3:30 Mix & Mingle (SSB) 3:30 Virtual Hymns Sing (RRT)	30 National Day for Truth and Reconciliation 10:15 Weekend Exercise (SSA) 2:15 Movie: The Snow Walker (RRT) 3:30 Mix & Mingle (RRB) 7:15 Movie: The Snow Walker (RRT)