
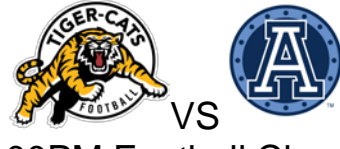






















Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>  <p>2:00 (C) Murdoch Mysteries Season 9 Ep 7 & 8</p>	<p>2</p> <p>Labour Day</p>  <p>1:00PM Football Classic: Ti-Cats VS Argos 4:30 Calgary VS Edmonton</p> <p>Labor Day</p>	<p>3</p>  <p>11:00 (C) Music Appreciation: Shania Twain 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>4</p> <p>Shuttle Today Esthetician Today</p> <p>11:00 (cl) Giant Crosswords 1:00 (cl) Box Fit 1:30 (sign up) Tour of the Victory Gardens of Hamilton 1:30 (L) Book Club 2:00 (cl) Racket Balloon 2:15 (cl) Euchre 3:00 (C) Jeopardy Trivia 7:15 (C) Documentary: "Our Planet S 1 Ep 1"</p>	<p>5</p> <p>Hairdresser Today</p> <p>10:30 (C) Bible Study W/ Homer 11:00 (cl) Fit Minds 1:30 (C) Journaling Challenge</p>  <p>3:00 (C) *NEW* Secret Acts of Kindness Group 6:30 (C) Classical Music</p>	<p>6</p> <p>Hairdresser Today</p>  <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates</p> <p>Happy Hour 3:00 (cl) With Cameron Caton</p> <p>6:30 (C) Brain Games S 7 Ep 1 & 2</p>	<p>7</p> <p>Saturday Brain Games available at the Front Desk</p>  <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 10:00 (C) Hymn Sing 2:00 (C) Afternoon Movie: "Catch Release" 7:15 (C) Movie: "Tell it to the Bees"</p>
<p>8</p>  <p>2:00 Musical Performance by Joe Tucker</p> <p>Grandparents' Day</p>	<p>9</p> <p>Shuttle Today Hairdresser Today</p> <p>10:00 (sign up) 16 mile Creek Boat cruise 11:00 National Pharmacy Arthritis Talk</p> <p>1:00 (fl) Walker Repair with C&DC 1:00 (cl) Racket Balloon 2:00 (C) Java Music Club 3:30 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (C) Wine Social</p>	<p>10</p> <p>Foot Care Doctor</p> <p>11:00 (C) Music Appreciation: Neil Diamond</p>  <p>1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>11</p> <p>Shuttle Today Esthetician Today</p> <p>10:00 (sign up) Walmart 1:30 (C) Book Club 2:00 (cl) Racket Balloon 2:15 (cl) Euchre 3:00 (C) Jeopardy Trivia</p>  <p>7:15 (C) Documentary: "Planet Earth Ep 6 & 7"</p>	<p>12</p> <p>Hairdresser Today</p> <p>10:30 (C) Bible Study W/ Homer</p>  <p>11:00 (cl) Fit Minds</p>  <p>2:00 (cl) Sing Along With Kent 6:30 (C) Classical Music</p>	<p>13</p> <p>Shuttle Today Hairdresser Today</p>  <p>10:30 (C) Java Music Club 1:30 (C) Journaling Challenge</p> <p>Happy Hour 3:00 (cl) With Kim Atkins</p> <p>6:30 (C) Brain Games S 7 Ep 3 & 4</p>	<p>14</p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 10:00 (C) Hymn Sing 11:00 (cl) Fit Minds 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "Ray" 3:30 (cl) Coffee/ Tea Social 7:15 (C) Movie: "Apollo 13"</p>
<p>15</p>  <p>2:00 (C) Murdoch Mysteries Season 9 Ep 9 & 10</p>	<p>16</p> <p>Shuttle Today Hairdresser Today</p> <p>10:45 (sign up) Lunch Trip to the Mandarin 11:00 (cl) Giant Crosswords 1:00 (cl) Racket Balloon 2:00 (C) Java Music Club 3:30 (cl) Colouring Mandalas 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (C) Wine Social</p>	<p>17</p>  <p>11:00 (C) Music Appreciation: Dolly Parton 1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (C) Laughter Yoga 7:00 (C) Toastmasters</p>	<p>18</p> <p>Shuttle Today Esthetician Today</p> <p>11:00 (Sign Up) The Donkey</p>  <p>Sanctuary of Canada! 1:30 (C) Book Club 2:00 (cl) Racket Balloon 2:15 (cl) Euchre 3:00 (C) Journaling Challenge 7:15 (C) Movie: "The Worlds Most Extraordinary Homes Ep 1"</p>	<p>19</p> <p>Hairdresser Today</p> <p>10:30 (C) Bible Study with Chaplain Homer 11:00 (cl) Fit Minds</p>  <p>2:00 (C) Musical Performance and Sing-A-long with Anne 6:30 (C) Classical Music</p>	<p>20</p> <p>Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Seated Pilates</p> <p>Happy Hour 3:00 (cl) With David Horton</p> <p>6:30 (C) Brain Games S 7 Ep 5 & 6</p>	<p>21</p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 10:00 (C) Hymn Sing 2:00 (C) Afternoon Movie: "The Shack" 7:15 (C) Movie: "Mission of Honor"</p> <p>Oktoberfest Begins</p>
<p>22</p>  <p>2:00 (C) Murdoch Mysteries Season 9 Ep 11 & 12</p>	<p>23</p> <p>Shuttle Today Hairdresser Today</p> <p>11:00 (cl) Finishing lines 1:00 (cl) Racket Balloon</p>  <p>1:30 (C) Chocolate Treats paired with a showing of "Willy Wonka and the Chocolate Factory" 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (C) Wine Social</p> <p>Autumn Begins</p>	<p>24</p> <p>11:00 (C) Music Appreciation: Woody Guthrie</p>  <p>1:15 (C) Funny Animals 2:00 (C) BINGO 3:00 (cl) By Request Music Hour 7:00 (C) Toastmasters</p>	<p>25</p> <p>Shuttle Today Esthetician Today</p> <p>10:00 (sign up) Scenic Fall Drive</p>  <p>1:30 (C) Book Club 2:00 (cl) Racket Balloon 2:15 (cl) Euchre 3:00 (C) Jeopardy Trivia</p>	<p>26</p> <p>Hairdresser Today</p>  <p>10:30 (C) Bible Study W/ Homer 11:00 (cl) Fit Minds 2:00 (cl) Sing Along With Kent 6:30 (C) Classical Music</p>	<p>27</p> <p>Shuttle Today Hairdresser Today</p> <p>10:30 (C) Java Music Club 1:30 (C) Journaling Challenge</p> <p>Happy Hour 3:00 (cl) With Brad Boland</p> <p>6:30 (C) Idioteest S1 E 1 & 2</p>	<p>28</p> <p>Saturday Brain Games available at the Front Desk</p> <p>10:00 (fl) Visit with St. Johns Therapy Dog Hank 10:00 (C) Hymn Sing 11:00 (cl) Fit Minds 1:00 (cl) Racket Balloon 2:00 (C) Afternoon Movie: "K9" 3:30 (cl) Coffee/ Tea Social 7:15 (C) Movie: "Only You"</p>
<p>29</p>  <p>2:00 (C) Murdoch Mysteries Season 9 Ep 13 & 14</p>	<p>30</p> <p>Shuttle Today Hairdresser Today</p> <p>11:00 (cl) Left Center Right 1:00 (cl) Racket Balloon 12:30 (MAC) Environmental Think Tank meeting 2:00 (C) Resident Council Meeting 4:00 (fl) SJT Dog Visit (Lily & Scott) 6:15 (C) Wine Social</p> <p>Rosh Hashanah (first Day)</p>	<p>Legend: (cl)- Café/lounge (C)- The Cottage (MAC) – Room 216 (2nd floor) (fl)-Front Lobby</p>				

