



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div>	<div>Labour Day 1 7:00 Outdoor Bocce Ball (O) 7:00 Movie Night: 'Serendipity' (2001) (GH)</div>	<div>2 Physio appointments on-site (FC) 9:15 Outing: Food Basics Grocery Store (AE) 9:30 High Intensity (Nancy) (GH) 10:30 Let's Talk Discussion Circle (MPR) 10:30 Seated Exercise (Jackie) (GH) 10:45 Outing: Sobey's (Bridgeport) (AE) 11:15 Therapy Dog Visit (SCA) 1:00 Hearing Clinic (sign up at HC) (HC) 1:30 Euchre (MPR) 2:30 Ukulele Jam (G) 3:00 Poetry Reading: Reflecting on Indigenous Writings (Ch) 5:00 Bistro Night (MR) 7:00 Solo (MPR) 7:00 Shuffleboard (O) 7:30 Twin City Harmonizers Rehearsal (GH)</div>	<div>3 Return WPL Books to Activities Office 9:15 Outing: Goderich Beach/Lunch at 'Beach Street Station' (AE) 9:30 Indoor Walking Group (SC-1) 10:00 Drumming for Fitness (GH) 10:30 Parkinson's Support (MPR) 1:30 Poker (MPR) 2:00 Bingo (GH) 3:00 Treat Cart: Beef Empanadas (A) 3:30 -4:30PM - 1:1 Fitness (RS) 7:00 Outdoor Bocce Ball (O)</div>	<div>4 WPL Library Exchange 9:15 Yoga (GH) 9:15 Outing: Conestoga Mall (AE) 9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch) 10:30 Seated Exercise (GH) 10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch) 12:30 Motion Control Program (FC) 1:30 Euchre Time! (ML) 2:00 Scrabble with Friends (G) 2:30 Grandparents Day Celebration - Entertainment by Kevin Coates (GH) 2:30 Reading Group (MPR) 3:30 -4:30PM - 1:1 Fitness (RS) 5:00 Pub Night (MR)</div>	<div>5 8:30 to 2:30pm Fitness Centre 1:1 (FC) 9:15 Outing: Boardwalk at Mike Schout Wetlands Preserve (AE) 9:30 SMART High Intensity (GH) 10:30 SMART Seated Exercise (GH) 11:15 Gentle Strength (FC) 1:30 Bridge (G) 2:30 Movie & Popcorn: 'The Friend' (2024) (GH) 4:00 Social Hour (MPR) 4:00 Drop-in Technology Help with Sunil (OMR) 7:00 Movie Night 'Downton Abbey' S5 E8 (GH)</div>	<div>6 10:00 Cornhole (GH) 10:00 Outdoor Bocce Ball (O) 12:30 -2:00PM - 1:1 Fitness (RS) 7:00 Movie Night: "We are Marshall" (2006) (GH)</div>
<div>10:15 Indoor Walking Group (SC-1) 2:30 Sunday Documentary: How It's Made S2 Episodes 4 & 5 (GH) 7:00 Worship Service (Ch)</div>	<div>8 8:30 to 2:30pm Fitness Centre 1:1 (FC) 10:00 Coffee Hour (GH) 11:15 Gentle Strength (FC) 2:00 SMART Seated Exercise (GH) 3:00 Emerging Ideas Group (Previously Emeritus Group) (G) 7:00 Outdoor Bocce Ball (O) 7:00 Movie Night: 'Casablanca' (1942) (GH)</div>	<div>9 Physio appointments on-site (FC) 9:15 Outing: Food Basics Grocery Store (AE) 9:30 KW Moms & Babies: Line Dancing - All welcome! (GH) 9:30 SMART High Intensity (Ch) 10:30 Let's Talk Discussion Circle (MPR) 10:30 SMART Seated Exercise (Ch) 10:45 Outing: Zehr's/Dollarama (Beechwood) (AE) 11:15 Therapy Dog Visit (SCA) 1:30 Euchre (MPR) 2:00 Hymn Sing with Marilyn "Vacations" (Ch) 3:00 Women's Conversation Circle (MR) 5:00 Bistro Night (MR) 7:00 Solo (MPR) 7:00 Shuffleboard (O) 7:30 Twin City Harmonizers Rehearsal (GH)</div>	<div>10 9:15 Outing: Woodland Cultural Centre & Lunch at (AE) 9:30 Blood Pressure Clinic 9:30 to 11:30 (WEL) 9:30 Indoor Walking Group (SC-1) 9:30 KW Moms & Babies-Drop by to say hello! (MPR) 10:00 Catholic Mass (Ch) 10:00 Larry's Travel Adventures: Vietnam & Cambodia Pt. 1 (G) 10:00 Drumming for Fitness (GH) 1:30 Poker (MPR) 2:00 Mindfulness and Relaxation with Andrea (Ch) 2:30 Hot Apple Cider Social & Apple Tasting (CK) 3:00 Treat Cart: Chocolate twist pastry (A) 3:30 -4:30PM - 1:1 Fitness (RS) 7:00 Outdoor Bocce Ball (O)</div>	<div>11 9:15 Yoga (GH) 9:15 Outing: St. Jacob's Farmer's Market (AE) 9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch) 10:30 Seated Zumba (GH) 10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch) 11:30 NEW Standing Zumba (GH) 12:30 Motion