









# September 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Bingo</b> 2:30 PM – Solarium	<b>2 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>3 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Happy Hour</b> 3:00 PM – Solarium	<b>4 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>SpecialTEA – Wildlife Day!</b> 2:45 PM – Bistro 	<b>5 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 PM – Solarium  <b>Movie – Wonder</b> 2:30 PM – Solarium
<b>6 Netflix Series – The Crown [Season 3 Episode 7-8]</b> 2:30 PM – Solarium	<b>7 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Entertainment with Brian Flanagan</b> 2:30 PM – Front Yard  <b>Labour Day!</b> 	<b>8 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Bingo</b> 2:30 PM – Solarium 	<b>9 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:00 PM – Dining Room  <b>Townhall Meeting</b> 3:00 PM – Dining Room	<b>10 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Happy Hour</b> 3:00 PM – Solarium	<b>11 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>SpecialTEA – Oktoberfest</b> 2:45 PM – Bistro 	<b>12 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 PM – Solarium  <b>Movie – Life As We Know It</b> 2:30 PM – Solarium
<b>13 Netflix Series – The Crown [Season 3 Episode 9-10]</b> 2:30 PM – Solarium	<b>14 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Outdoor Entertainment with Sheryl Greenfield</b> 2:30 PM – Front Yard	<b>15 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Bingo</b> 2:30 PM – Solarium	<b>16 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>17 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Happy Hour</b> 3:00 PM – Solarium	<b>18 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>SpecialTEA – Rosh Hashanah</b> 2:45 PM – Bistro 	<b>19 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 PM – Solarium  <b>Movie – Stand By Me</b> 2:30 PM – Solarium
<b>20 Netflix Series – The Medici [Season 1 Episode 1-2]</b> 2:30 PM – Solarium	<b>21 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Entertainment with Saul Benson</b> 2:30 PM – Front Yard	<b>22 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Bingo</b> 2:30 PM – Solarium	<b>23 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room	<b>24 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Happy Hour</b> 3:00 PM – Solarium	<b>25 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Crafts with Erin</b> 2:00 PM – Front Yard  <b>SpecialTEA – Welcome Fall!</b> 2:45 PM – Bistro 	<b>26 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>U of A Online Class – Indigenous History</b> 10:30 PM – Solarium  <b>Movie – Jumanji (2017) Welcome to the Jungle</b> 2:30 PM – Solarium
<b>27 Netflix Series – The Medici [Season 1 Episode 3-4]</b> 2:30 PM – Solarium  	<b>28 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Outdoor Entertainment with Pete Campbell</b> 2:30 PM – Front Yard	<b>29 Exercise with Gregory</b> 10:00 AM – Dining Room  <b>Walk the Block</b> 2:00 PM – Meet in the Lobby  <b>Bingo</b> 2:30 PM – Solarium	<b>30 Exercise &amp; Chair Meditation with Janet</b> 10:00 AM – Dining Room  <b>Music Group with Natasha</b> 2:30 PM – Dining Room   <b>Black Tie Dinner</b> Supper Time – Dining Room			