



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Program Locations
CB Condo Building
TB Tower Building
BR Ballroom
BL Bistro Lounge (2nd floor)
CC Creative Centre
FC Fitness Centre
P Patio
TP Tower Pool

SEPTEMBER



YES!
Sign me up

GRANDPARENTS
 bedtime * forever negotiable CHOCOLATE
storytellers
 RESPECT TRADITIONS RECIPES
 Lots of dessert GOOD OL DAYS
 SHARE, FUN, HUGS, TREATS & LAUGHS
RULES & KISSES
 nana&papa CARD GAMES
 HEARTS OF COOKIES SMILE

1	10:00 Outdoor Walking 11:00 Tower Physio-Exercise with Jalal (BR) 11:20 Tower Physio Exercise with Jalal (BR) 2:00 Memory Fitness (BR) Please sign up with reception 2:30 Memory Fitness (BR) Please sign up with reception 3:00 Tower Physio-Exercise with Jalal (BR) 3:20 Tower Physio-Exercise with Jalal (BR) 7:00 Movie Night (BR)	2	9:00 Breakfast Bunch (Patio) Please sign up with reception 10:45 Condo Physio-Exercise with Jalal (BR) 11:05 Condo Physio-Exercise with Jalal (BR) 11:25 Condo Physio-Exercise with Jalal (BR) 1:30 Musical Concert on the Big Screen (BR) Please sign up with reception 2:00 Room to Room Delivery: Surprise Treats (TB) 3:00 Condo Physio-Exercise with Jalal (BR) 3:20 Condo Physio-Exercise with Jalal (BR)	3	11:00 Tower Physio-Exercise with Jalal (BR) 11:20 Tower Physio-Exercise with Jalal (BR) 1:30 Netflix Documentary: "Pandemic: How to Prevent an Outbreak" episode #3 (BR) Please sign up with reception 3:00 Tower Physio-Exercise with Jalal (BR) 3:20 Tower Physio-Exercise with Jalal (BR) 7:00 Movie Night - (BR)	4	10:45 Condo Physio-Exercise with Jalal (BR) 11:05 Condo Physio-Exercise with Jalal (BR) 11:25 Condo Physio-Exercise with Jalal (BR) 2:00 Netflix Miniseries: "Self Made: Inspired by the life of Madam C.J. Walker" - episode 1 (BR) Please sign up with reception 2:00 Room to Room Delivery: Surprise Treats (CB) 3:00 Condo Physio-Exercise with Jalal (BR) 3:20 Condo Physio-Exercise with Jalal (BR) 7:00 Movie Night - (BR)	5	10:00 Morning Stretch with Doug (BR) Please sign up with reception 10:30 Morning Stretch with Doug (BR) Please sign up with reception 2:00 Afternoon Sing-along (BR) Please sign up with reception 2:30 Afternoon Sing-along (BR) Please sign up with reception 7:00 Saturday Night at the Movies (BR)
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6 "Back to School" Memories Day
 10:00 Sunday Hymn Sing (BR)
Please sign up with reception
 10:30 Sunday Hymn Sing (BR)
Please sign up with reception
 2:00 Spelling Bee (BR)
Please sign up with reception
 3:00 Classical Music Appreciation (BR)
Please sign up with reception
 7:00 Netflix Movie: "Spelling The Dream" (BR)

7 Labour Day
 10:00 Morning Stretch (BR)
Please sign up with reception
 10:00 Morning Stretch (BR)
Please sign up with reception
 2:00 Afternoon Sing-along (BR)
Please sign up with reception
 3:00 Movie Matinee: "Murder on the Orient Express" (BR)
 7:00 Movie Night (BR)
 "Murder on the Orient Express" (BR)

8
 10:00 Outdoor Walking
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio Exercise with Jalal (BR)
 2:00 Doug's Nature Videos & Slides (BR)
Please sign up with reception
 2:30 Doug's Nature Videos & Slides (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night (BR)

9
 9:00 Breakfast Bunch (Patio)
Please sign up with reception
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 1:30 Musical Concert on the Big Screen (BR)
Please sign up with reception
 2:00 Room to Room Delivery: Surprise Treats (TB)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night (BR)

10
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 1:30 Netflix Documentary: "Pandemic: How to Prevent an Outbreak" episode #4 (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

11
 10:45 Condo Physio-Exercise with Jalal (BR)
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 2:00 Netflix Miniseries: "Self Made: Inspired by the life of Madam C.J. Walker" - episode 2 (BR)
Please sign up with reception
 2:00 Room to Room Delivery: Surprise Treats (CB)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

12
 10:00 Morning Stretch with Doug (BR)
Please sign up with reception
 10:30 Morning Stretch with Doug (BR)
Please sign up with reception
 2:00 Afternoon Sing-along (BR)
Please sign up with reception
 2:30 Afternoon Sing-along (BR)
Please sign up with reception
 7:00 Saturday Night at the Movies (BR)

13
 10:00 Sunday Hymn Sing (BR)
Please sign up with reception
 10:30 Sunday Hymn Sing (BR)
Please sign up with reception
 2:00 Classical Music Appreciation audio CDs (BR)
Please sign up with reception
 3:00 Classical Music Appreciation (BR)
Please sign up with reception
 7:00 Netflix Movie - Comedy (BR)