Control Program (FC) 1:30 Euchre Time! (ML) 2:00 Scrabble with Friends (G) 2:00 Documentary: FIRST: First Nations, Inuit and Métis trailblazers (GH) 2:30 Reading Group (MPR) 3:30 -4:30PM - 1:1 Fitness (RS) 3:30 Entertainment: Derek Byrne on the Piano (GH) 3:30 Women's Conversation Circle (MPR) 5:00 Pub Night (MR)</div>	<div>12 8:30 to 2:30pm Fitness Centre 1:1 (FC) 9:30 SMART High Intensity (GH) 10:30 Dementia Friendly Hour (WEL) 10:30 SMART Seated Exercise (GH) 10:45 Singing Group (ML) 11:15 Outing: Laurier Music at Noon (Carol Ann Weaver/Ben Bolt-Martin) (AE) 11:15 Gentle Strength (FC) 1:30 Bridge (G) 2:00 Group Biblical Study (MPR) 3:00 Group Crossword (ML) 4:00 Social Hour (MPR) 4:00 Drop-in Technology Help with Sunil (OMR) 7:00 Movie Night: 'Downton Abbey' S5 E9 (GH)</div>	<div>13 10:00 Cornhole (GH) 10:00 Outdoor Bocce Ball (O) 12:30 -2:00PM - 1:1 Fitness (RS) 2:30 Bingo (GH) 7:00 Movie Night: 'Before Sunset' (2004) (GH)</div>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>10:15 Indoor Walking Group (SC-1) 14</div> <div>2:30 Sunday Documentary: How It's Made S2 Episodes 6 & 7 (GH)</div> <div>7:00 Worship Service (Ch)</div>	<div>Guest Vendor: Skincare, Footcare and Sunscreen: 10am-2pm (A)</div> <div>8:30 to 2:30pm Fitness Centre 1:1 (FC)</div> <div>10:00 Coffee Hour (GH)</div> <div>11:15 Gentle Strength (FC)</div> <div>2:00 SMART Seated Exercise (GH)</div> <div>2:30 Wellness Guest Speaker: Alzheimer's Awareness with Janine Wilson (GH)</div> <div>3:00 JAVA Mentors (G)</div> <div>7:00 Outdoor Bocce Ball (O)</div> <div>7:00 Movie Night: 'Twister' (1996) (GH)</div>	<div>Physio appointments on-site (FC) 16</div> <div>9:15 Outing: Food Basics Grocery Store (AE)</div> <div>9:30 SMART High Intensity (GH)</div> <div>10:30 Let's Talk Discussion Circle (MPR)</div> <div>10:30 SMART Seated Exercise (GH)</div> <div>10:45 Outing: Herrle's Country Farm Market (AE)</div> <div>11:15 Therapy Dog Visit (SCA)</div> <div>1:30 Euchre (MPR)</div> <div>2:30 Ukulele Jam (G)</div> <div>2:30 Fall Craft (GH)</div> <div>3:00 Guest Treat Vendor: Sweet and Savoury Pie Company (A)</div> <div>5:00 Bistro Night (MR)</div> <div>7:00 Solo (MPR)</div> <div>7:00 Shuffleboard (O)</div> <div>7:30 Twin City Harmonizers Rehearsal (GH)</div>	<div>9:15 Outing: Royal Botanical Gardens and Lunch & Symposium Cafe (AE) 17</div> <div>9:30 Indoor Walking Group (SC-1)</div> <div>9:30 KW Moms & Babies Music Together - Join Us! (ML)</div> <div>10:00 Drumming for Fitness (GH)</div> <div>10:30 Parkinson's Support (MPR)</div> <div>1:30 Poker (MPR)</div> <div>2:00 Bingo (GH)</div> <div>2:00 The Writing Group (FDR)</div> <div>2:00 Mindfulness and Relaxation with Andrea (Ch)</div> <div>3:00 Treat Cart: Apple Blossoms (A)</div> <div>3:30 -4:30PM - 1:1 Fitness (RS)</div> <div>7:00 Outdoor Bocce Ball (O)</div>	<div>Guest Vendor: Suzanne M. Jewlery 11am-2pm (A) 18</div> <div>9:15 Yoga (GH)</div> <div>9:15 Outing: Fairview Mall (AE)</div> <div>9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</div> <div>10:30 Seated Exercise (GH)</div> <div>10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</div> <div>12:30 Motion Control Program (FC)</div> <div>1:30 Euchre Time! (ML)</div> <div>2:00 Scrabble with Friends (G)</div> <div>2:30 Guest Speaker Brian Krigner: Nature/Snake Presentation (No live snakes) (GH)</div> <div>2:30 Reading Group (MPR)</div> <div>3:30 -4:30PM - 1:1 Fitness (RS)</div> <div>4:00 -7:00pm Food Truck and Cruise Night with Music Entertainment (OA)</div> <div>5:00 Pub Night (MR)</div>	<div>8:30 to 2:30pm Fitness Centre 1:1 (FC) 19</div> <div>9:30 SMART High Intensity (MPR)</div> <div>10:30 SMART Seated Exercise (GH)</div> <div>10:45 Singing Group (ML)</div> <div>11:15 Gentle Strength (FC)</div> <div>11:15 Outing: Laurier Music at Noon (Andrea Farrugia, Mark Godfrey, Ted Warren) (AE)</div> <div>1:30 Bridge (G)</div> <div>2:00 Entertainment: The Loo-wops Barbershop (Ch)</div> <div>2:00 Group Biblical Study (MPR)</div> <div>4:00 Social Hour (MPR)</div> <div>4:00 Drop-in Technology Help with Sunil (OMR)</div> <div>7:00 Movie Night: 'Downton Abbey' S6 E1 (GH)</div>	<div>10:00 Cornhole (GH) 20</div> <div>10:00 Outdoor Bocce Ball (O)</div> <div>12:30 -2:00PM - 1:1 Fitness (RS)</div> <div>7:00 Movie Night: 'Miss Congeniality' (2000) (GH)</div>
<div>10:15 Indoor Walking Group (SC-1) 21</div> <div>2:30 Sunday Documentary: How It's Made S2 Episodes 8 & 9 (GH)</div> <div>7:00 Worship Service (Ch)</div>	<div>8:30 to 2:30pm Fitness Centre 1:1 (FC) 22</div> <div>10:00 Coffee Hour (GH)</div> <div>11:15 Gentle Strength (FC)</div> <div>2:00 SMART Seated Exercise (GH)</div> <div>3:00 Drumming Circle (Ch)</div> <div>3:00 Emerging Ideas Group (Formerly Emeritus Group) (G)</div> <div>7:00 Outdoor Bocce Ball (O)</div> <div>7:00 Movie Night: 'The Sisterhood of the Travelling Pants' (2005) (GH)</div>	<div>Physio appointments on-site (FC) 23</div> <div>9:15 Outing: Food Basics Grocery Store (AE)</div> <div>9:30 SMART High Intensity (GH)</div> <div>9:30 KW Moms & Babies-Drop by to say hello! (G)</div> <div>10:00 Making Three Sisters Soup (CK)</div> <div>10:30 Let's Talk Discussion Circle (Ch)</div> <div>10:30 SMART Seated Exercise (GH)</div> <div>10:45 Outing: Zehr's (Glenridge) (AE)</div> <div>11:15 Therapy Dog Visit (SCA)</div> <div>1:30 Euchre (MPR)</div> <div>3:00 Three Sisters Soup & Bannock Bread Tasting (CK)</div> <div>5:00 Bistro Night (MR)</div> <div>7:00 Solo (MPR)</div> <div>7:00 Shuffleboard (O)</div> <div>7:30 Twin City Harmonizers Rehearsal (GH)</div>	<div>9:15 Outing: Grand River Lunch Cruise (AE) 24</div> <div>9:30 Blood Pressure Clinic 9:30 to 11:30 (WEL)</div> <div>9:30 Indoor Walking Group (SC-1)</div> <div>9:30 KW Moms & Babies-Drop by to say hello! (MPR)</div> <div>10:00 Drumming for Fitness (GH)</div> <div>1:30 Poker (MPR)</div> <div>2:00 Book Club (G)</div> <div>2:30 Armchair Travel: Wonders of Malta (GH)</div> <div>3:00 Treat Cart: Cherry Pie (A)</div> <div>3:30 -4:30PM - 1:1 Fitness (RS)</div> <div>7:00 Outdoor Bocce Ball (O)</div>	<div>Dental Hygiene Clinic (Sign-up) (HC) 25</div> <div>9:15 Yoga (GH)</div> <div>9:15 Outing: Mission Thrift Store (AE)</div> <div>9:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</div> <div>10:30 Seated Zumba (GH)</div> <div>10:30 Balance & Strength for Fall Prevention (sign up at Front Desk) (Ch)</div> <div>11:30 NEW Standing Zumba (GH)</div> <div>12:30 Motion Control Program (FC)</div> <div>1:30 Euchre Time! (ML)</div> <div>2:00 Scrabble with Friends (G)</div> <div>2:30 Reading Group (MPR)</div> <div>3:00 Afternoon Trivia & Refreshments (MR)</div> <div>3:30 -4:30PM - 1:1 Fitness (RS)</div> <div>5:00 Pub Night (MR)</div>	<div>8:30 to 2:30pm Fitness Centre 1:1 (FC) 26</div> <div>9:15 Outing: Walk at Victoria Park (AE)</div> <div>9:30 SMART High Intensity (GH)</div> <div>10:30 Dementia Friendly Hour (WEL)</div> <div>10:30 SMART Seated Exercise (GH)</div> <div>10:45 Singing Group (ML)</div> <div>11:15 Gentle Strength (FC)</div> <div>1:30 Bridge (G)</div> <div>2:00 Group Biblical Study (MPR)</div> <div>2:30 Nail Painting (ML)</div> <div>4:00 Social Hour (MPR)</div> <div>4:00 Drop-in Technology Help with Sunil (OMR)</div> <div>7:00 Movie Night: 'Downton Abbey' S6 E2 (GH)</div>	<div>10:00 Cornhole (GH) 27</div> <div>10:00 Outdoor Bocce Ball (O)</div> <div>12:30 -2:00PM - 1:1 Fitness (RS)</div> <div>2:30 Bingo (GH)</div> <div>7:00 Games Night (MPR)</div> <div>7:00 Movie Night: 'Radio' (2003) (GH)</div>

