

September 2024

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|--|---|---|--|--|
| 1  | 2 No Recreation | 3 Get Crackin' H1 9:15 Group Exercise 10:00 Hangman 1:30 Canteen 1:30 Kaiser H3 | 4 Get Crackin' H3 Individual Exercise 10:00 United Church 10:30 Sit N' Be Fit 1:30 Outdoor Activities H1 | 5 Get Crackin' H4 9:15 Group Exercise 10:30 Crossword 1:30 BINGO  | 6 Individual Exercise 10:30 Sit N' Be Fit 1:30 Grandparent's Day celebration "Karaoke" | 7  |
| 8  | 9 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games  | 10 Get Crackin' H1 9:15 Group Exercise 10:00 Hangman 1:30 Travelogue "Thailand" | 11 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 11:00 Bakin'H1 1:30 Birthday Party H1 1:30 Cribbage H3 | 12 Get Crackin' H4 9:15 Group Exercise 10:00 Anglican Church 11:00 Casino Lunch 1:45 Kaiser H4 | 13 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO  | 14  |
| 15  | 16 Individual Exercise 10:30 Sit N' Be Fit 11:00 Bakin'H4 1:30 Birthday Party H4 1:30 Cribbage H3 | 17 Get Crackin' H1 9:15 Group Exercise 10:00 Hangman 11:00 Bakin'H3 1:30 Wine Makin' 1:30 Birthday Party H3 | 18 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Curtis Avery" | 19 Get Crackin' H4 9:15 Group Exercise 10:00 Catholic Church 10:30 Crossword 1:30 BINGO  | 20 9:30 Wine Bottling 10:30 Sit N' Be Fit 1:30 Cribbage H3 5:00 Hotdog/Burger Supper | 21  |
| 22  | 23 Individual Exercise 10:30 Sit N' Be Fit 11:00 WELLNESS H1 1:30 Fall Decorations 2:00 Table Centerpiece Arrangement | 24 Get Crackin' H1 9:15 Group Exercise 10:00 Hangman 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Bakin Class "sunshine Muffin" | 25 Get Crackin' H3 Individual Exercise 10:30 Sit N' Be Fit 1:30 Entertainment "Doug Sylvester" | 26 Get Crackin' H4 9:15 Group Exercise 10:30 Crossword 1:30 Cards & Games  | 27 Individual Exercise 10:30 Sit N' Be Fit 1:30 BINGO  | 28  |
| 29  | 30 Individual Exercise 10:30 Sit N' Be Fit 1:30 Cards & Games  | Ann Zeigler Henry Prescesky Anna Storgard | Sept. 19, 1926 Sept. 23, 1934 Sept. 28, 1938 | Isobel Joyce Terry Bernard Beverly Leniuk | Sept. 23, 1931 Sept. 23, 1934 Sept. 30, 1940 | Happy Birthday  |