September 2019



WELLNESS CLASSES

ALL ARE WELCOME

Silver Maple

	Monday	Tuesday	Wednesday	Thursday	Friday
8:45-9:45					Better Balance (Cottage)
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:15-12:00		Tai Chi/Breathe Right	Hand Therapy	Tai Chi/Breathe Right	Hand Therapy
1:00-2:00	Sit To Be Fit	Fewer Falls (Cafe)	*NEW* BOX FIT	*NEW* Dance Fit	
2:00-3:00	*NEW* Dance Fit		Sit to Be fit		

Tulip Poplar

Nature BINGO

See how many you can spot in a month!

Ginkgo

B	I	N	G	O
Sparrow	Blue jay	Male Cardinal	Red Leaf	Knitted Sweater
Yellow Leaf	Falling Leaf	Chipmunk	Berries	Blackbird
Apple	Acorn	Free	Seagull	2 Squirrels
Female Cardinal	Spiderweb	Pigeon	Orange leaf	Apple pie
Mushroom	Chick-a-Dee	Football Game	Pinecone	Cat

Beech



Sweet gum

The Woman in the Moon

On the 15th day of the eighth month on the Chinese lunar calendar comes the second-grandest festival in all of China: the Mid-Autumn Festival, also known as the Harvest Moon Festival. This year, it falls on September 13.

Worshipping the moon has long been a part of Chinese culture. One legend states that the festival began when the Chinese emperors of the Zhou dynasty worshipped the moon to ensure an abundant harvest the following year. Still another legend tells the story of Chang'e, the Chinese goddess of the moon.

Long ago, 10 suns ruled the sky, but they were so powerful that they burned Earth, scorching crops and causing much suffering. The mighty archer Hou Yi shot down nine suns and saved Earth. For his triumph, the Western Queen Mother gave Hou Yi a bottle of elixir that granted immortality. Hou Yi liked the idea of immortality, but he wanted to stay at home with his wife Chang'e more. When Hou Yi's

greedy archery student Pang Meng attempted to steal the elixir, Chang'e drank it rather than let Pang Meng have it. The elixir made Chang'e fly to the moon, where she has forever remained. It was Hou Yi, Chang'e's husband, who began the tradition of worshipping the moon. Children in China are told that Chang'e still lives on the moon. They look to the full moon and try to find her shape on it, much like we attempt to discern the Man in the Moon.

On the night of the full moon, families gather together for a merry feast. It is traditional to give, receive, and eat mooncakes, those dense, sweet pastries filled with red bean or lotus seed paste. Cakes are often imprinted with Chinese characters referencing the holiday and its legendary characters. Another common tradition is to light paper lanterns and release them into the night sky. It is also the perfect night to yearn for family and friends who live far away, much like Hou Yi's pining for his beloved wife

Beech