14
 10:00 Armchair Travel: "Trans Siberia by Train"
Please sign up with reception
 10:45 Condo Physio exercise with Jalal (BR)
 11:05 Condo Physio exercise with Jalal (BR)
 11:25 Condo Physio exercise with Jalal (BR)
 2:00 Sing-along with Doug (BR)
Please sign up with reception
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

15
 10:00 Outdoor Walking
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 2:00 Memory Fitness (BR)
Please sign up with reception
 2:30 Memory Fitness (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

16
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 11:30 Picnic on the Patio! (P)
Please sign up with reception
 1:30 Musical Concert on the Big Screen (BR)
Please sign up with reception
 2:00 Room to Room Delivery: Surprise Treats (TB)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night (BR)

17
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 1:30 Netflix Documentary: "Pandemic: How to Prevent an Outbreak" episode #5 (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

18
 10:45 Condo Physio-Exercise with Jalal (BR)
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 2:00 Netflix Miniseries: "Self Made: Inspired by the life of Madam C.J. Walker" - episode 3 (BR)
Please sign up with reception
 2:00 Room to Room Delivery: Surprise Treats (CB)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

19 A Day of Music
 10:00 Musical Documentary: "John & Yoko: Above Us Only Sky" (BR)
Please sign up with reception
 2:00 Movie Musical: "Funny Girl" (BR)
Please sign up with reception
 7:00 Saturday Night at the Movies: Musical Documentary: "Miles Davis: Birth of The Cool" (BR)

20
 10:00 Youtube Concert: "Music from Messiah by the Mormon Tabernacle Choir" (BR)
Please sign up with reception
 2:00 Classical Music Appreciation audio CDs (BR)
Please sign up with reception
 3:00 Classical Music Appreciation (BR)
Please sign up with reception
 7:00 Netflix Movie - Romance (BR)

21
 10:00 Morning Humour: Youtube videos
Please sign up with reception
 10:45 Condo Physio exercise with Jalal (BR)
 11:05 Condo Physio exercise with Jalal (BR)
 11:25 Condo Physio exercise with Jalal (BR)
 2:00 Documentary: "History 101" episode 1 (BR)
Please sign up with reception
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

22 Welcome Fall
 10:00 Outdoor Walking
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 2:00 TED Talks (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

23
 9:00 Breakfast Bunch (Patio)
Please sign up with reception
 10:45 Condo Physio-Exercise with Jalal (BR)
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 1:30 Musical Concert on the Big Screen (BR)
Please sign up with reception
 2:00 Apple Cider and Treats (BL)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)

24
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 1:30 Netflix Documentary: "Pandemic: How to Prevent an Outbreak" episode #6 (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

25
 10:45 Condo Physio-Exercise with Jalal (BR)
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 2:00 Netflix Miniseries: "Self Made: Inspired by the life of Madam C.J. Walker" - episode 4 (BR)
Please sign up with reception
 2:00 Apple Fondue Social (BL)
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)
 7:00 Movie Night - (BR)

26 Johnny Appleseed's Birthday
 10:00 Morning Stretch with Doug (BR)
Please sign up with reception
 10:30 Morning Stretch with Doug (BR)
Please sign up with reception
 2:00 Trivia: Apples & Johnny Appleseed (BR)
Please sign up with reception
 2:30 Afternoon Sing-along (BR)
Please sign up with reception
 7:00 Saturday Night at the Movies (BR)

27
 10:00 Sunday Hymn Sing (BR)
Please sign up with reception
 10:30 Sunday Hymn Sing (BR)
Please sign up with reception
 2:00 Classical Music Appreciation audio CDs (BR)
Please sign up with reception
 3:00 Classical Music Appreciation (BR)
Please sign up with reception

28
 10:00 Trivial Pursuit: Genus II
Please sign up with reception
 10:45 Condo Physio exercise with Jalal (BR)
 11:05 Condo Physio exercise with Jalal (BR)
 11:25 Condo Physio exercise with Jalal (BR)
 2:00 Sing-along with Doug (BR)
Please sign up with reception
 3:00 Condo Physio-Exercise with Jalal (BR)
 3:20 Condo Physio-Exercise with Jalal (BR)

29
 10:00 Outdoor Walking
 11:00 Tower Physio-Exercise with Jalal (BR)
 11:20 Tower Physio-Exercise with Jalal (BR)
 2:00 Astronomy: Comet NEOWISE (BR)
Please sign up with reception
 2:30 Astronomy: Comet NEOWISE (BR)
Please sign up with reception
 3:00 Tower Physio-Exercise with Jalal (BR)
 3:20 Tower Physio Exercise with Jalal (BR)

30
 9:00 Breakfast Bunch (Patio)
Please sign up with reception
 10:45 Condo Physio-Exercise with Jalal (BR)
 11:05 Condo Physio-Exercise with Jalal (BR)
 11:25 Condo Physio-Exercise with Jalal (BR)
 1:30 Musical Concert on the Big Screen (BR)
Please sign up with reception
 2:00 Room to Room Delivery: Surprise Treats (TB)
 3:00 Condo Physio-Exercise with Jalal (BR)

