


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Program Location Guide:1</b> Aspen Terrace (AT) Chapel (C) Gathering Space (GS) Fireplace Lounge (FL) Resident Kitchen (RK) Family Dining Room(FD) Programs with a cost (\$\$)	<b>2</b> 9:30 Bingo 10:45 Outdoor Walks 2:30 Fruit Smoothies in the Courtyard	<b>3</b> 10:30 Hymn Sing (C) 1:45 Bocce (C) 3:00 Food Committee (FD) 3:15 Outdoor Visits	<b>4</b> 10:30 Lunch at the Dutch Mill (sign up only\$) 11:45 Group Exercise Class 2:00 Rosary (C) 2:15 iPad Visits 6:45 YouTube on Demand (GS)	<b>5</b> 10:30 Music with Maureen Ellis (AT) 1:45 Shuffleboard 6:45 Cameron Caton (GS)	<b>6</b> 10:00 Brittany is in Namaste 2:15 Chocolate Pretzels and Beer Social	<b>7</b>
<b>8</b>	<i>Kim is here today</i> <b>9</b> 9:30 Bingo 10:45 Outdoor Walks 11:30 Group Exercise Class 1:45 Music on Demand on Aspen Terrace	<b>10</b> <i>Sorry, there is no Hymn Sing today</i> 9:45 Word in a Word 12:00 End of Summer BBQ (GS) sign up only \$ 3:00 Residents' Council (FD)	<b>11</b> <i>Stacey is here today</i> 10:00 Ladles of Love 11:45 Group Exercise Class 2:30 Group Namaste	<b>12</b> 9:45 Fun N Fitness 11:00 Reading Visits 1:45 Balloon Tennis 6:45 Randall Hill(GS)	<b>13</b> 9:00 Donkey Sanctuary (sign up only \$) 2:30 iPad Visits	<b>14</b> 2:00 Chinese Dancers (GS)
<b>15</b> 2:00 Providence Alliance Church (C)	<b>16</b> 9:30 Bingo 10:45 Snoezelen Visits 11:30 Group Exercise Class 2:30 Super Quiz	<b>17</b> 10:30 Hymn Sing (C) 1:30 Pet Therapy Visits with Sadie 2:45 Word in a Word	<b>18</b> <i>Hannah is afternoons today</i> 11:45 Group Exercise Class 2:00 Rosary (C) 2:45 Bocce 6:45 25 Cent Bingo (GS)	<b>19</b> 10:30 Music with Juliana Jones (GS) 1:45 Beach Ball Toss 2:00 Italian Social (BT)	<b>20</b> 9:30 Friendly Visits 11:00 Catholic Mass (C) 1:30 Ancaster Fair (sign up only\$)	<b>21</b>
<b>22</b>	<b>23</b> 9:30 Bingo 10:45 Reading Visits 11:30 Group Exercise Class 2:30 Church Service (C)	<b>24</b> 9:30 Friendly Visits 10:30 Hymn Sing (C) 12:30 Gourmet Brunch (sign up only \$)	<b>25</b> 10:00 Grand Friends (GS) 11:45 Group Exercise Class 1:45 Creative Arts: Adult Colouring Books 2:00 Rosary (C)	<b>26</b> 10:00 Baking Ginger Cookies (RK) 2:30 Cookies, Coffee and Travelogue to Italy 3:30 Family Council (FD) 6:45 Steve Angel (GS)	<b>27</b> 9:30 Outdoor Walks 10:30 Apple and Dip Prep 2:30 Apple and Dip Social	<b>28</b> 2:00 Fall Fair (GS)
<b>29</b>	<b>30</b> 9:30 Bingo 11:30 Group Exercise Class 12:30 Boston Pizza Lunch sign up only \$ 2:30 Church Service (C)	 St. Peter's Residence at Chedoke Thrive Group				

# September 2019

Aspen Terrace Recreation