

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



<p>11:00 (C) Hymn Sing</p> <p>2:00 (C)(N) "Inside the Mind of a cat"</p>	<p>HAPPY Labour Day</p> <p>2:00 (C)(P) Movie: The Mystery Mountain Project</p>	<p>Esthetician Today</p> <p>10:00 (L) Dog visits with Hank and Linnea</p> <p>11:00 (C) Finishing Lines</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00(C) Climate talk: what can we do</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (Sign Up) Trip: Indigo Book Store</p> <p>11:00 (C)(yt) Armchair Travel: Canadian Prairies: The Grass Kingdom</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Trivia</p> <p>3:00 (C)(P) Documentary: "Elvis from beginning to end"</p> <p>3:00 Dog visit with Scott & Lilv</p>	<p>11:00 (C) Seated Dance Class</p> <p>2:00 (sg) Secret Garden Watermelon Social</p> <p>3:00 (C) Meditation Session</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer John Pebble</p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia</p> <p>2:00(C)(P) Movie: "Keep Breathing"</p> <p>7:00 (C)(P) Movie: "Blue Miracle"</p>
<p>11:00 (C) Hymn Sing</p> <p>2:00 (C)(N) "Inside the Mind of a cat"</p>	<p>HAPPY Labour Day</p> <p>2:00 (C)(P) Movie: The Mystery Mountain Project</p>	<p>Esthetician Today</p> <p>10:00 (L) Dog visits with Hank and Linnea</p> <p>11:00 (C) Finishing Lines</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p> <p>3:00(C) Climate talk: what can we do</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (Sign Up) Trip: Indigo Book Store</p> <p>11:00 (C)(yt) Armchair Travel: Canadian Prairies: The Grass Kingdom</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Trivia</p> <p>3:00 (C)(P) Documentary: "Elvis from beginning to end"</p> <p>3:00 Dog visit with Scott & Lilv</p>	<p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>1:30 (sg) Tie Dye Session: Bring a white cotton item to dye.</p> <p>3:00 (C) Meditation Session</p>	<p>Hairdresser Today</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer Ken Lighthouse</p>	<p>Private Party</p> <p>7:00 (C)(P) Movie: "Thirteen Lives"</p>
<p>11:00 (C) Hymn Sing</p> <p>2:00 (cl) Musical Performance with Peter Harding</p> <p>Grandparents Day</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:00 (Sign Up) Trip: Port Dover For Lunch at The Beach House</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>10:00 (L) Dog visits with Hank and Linnea</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) Movie: K9 Intervention Ep 4 & 5</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>11:00 (C) (yt) Armchair Travel: The Gorgeous Wildlife of the Mediterranean</p> <p>1:00 (cl) Racket Balloon</p> <p>1:30 (sign Up) Trip: Scenic Drive</p> <p>2:00 (C)(P) Documentary: "Great Escapes Ep 1 & 2"</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>10:15 (cl) General Exercises</p> <p>1:00 (cl) Ball Toss</p> <p>2:00 (C) Movie: Garth Brooks- the Road I'm On Ep 1</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer Mike Maguire</p>	<p>2:00(C)(P) Movie: "I Want You Back"</p> <p>7:00 (C)(P) Movie: "RV"</p> <p>Oktoberfest Begins</p>
<p>11:00 (C) Hymn Sing</p> <p>2:00 (C) (N) "My Brother's Keeper"</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>9:45 (Sign Up) Trip: Walmart</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>10:00 (L) Dog visits with Hank and Linnea</p> <p>11:00 (C) Finishing Lines</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p>	<p>Shuttle Today</p> <p>Hairdresser Today</p> <p>SENIORSTOCK</p> <p>12th Anniversary party</p> <p>1:30 Drum Circle with John</p> <p>2:30 Musical Performance by Kim Atkins</p> <p>Ice Cream, Treats and More..</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>FIRST DAY OF FALL</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>TRIVIA</p> <p>2:00 (C) Jeopardy Trivia</p> <p>3:00 (C) Meditation Session</p> <p>Autumn Begins</p>	<p>Hairdresser Today</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer Dave Burden</p>	<p>10:15 (C) Musical Performance & Sing Along with Nathalia</p> <p>2:00(C)(P) Movie: "Mall Cop"</p> <p>7:00 (C)(P) Movie: "A Cowgirls Song"</p>
<p>11:00 (C) Hymn Sing</p> <p>2:00 (C)(P) "Overcome"</p> <p>Rosh Hashanah Begins</p>	<p>Hairdresser Today</p> <p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) DRUM BALL</p> <p>2:30 (C) DRUM BALL</p>	<p>Esthetician Today</p> <p>10:00 (L) Dog visits with Hank and Linnea</p> <p>11:00 (C) 5 Second Rule</p> <p>1:20 (C) Funny Animal Videos</p> <p>2:00 (C) BINGO</p>	<p>Hairdresser Today</p> <p>11:00 (C)(yt) Documentary: Animal building skills</p> <p>1:00 (cl) Racket Balloon</p> <p>2:00 (C) Jeopardy Trivia</p> <p>3:00 (C)(P) Documentary: "Great Escapes Ep 3 & 4"</p> <p>3:00 Dog visit with Scott & Lily</p>	<p>11:00 (C) Seated Dance Class</p> <p>1:00 (cl) Ball Toss</p> <p>3:00 (C) Meditation Session</p>	<p>National Day of Truth and Reconciliation</p> <p>Wear Orange to Support Hairdresser Today</p> <p>10:30 (C) Java Music Club</p> <p>2:00 (cl) Musical Entertainer David Horton</p> <p>3:00 (C) Documentary: Doctrine of discovery</p>	<p>Legend: (C)-The Cottage (cl) Café/Lounge (sg)-Secret Garden (L)- Lobby</p>

Lifemark Physiotherapy

Services are to resume on Sept 6th with the following schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:00-11:45	Gentle Stretches	Sit To be Fit	Better Balance	Gentle Stretches	Sit To be Fit
1:00-2:00	Racket Balloon		Racket Balloon	Ball Toss	

Seated Dance Class



Join us for a Seated Dance program throughout the month of September.

This program is available in the Cottage at 11:00AM on the following days:

Thursday Sept 1st
 Thursday Sept 8th
 Monday Sept 12th
 Thursday Sept 22nd
 Monday Sept 26th
 Thursday Sept 29th

Meditation Sessions

If you attended our Meditation course in the month of August, or it is something you are interested in. We will be running Guided Meditations on Thursday Sept 1st

Sept 8th

Sept 22nd

Sept 29th

At 3:00PM in the Cottage

We ask they you arrive 5 minutes prior to the start time to limit disruptions during the meditation.

SEPTEMBER

12th Anniversary Party

Peace, Love
& Churros



Wednesday
September 21st



1:30 Drum
Circle/ Music
Making session
with John



2:30 Musical
Performance
with Kim Atkins

Ice Cream, Churros and more...
Wear Your Best 70s Outfit