



# Main Floor SEPTEMBER 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>1 9:00 Helping Hands 10:00 Gentle Stretch 10:15 Bingo 2:00 In the Wind Pub</p>	<p>2 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa</p>
<p>3 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 At the Spa</p>	<p>4 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 2:00 Trivia</p> <p><b>Labour Day</b></p>	<p>5 9:00 Helping Hands 10:00 Fitness 10:30 Singalong 2:00 Documentary: Lucille Ball Show 6:00 Montessori on Main</p>	<p>6 9:00 Helping Hands 10:00 Fitness 10:00 <b>Scenic Drive</b> 11:00 Montessori on Main 2:00 Tuck Shop 2:00 <b>Scenic Drive</b></p>	<p>7 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Bowling 6:00 Movie : Pop Star 6:00 Mah-jong</p>	<p>8 9:00 Helping Hands 10:00 Gentle Stretch 10:15 Bingo 2:00 In the Wind Pub</p>	<p>9 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa</p>
<p>10 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 At the Spa</p>	<p>11 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 11:00 Trivia 2:00 Badminton</p> <p>10:00—12 noon Music on 3rd and 7th Floor</p>	<p>12 9:00 Helping Hands 10:00 Fitness 11:00 Singalong 12 :00 <b>Lunch Club</b> 2:00 Documentary: Scenic Walk around the World 6:00 Montessori on Main</p>	<p>13 9:00 Helping Hands 10:00 Fitness 10:00 <b>Paddle Wheeler PUB</b> 11:00 Montessori on Main 2:00 Tuck Shop 2:00 At the Spa 3:45 <b>VPL Quiet Room</b></p>	<p>14 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 <b>September Birthday Celebration</b> 6:00 Movie: Madeline 6:00 Mah-jong</p>	<p>15 9:00 Helping Hands 10:00 Gentle Stretch 10:15 Bingo 2:00 In the Wind Pub</p>	<p>16 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa</p>
<p>17 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 At the Spa</p>	<p>18 9:00 Helping Hands 10:00 Fitness 11:00 Communion Service 11:00 Java Music 2:00 Badminton</p>	<p>19 9:00 Helping Hands 10:00 Fitness 11:00 Sing-along 2:00 Documentary : Laurel and Hardy Collection 6:00 Montessori on Main</p>	<p>20 9:00 Helping Hands 10:00 Fitness 10:00 <b>Bus Outing: Dim Sum</b> 11:00 Montessori on Main 2:00 Tuck Shop 2:00 Painting</p>	<p>21 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Bowling 6:00 Movie: Cobbler 6:00 Mah-jong</p>	<p>22 9:00 Helping Hands 10:00 Gentle Stretch 10:15 Bingo 10:00 <b>Singing in the Halls</b> 2:00 in the Wind Pub</p>	<p>23 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa</p>
<p>24 9:00 Helping Hands 10:00 Active Games 11:00 Spirit Lifter Sundays 2:00 At the Spa</p>	<p>25 9:00 Helping Hands 10:00 Fitness 11:00 <b>Celebration of Life</b> 11:00 Baking 2:00 Badminton</p>	<p>26 9:00 Helping Hands 10:00 Fitness 11:00 Singalong 12:00 <b>Chinese Lunch Club</b> 2:00 <b>Food Committee</b> 6:00 Montessori on Main</p>	<p>27 9:00 Helping Hands 10:00 Fitness 11:00 Montessori on Main 10:00 <b>River Rock Casino</b> 2:00 Tuck Shop 2:00 Decorating on Main</p>	<p>28 9:00 Helping Hands 10:00 Fitness 11:00 Catholic Mass 11:00 Chair Yoga 2:00 Board Games 6:00 Movie: Flubber 6:00 Mah-jong</p>	<p>29 9:00 Helping Hands 10:00 Gentle Stretch 10:15 Bingo 2:00 In the Wind Pub</p>	<p>30 9:00 Helping Hands 10:00 Active Games 11:00 Creative Expressions 2:00 Spa</p>

Programs are subject to change as needed