



# HILL TOP MANOR

# SEPTEMBER 2024



## MONTHLY PLANNER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>LABOUR DAY 2</p> 	<p>3</p> <p>11:00 Strength Exercises 1:00 Canteen Cart 2:00 Card Games</p> 	<p>4</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 2:00 Bingo</p>	<p>5</p> <p>11:00 Strength Exercises 2:00 Greedy  3:00 Wine Social</p>	<p>6</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 2:00 One-on-One Sessions</p>	<p>7</p> <p>Coffee Time From 3:00 – 4:00</p>
<p>8</p> 	<p>9</p> <p>11:00 Fun &amp; Fit 1:00 Canteen Cart 2:30 Rosary</p>	<p>10</p> <p>10:00 Walking Program 11:00 Strength Exercises 2:00 Whiteboard Activity</p>	<p>11</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 3:30 Keith &amp; Garry</p>	<p>12</p> <p>10:00 Catholic Church Service 11:00 Strength Exercises 2:00 Greedy</p>	<p>13</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 2:00 Bingo</p>	<p>14</p> <p>Coffee Time From 3:00 – 4:00</p>
<p>15</p> 	<p>16</p> <p>11:00 Fun &amp; Fit 1:00 Canteen Cart 2:30 Rosary</p>	<p>17</p> <p>10:00 Walking Program 11:00 Strength Exercises 2:00 Ladies Pamper</p>	<p>18</p> <p>10:30 Grace United Service 11:00 Fun &amp; Fit 2:00 Resident Council Meeting</p>	<p>19</p> <p>10:00 Lutheran Church Service 11:00 Strength Exercises 2:00 Greedy 2:45 Library Outreach 3:00 Wine Social</p>	<p>20</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 2:00 Bingo</p>	<p>21</p> <p>Coffee Time From 3:00 – 4:00</p>
<p>FIRST DAY OF FALL 22</p> 	<p>23</p> <p>11:00 Fun &amp; Fit 1:00 Canteen Cart 2:30 Rosary</p>	<p>24</p> <p>10:00 Walking Program 11:00 Strength Exercises 2:00 Name That Tune!</p>	<p>25</p> <p>10:00 Walking Program 11:00 Fun &amp; Fit 2:00 Bingo</p>	<p>26</p> <p>11:00 Strength Exercises 2:00 Greedy </p>	<p>27</p> <p>10:00 Hearing Aid Clinic 10:00 Walking Program 11:00 Fun &amp; Fit 2:00 Bowling</p>	<p>28</p> <p>Coffee Time From 3:00 – 4:00</p>

**Happy Birthday  
29 Alfred!**



11:00 Fun & Fit  
1:00 Canteen Cart  
2:30 Rosary

**30**

**National Day for Truth  
& Reconciliation**



**Join us for Coffee  
Time!**



**Mon – Sat at 3:00  
Daily**