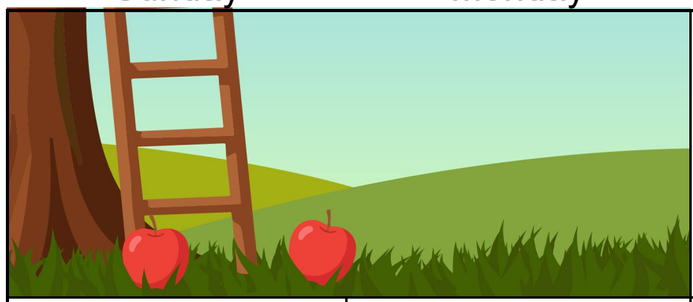
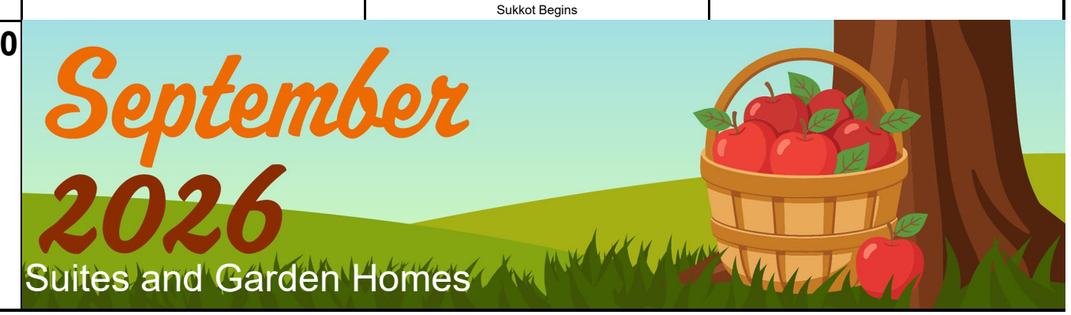
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		**1** 9:30 Coffee and Chat (lobby) 10:30 Balloon Volleyball (CR) 1:30 Crokinole (games rm) 2:30 Arm Chair Travel (CR)	**2** 9:30 Healthy Habits (MPR) 10:30 Hymn Sing (FH) 1:30 Word Games (CR) 2:30 Beauty Shop (MPR)	**3** 9:30 Exercise Class (CR) 10:30 Toyota Presentation (FH) 1:15 Hot Wax Treatment (MPR) **2:00 Music with The Coulson Brothers (FH)** **2:30 Aquafit** **3:00 Open Swim**	**4** 9:30 Current Events (Suites Lobby) 10:30 Wish you Well Social for Taylor (MPR) **2:00 Comedy Magic Show with Peter Mennie (FH)** 3:45 Piano Music with Angela (FH)	**5**
6 10:30 Sunday Service with Cheryl Schade (FH)	**Labour Day** **7** Labor Day	**8** 9:30 Back to School Reminisce (lobby) 10:00 Kindred Banking (Suites Sunroom) 10:30 Back Pack Guess (MPR) 1:30 Bingo (MPR) 3:00 Outdoor Strolls	**9** 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (FH) **11:30 Country Boy Outing sign up required*** **2:00 Music with Manvir (FH)**	**10** 9:30 Exercise Class (CR) 10:30 Town Hall (CR) 1:15 Hot Wax Treatment (MPR) **2:30 Aquafit** **3:00 Open Swim**	**11** 9:30 Current Events (Suites Lobby) 10:30 Ladder Ball (CR) 1:30 Movie Matinee with Popcorn Rosh Hashanah Begins	**12** **11:00 Motorcycle 'Ride for Dementia': Coffee & Chat (main entrance)** **2:30 Aquafit** **3:00 Open Swim**
Grandparent's Day **13** 10:30 Sunday Service with Lisa (FH) 1:30 Grandparent's Day Movie Matinee (FH) Grandparents Day	**14** 9:30 Exercise Class (CR) 10:30 Fall Crafts (MPR) 2:30 Heart of the Matter (CR) **2:30 Aquafit** **3:00 Open Swim**	**15** **9:30 Giant Tiger Outing sign up required*** **2:00 Music with Country Horizons (FH)**	**16** 9:30 Wellness Group (MPR) 10:30 Hymn Sing (FH) 1:30 Trivia (CR) 2:30 Apple Taste Testing (MPR)	**17** 9:30 Exercise Class (CR) 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (MPR) **2:30 Aquafit** **3:00 Open Swim**	**18** 9:30 Current Events (Suites Lobby) 10:30 Ring Toss (CR) **2:00 Music with Derek Byrne (FH)**	**19** **10:30 Aquafit** **11:00 Open Swim** 1:30 Yahtzee (CR) 2:00 Crochet Club (FH) 2:30 Bowling (CR hallway) Oktoberfest Begins
20 10:30 Sunday Service with Laura Carr-Pries (FH) 2:00 Piano Music with Doug & Wilf (FH) Yom Kippur Begins	**21** 9:30 Exercise Class (CR) 10:30 Fall Painting (CR) 2:30 Heart of the Matter (CR) **2:30 Aquafit** **3:00 Open Swim**	**22** 9:30 Baking with Apples (ER) 10:00 Kindred Banking (Suites Sunroom) 1:30 Bingo (MPR) 3:00 Outdoor Strolls Autumn Begins	**23** 9:30 Guided Meditation (CR) 10:30 Hymn Sing (MPR) 10:30 Catholic Mass (FH) 1:30 Finish the Line (CR) 2:30 Beauty Shop (MPR)	**FALL FAIR DAY** **24** 9:30 Fall Fair Games (FH) 2:00 Triple C Farm Petting Zoo (FP) **5:00 Resident & Family BBQ (FH) *sign up required**	**25** 9:30 Current Events (Suites Lobby) **11:30 Queen of Hearts Outing sign up and pre-payment required*** 2:30 Bocce Ball (CR hallway) Sukkot Begins	**26** **8:00 Martin Apartments Sidewalk Sale (apartment entrance)** **2:00 Aquafit** **2:30 Open Swim**
27 10:30 Sunday Service with Lisa (FH)	**28** 9:15 Exercise Class (CR) 10:00 Piano Music with Joan & Mary (FH) 2:30 Heart of the Matter (CR) **2:30 Aquafit** **3:00 Open Swim**	**29** 1:30 Bean Bag Toss (CR) 2:30 Outdoor Strolls **5:00 6th Floor Dinner (MPR) sign up required***	**30** 9:30 Seated Dance with Lauren (FH) **10:30 Every Child Matters: A Gathering of Truth and Reconciliation (FH)** 1:30 Brain Teasers (CR) 2:30 September B-day Party (MPR)			

Contact Recreation: 519-885-4810 ext. 275 or recreation@parkwoodmh.com