





# September 2023

## Dogwood, Garry Oak, Arbutus, Cedar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		AR= Activity Room VS=village Square C=Chapel			1 9:30 Stretch and Strength AR 10:30 Music 4th 1:30 Art Group AR	2 10:30 Hymn Sing
3 10:30 Mass Chapel	4 	5 10:30 Mass Chapel 10:30 Exercise AR 1:30 Back to School AR 5:45 Bingo VS	6 10:30 Music with Alan Cedar 11:30 Fall BBQ	7 10:30 Exercises -AR	8 9:30 Stretch and Strength AR 10:30 Music 4th 1:30 Art Group AR	9 
10 10:30 Mass Chapel 11:00 Cello with Mary Village Square	11 1:15 Stretch and Strength St Martha 2:15 Stretch & Strength AR	12 10:30 Mass Chapel 10:30 Exercise AR 1:30 Art & Crafts Dogwood	13 <i>10:30 Ecumenical Service Chapel</i>	14 1:30 Beer Tasting AR	15 9:30 Stretch and Strength AR 10:30 Music 4th 1:30 Art Group AR <i>1:30 Men's Group Hope</i>	16 10:30 Hymn Sing
17 10:30 Mass Chapel	18 1:15 Stretch and Strength St Martha 2:15 Stretch & Strength AR 2:30- Flutana VS	19 10:30 Mass Chapel	20 <i>10:30 Music with Alan Cedar</i> <i>11:00 Ball Game Luncheon AR</i>	21 10:30 Exercises -AR 2:00 Ted Talk Activity Room	22 9:30 Stretch and Strength AR 10:30 Music 4th 1:30 Art Group -AR	23 
24 10:30 Mass Chapel 11:00 Cello with Mary VS	25 1:30 Scottish Travelogue VS	26 10:30 Mass Chapel 10:30 Exercise AR 1:30 Birthday Party VS 5:45 Karaoke VS	27 10:30 Music with Alan Cedar	28 10:30 Exercises Activity Room 1:30 1:1 visits	29 9:30 Stretch and Strength AR 10:30 Music 4th 1:30 Art Group AR	30 