

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	10:30 Chair Yoga 1 1:00 J.O.Y. Group (3) 2:00 Curling 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 2 11:00 Floor Activity 1:30 Art Program 5:30 Friendly Faces (3)	9:00 MSE 3 10:30 Brainteasers 1:00 J.O.Y. Group (3) 2:00 Bingo 5:30 After Hour Activity (2)	1:00 MSE 4 2:00 Happy Hour 5:30 Friendly Faces (3)	9:00 MSE 5 2:00 Music & Movement	10:30 Current Events 6 2:00 Active Games
10:30 Sunshine Social 7 1:00 MSE 2:00 Bowling (2,3) 5:30 Friendly Faces (3) 5:30 After Hour Activity (5) 	10:30 Chair Yoga 8 1:00 J.O.Y. Group (3) 2:00 Music through the decades 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 9 1:00 Floor Activity 1:30 Art Program 1:30 Mouvement de passage (3) 5:30 Friendly Faces (3)	9:00 MSE 10 10:30 Smoothie Hour 1:00 J.O.Y. Group (3) 2:00 Bingo 5:30 After Hour Activity (2)	2:00 Happy Hour 11 1:00 MSE 5:30 Friendly Faces (3)	1:00 Sing-a-long with Jim (2) 2:00 Sing-a-long with Jim (4) 2:00 Music & Movement	9:00 MSE 13 2:00 Tribute Hour 
10:30 Sunshine Social 14 1:00 MSE 2:00 Bowling (4,5) 3:00 Book Club 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	10:30 Chair Yoga 15 1:00 J.O.Y. Group (3) 2:00 Anglican Service 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	10:00 Balloon Volleyball 16 1:00 Floor Activity 5:30 Friendly Faces (3)	9:00 MSE 17 10:30 Brainteasers 1:00 J.O.Y. Group (3) 2:00 Bingo 5:30 After Hour Activity (2)	10:30 Catholic Service 18 1:00 MSE 2:00 Happy Hour 5:30 Friendly Faces (3) 	9:00 MSE 19 2:00 Music & Movement	10:30 Current Events 20 2:00 Active Games
9:00 MSE 21 10:30 Sunshine Social 1:00 MSE 2:00 Bowling (2,3) 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	9:00 MSE 22 10:30 Chair Yoga 1:00 J.O.Y. Group (3) 2:00 Cocktail Hour 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 23 1:00 Floor Activity 1:30 Art Program 5:30 Friendly Faces (3)	9:00 MSE 24 10:30 Smoothie Hour 1:00 J.O.Y. Group (3) 2:00 Bingo 5:30 After Hour Activity (2)	8:00 Recreation Staff Meeting 25 1:00 MSE 2:00 Birthday Party 5:30 Friendly Faces (3)	1:00 Sing-a-long with Jim (3) 2:00 Sing-a-long with Jim (5) 2:00 Music & Movement 5:30 Evening Toast	9:00 MSE 27 2:00 Tribute Hour
1:00 MSE 28 2:00 Bowling (4,5) 3:00 Book Club 5:30 Friendly Faces (3) 5:30 After Hour Activity (5)	9:00 MSE 29 10:30 Chair Yoga 1:00 J.O.Y. Group (3) 2:00 Who wants to be a millionaire? 5:30 Friendly Faces (3) 5:30 After Hour Activity (4)	9:00 MSE 30 9:00 Pet therapy on units 1:00 Floor activity 1:30 Art Program 5:30 Friendly Faces (3)	 SEPTEMBER 			

*The Friendly Faces is for the residents of the 3rd floor only.
**Please be advised that due to unexpected circumstances, activities may, on occasion, be changed, post-poned or cancelled.
If you intend to participate, please verify with the Recreation Department. *ITP - Individual Therapeutic Program (1 x 1). Thank you!