


SENIORS DAY PROGRAM

SEPTEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3  Labour Day No Program	4 10:00 Coffee Social Our Council Meeting 11:00 Light Exercise 12:15 Lunch 1:15 Home Early	5 10:00 Coffee Social B/P & weights 11:00 VON SMART Exercise 12:15 Lunch 1:15 Board & or Card Games	6 10:00 Coffee Social Scavenger Hunt 11:00 Light Exercise 12:15 Lunch 1:15 Jack & Kathy Music
10 10:00 Coffee Social Word in a Word 11:00 VON SMART Exercise 12:15 Lunch 1:15 Everything Apples Afternoon! Includes treats!	11 10:00 Coffee Social Fall Trivia 11:00 Light Exercise 12:15 Lunch 1:15 Bingo!	12 10:00 Coffee Social Harvest Word search 11:00 VON SMART Exercise 12:15 Lunch 1:15 Fall Craft	13 10:00 Coffee Social Ice Breakers 11:00 Light Exercise 12:15 Lunch 1:15 Wii Bowling
17 10:00 Coffee Social Group ``Puzzles 11:00 VON SMART Exercise 12:15 Lunch 1:15 Jack & Kathy Music	18 10:00 Coffee Social Fall Word search 11:00 Beach Ball Volley 12:15 Lunch 1:15 Home Early	19 10:00 Coffee Social Sharing Jokes! 11:00 VON SMART Exercise 12:15 Lunch 1:15 Shuffle Board	20 10:00 Coffee Social Mind Joggers 11:00 Light Exercise 12:15 Lunch 1:15 Health Chat – Good and Bad fats
24 10:00 Coffee Social BP & Weights 11:00 VON SMART Exercise 12:15 Lunch 1:15 Wheel of Fortune!	25 10:00 Coffee Social Shake Loose a Memory 11:00 Light Exercise 12:15 Lunch 1:15 Bean Bag Toss	26 10:00 Coffee Social Large Crossword 11:00 VON SMART Exercise 12:15 Lunch 1:15 Bingo!	27 10:00 Coffee Social Wii Bowling 11:00 Light Exercise 12:15 Lunch 1:15 Fall Craft