













Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Activity Programs Take Place in the C/D Room Unless Otherwise Posted</p>	<p>For Bus Outings, Please Sign Up on Sign-Up Sheets on Clipboard beside the bulletin board by Laundry Room.</p>	<p>For More Information: Please contact Sandy, the Activities Convenor at 780-962-6149, Ext. 203</p>		<p>1 10:30 Exercises 1:00 Card Bingo 2:30 Happy Hour 7:55 CPS Singers</p>	<p>2  1:00 Bingo 2:30 Shuffleboard</p>
<p>3</p> 	<p>4</p> <p><i>HAPPY Labour Day</i></p>	<p>5 10:30 Stretch & Strength 1:00 Bingo 2:30 Big Brain</p>	<p>6 10:30 Exercises 1:00 Horse Races 2:30 Ladder Ball 6:30 Gin Rummy</p>	<p>7 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Hymn Sing 3:00 Lutheran Service 6:30 Cribbage</p>	<p>8 10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social</p>	<p>9  9:30 Pet Visit 1:00 Bingo 2:30 Shuffleboard</p>
<p>10</p> 	<p>11 * No Morning Programs 1:00 Movie Afternoon 6:30 Dominoes</p>	<p>12 9:30 Resident Council Meeting 10:30 General Resident Meeting 1:00 Food Reflections Meeting 2:30 Crafts 6:30 Uno</p>	<p>13 10:30 Exercises 1:00 Horse Races 2:30 Lawn Darts 6:30 Sequence</p>	<p>14 10:15 Catholic Service 10:30 Stretch & Strength 1:00 Afternoon Music 3:00 Lutheran Service 6:30 Cribbage</p>	<p>15 10:30 Exercises 1:00 Card Bingo 2:30 Happy Hour 3:00 Shuffleboard</p>	<p>16  11:00 Bingo</p>
<p>17</p> 	<p>18 10:30 Exercises 1:00 Health Presentation-Arthritis 2:30 Wheel of Fortune 6:30 Uno</p>	<p>19 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bus Outing for Board Game Café with Millennium Pavilion Residents</p>	<p>20 10:30 Exercises 1:00 Horse Races 2:30 Shuffleboard Bowling 6:30 Crazy 8's</p>	<p>21 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Coffee Social 3:00 Lutheran Service 6:30 Cribbage</p>	<p>22 *First Day of Fall  10:30 Exercises 1:00 Card Bingo 2:30 Ice Cream Social</p>	<p>23  1:00 Bingo 2:30 Shuffleboard</p>
<p>24</p> 	<p>25 10:30 Exercises 1:00 Bus Outing-Fall Drive 6:30 Word Scrabble</p>	<p>26 9:30 Fit Minds 10:30 Stretch & Strength 1:00 Bingo 2:30 Paint Class 6:30 Uno</p>	<p>27 10:30 Exercises 1:00 Horse Races 2:30 Beanbag Baseball 6:30 Yahtzee</p>	<p>28 10:30 Stretch & Strength 11:15 Catholic Service 1:00 Monthly Birthday Party & Entertainment 3:00 Lutheran Service 6:30 Cribbage</p>	<p>29 * No Morning Programs 1:00 Card Bingo 2:30 Ice Cream Social</p>	<p>30  1:00 Bingo 2:30 Shuffleboard</p>