

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00 Sunday Mass (C) 1 1:00 Labor Day Weekend Festivities with Darlene And Mike (DA) 1:00 Scrabble (GR) 2:00 Creative Arts and Crafts with Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	10:30 Balance Class (M) 2 11:15 Daily Mass (C) 1:30 Backyard Ice Cream Social (BY) 2:30 Resident Safety Tours 3:00 Bingo (AL-F1) <small>Labor Day</small>	10:15 Chair Yoga with Murali (M) 3 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Rexall: Staying Healthy in Flu Season (T) 2:30 Gentle Balance (AL-F1) 7:00 Comedy Hour (T)	10:00 Medical Tai Chi (M) 4 11:15 Daily Mass (C) 2:00 Barrett Tax Law: Wills and Healthcare (T) 3:00 Cocktail and Trivia Hour (B) 7:00 Night at the Opera: Il barbiere di Siviglia (T)	10:30 Stretch and Tone (M) 5 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength (M) 6 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 A Flashback to Blue-eyed Crooners by Daniel Aonso (T) 2:00 Sing Along (AL-F2) 7:00 Action Movie Night (T)	10:00 Wu Dang Tai Chi With Check (M) 7 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (T) 7:00 Movie Night (T)
11:00 Sunday Mass (C) 8 1:00 Scrabble (GR) 2:00 Creative Arts and Crafts with Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T) <small>Grandparents' Day</small>	10:30 Balance Class (M) 9 11:15 Daily Mass (C) 2:00 Afternoon Tea (B) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 4:00 Group Discussion: Missionary Work 7:00 Advocats Big Band Rehearsals (M)	10:15 Chair Yoga with Murali (M) 10 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Resident Safety Tour 2:30 Gentle Balance (AL-F1) 3:00 Afternoon Tea (AL-F3) 7:00 Comedy Hour (T)	10:00 Medical Tai Chi (M) 11 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 3:00 Cocktail and Trivia Hour (B) 4:00 Resident Committees Meeting (M) 7:00 CBC Docs (T)	11:15 Daily Mass (C) 12 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (F) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M) Multipurpose Room is booked all day	9:00 Resident Council Meeting (BR) 13 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Celebrity Spotlight: Humphrey Bogart (T) 2:00 Sing Along with Marianne (AL-F2) 3:00 Ice Cream Float Bar (B)	10:00 Wu Dang Tai Chi With Check (M) 14 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 7:00 Movie Night (T)
11:00 Sunday Mass (C) 15 1:00 Scrabble (GR) 2:00 Creative Arts and Crafts with Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	10:30 Balance Class (M) 16 10:30 Horse Racing at Ajax Downs (O) 11:15 Daily Mass (C) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 7:00 Advocats Big Band Rehearsals (M)	10:15 Chair Yoga with Murali (M) 17 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Short Stories (AL-F2) 2:30 Gentle Balance (AL-F1) 3:00 Afternoon Tea (AL-F3) 7:00 Centering Prayer (M)	10:00 Medical Tai Chi (M) 18 11:15 Daily Mass (C) 2:00 Town Hall Meeting (DA) 3:00 Cocktail and Trivia Hour (B) 7:00 National Geographic Wildlife Series (T)	10:30 Stretch and Tone (M) 19 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength (M) 20 11:15 Daily Mass (C) 2:00 Afternoon Bridge (GR) 2:00 Birthday Party with Peter and Helen Ness (DA) 2:00 Sing Along with Marianne (AL-F2) 7:00 Action Movie Night (T)	10:00 Wu Dang Tai Chi With Check (M) 21 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 2:30 Mindful Yoga with Marianna (T) 7:00 Movie Night (T) <small>Oktoberfest Begins</small>
11:00 Sunday Mass (C) 22 1:00 Scrabble (GR) 2:00 Creative Arts and Crafts with Kristin (AL-F2) 3:00 Afternoon Movie Matinée (T)	10:30 Balance Class (M) 23 11:15 Daily Mass (C) 2:00 Ted Talks: Charter Of Compassion (T) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 7:00 Advocats Big Band Rehearsals (M) <small>Autumn Begins</small>	10:15 Chair Yoga with Murali (M) 24 11:15 Daily Mass (C) 1:00 Oktoberfest Open House (DA) 1:30 Shopping Trip (O) 2:30 Gentle Balance (AL-F1) 7:00 Centering Prayer (M)	10:00 Medical Tai Chi (M) 25 11:15 Daily Mass (C) 2:00 Fitness Training with Bremen (F) 3:30 Activities Meeting (M) 7:00 Cocktail Lounge with Jesse White and Dean Veneruz (DA)	10:30 Stretch and Tone (M) 26 11:15 Daily Mass (C) 1:30 Shopping Trip (O) 2:00 Easy Bake (AL-F2) 2:30 Gentle Balance (AL-F1) 3:30 Physio Fitness (M) 7:00 Euchre Night (GR) 7:00 Tribute Big Band Rehearsals (M)	10:30 Build Your Strength (M) 27 11:15 Daily Mass (C) 2:00 Sing Along with Marianne (AL-F2) 2:00 Afternoon Bridge (GR) 3:00 Ice Cream Float Bar (B) 4:00 Brain Aerobics (GR) 7:00 Action Movie Night (T)	10:00 Wu Dang Tai Chi With Check (M) 28 11:15 Daily Mass (C) 2:00 Sing Along with James Levac (AL-F3) 7:00 Movie Night (T)
11:00 Sunday Mass (C) 29 1:00 Scrabble (GR) 2:00 Creative Arts and Crafts with Kristin (AL-F3) 3:00 Afternoon Movie Matinée (T)	10:30 Balance Class (M) 30 11:15 Daily Mass (C) 3:00 Bingo (AL-F1) 3:00 Aquafit (P) 4:00 Group Discussion: DIY Projects (GR) <small>Rosh Hashanah (first Day)</small>	 <h1 style="font-family: cursive;">September 2019</h1> <p>Presentation Manor Assisted Living Calendar</p>				