










# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Ann Zeigler Isobel Joyce Henry Prescesky	Sept. 19 <sup>th</sup> , 1926 Sept. 23 <sup>rd</sup> , 1931 Sept. 23 <sup>rd</sup> , 1934	Terry Bernard Anna Storgard Beverly Leniuk	Sept. 23 <sup>rd</sup> , 1934 Sept. 28 <sup>th</sup> , 1938 Sept. 30 <sup>th</sup> , 1940	1 Individual exercise 10:30 Sit N' Be Fit 1:30 BINGO 	2 
3 	4 No Recreation	5 Get Crackin' H2 09:30 Group Exercise 1:30 Harwood Mannor Summer Sportsfest	6 Get Crackin' H3 Individual exercise 10:30 Sit N' Be Fit 1:30 Harwood Mannor Summer Sportsfest	7 Get Crackin' H4 09:30 Group Exercise 10:00 Catholic Mass 10:30 Crossword Puzzle 1:30 Harwood Mannor Summer Sportsfest	8 Individual exercise 10:30 Sit N' Be Fit 1:30 BINGO 	9 
10 	11 Get Crackin' H1 Individual exercise 10:30 Sit N' Be Fit 1:30 Nail Care/Manicure 1:30 Canteen	12 Get Crackin' H2 09:30 Group Exercise 11:30 LUNCH @ KIHIV 1:30 SkipBo	13 Get Crackin' H3 Individual exercise 10:30 Sit N' Be Fit 11:00 Wine Makin' 1:30 Entertainment "The Old Timers"	14 Get Crackin' H4 09:30 Group Exercise 10:00 Anglican/ Interdenominational Services 1:30 Grandparents Day Celebration "Charles Ballargeon"	15 Individual exercise 10:30 Sit N' Be Fit 1:30 BINGO 	16 
17 	18 Get Crackin' H1 Individual exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Curtis Avery"	19 Get Crackin' H2 09:30 Group Exercise 10:00 United Church 10:30 Bakin' H4 1:30 Birthday Party H4	20 Get Crackin' H3 Individual exercise 10:30 Sit N' Be Fit 11:00 Bakin' H1 1:30 Birthday Party H1	21 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 11:00 Bakin' H2 1:30 Birthday Party H2	22 Individual exercise 10:30 Sit N' Be Fit 1:30 BINGO 	23 
24 	25 Get Crackin' H1 Individual exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 Fall Decorations	26 Get Crackin' H2 09:30 Group Exercise 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Cribbage 1:30 Dominoes	27 Get Crackin' H3 Individual exercise 10:30 Sit N' Be Fit 1:30 Kaiser Tournament	28 Get Crackin' H4 09:30 Group Exercise 10:30 Crossword Puzzle 1:30 Kaiser Championship	29 Individual exercise 10:30 Sit N' Be Fit 1:30 BINGO 	30 