Sunday	Monday	Tuesday
<div>10:15 Indoor Walking Group (SC-1) 28</div> <div>2:30 Sunday Documentary: How It's Made S2 Episodes 10 & 11 (GH)</div> <div>7:00 Worship Service (Ch)</div>	<div>8:30 to 2:30pm Fitness Centre 1:1 (FC) 29</div> <div>10:00 Coffee Hour (GH)</div> <div>11:15 Gentle Strength (FC)</div> <div>2:00 SMART Seated Exercise (GH)</div> <div>3:00 JAVA Mentors (G)</div> <div>7:00 Outdoor Bocce Ball (O)</div> <div>7:00 Movie Night: 'Our Souls at Night' (2017) (GH)</div>	<div>Physio appointments on-site (FC) 30</div> <div>National Day of Truth and Reconciliation</div> <div>9:15 Outing: Food Basics Grocery Store (AE)</div> <div>9:30 SMART High Intensity (GH)</div> <div>10:30 Let's Talk Discussion Circle (MPR)</div> <div>10:30 SMART Seated Exercise (GH)</div> <div>10:45 Outing: Sobey's (Bridgeport) (AE)</div> <div>11:15 Therapy Dog Visit (SCA)</div> <div>1:30 Euchre (MPR)</div> <div>2:30 Ukulele Jam (G)</div> <div>2:30 Documentary: Every Child Matters: Reconciliation Through Education (GH)</div> <div>3:00 Guest Treat Vendor: Petite Patties - Jamaican beef and dessert patties (A)</div> <div>5:00 Bistro Night (MR)</div> <div>7:00 Solo (MPR)</div> <div>7:00 Shuffleboard (O)</div> <div>7:30 Twin City Harmonizers Rehearsal (GH)</div>

Colours Legend:

Please sign up for **OUTINGS** at the Front Desk

Fitness Activities are marked in **GREEN**

Resident Run Activities are marked in **PURPLE**

Special Events are marked in **Bold**

Theme Events are marked in **RED**

Locations Legend

Great Hall (GH)

Multipurpose Room (MPR)

Fitness Centre (FC)

Atrium Entrance (AE)

Chapel (Ch)

Outdoors (O)

Gallery (G)

Resident Suite (RS)

Martin's Restaurant (MR)

Muskoka Lounge (ML)

SC 1st Floor Hall (SC-1)

Atrium (A)

SC Atrium (SCA)

Outside Martin's Restaurant (OMR)

Wellness Centre (WEL)

Sunshine Health Centre (HC)

Community Kitchen (CK)

Community Kitchen (CK)

Family Dining Room (FDR)

Atrium Horseshoe (OA)

During the month of September, The Village brings attention to National Truth and Reconciliation, Alzheimer's Awareness and Grandparents Day.

Please make note of the **Theme Events** and check out the Display Board by the Sunshine Café.

