


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Although we have many planned activity choices, programs may change dependent upon resident wishes, desires and needs...and the weather. ☀️</p> <p>Please see the daily activity board by the dining room for the most up to date information.</p>		<p><i>Leisure Connections</i> are part of our everyday activities. We look forward to seeing you!</p>	 <h1>September</h1>		<p>1 Afternoon Social Tea (B) Musical Me Active Games</p>	<p>2 Afternoon Social Tea (C) News and Views Green Thumbs</p>
<p>3 Afternoon Social Tea (A) Mind Matters Spiritual Connection</p>	<p>4 Labor Day Holiday Limited activities today. See whiteboard in your dining room</p>	<p>5 Afternoon Social Tea (B) Table Games Relaxation Program</p>	<p>6 Afternoon Social Tea (C) Creative Workshops Cooking/Baking</p>	<p>7 Afternoon Social Tea (A) Mind Matters Helping Hands</p>	<p>8 Afternoon Social Tea (B) Musical Me Active Games</p>	<p>9 Afternoon Social Tea (C) News and Views Green Thumbs</p>
<p>10 Afternoon Social Tea (A) Mind Matters Spiritual Connection</p>	<p>11 Afternoon Social Tea (A) Musical Me Active Games</p>	<p>12 Afternoon Social Tea (B) Table Games Relaxation Program</p>	<p>13 Afternoon Social Tea (C) Creative Workshops Cooking/Baking</p>	<p>14 Afternoon Social Tea (A) Mind Matters Helping Hands</p>	<p>15 Afternoon Social Tea (B) Musical Me Active Games</p>	<p>16 Afternoon Social Tea (C) News and Views Green Thumbs</p>
<p>17 Afternoon Social Tea (A) Mind Matters Spiritual Connection</p>	<p>18 Afternoon Social Tea (A) Musical Me Active Games</p>	<p>19 Afternoon Social Tea (B) Table Games Relaxation Program</p>	<p>20 Afternoon Social Tea (C) Creative Workshops Cooking/Baking</p>	<p>21 Afternoon Social Tea (A) Mind Matters Helping Hands</p>	<p>22 Afternoon Social Tea (B) Musical Me Active Games</p>	<p>23 Afternoon Social Tea (C) News and Views Green Thumbs</p>
<p>24 Afternoon Social Tea (A) Mind Matters Spiritual Connection</p>	<p>25 Afternoon Social Tea (A) Musical Me Active Games</p>	<p>26 Afternoon Social Tea (B) Table Games Relaxation Program</p>	<p>27 Afternoon Social Tea (C) Creative Workshops Cooking/Baking</p>	<p>28 Afternoon Social Tea (A) Mind Matters Helping Hands</p>	<p>29 Afternoon Social Tea (B) Musical Me Active Games</p>	<p>30 Afternoon Social Tea (C) News and Views Green Thumbs</p>



Group Fitness every morning. Check the whiteboard in your neighborhood for the time.

Extra Fun for September –

- **First Floor - Entertainment** - September 7th at 2pm
Birthday Celebrations with Entertainment - September 20th at 2pm
- **Second Floor – Entertainment** – September 8th at 2pm
Birthday Celebrations with Entertainment - September 22nd at 2pm
- **Third Floor - Entertainment** – September 21st at 2pm
Birthday Celebrations with Entertainment - September 11th at 2pm
- **Coquitlam Library Program** – September 18th at 1:30pm. This month we will meet on 2nd floor but all floors are invited.
- **Catholic Service w/Father Larry** – Thursday, September 28th @ 1:30 on 1st floor
- For the **Bingo** fans ... on 3rd Flr - each Tuesday/Friday at 3pm
 ...on the 2nd Floor – each Tuesday/Saturday at 3pm
...on the 1st Floor – each Wednesday/Saturday at 3pm
- Our **Market Cart** is open each Monday (3rd floor); Tuesday (1st floor) and Wednesday (2nd floor) to shop for treats, sundries and resident made items.
- **Terry Fox Run and Fun Week** – to be held throughout the last week of September.