

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

\* Beauty Salon Open Tuesdays and Fridays by Appointment Only

\* Coffee and Tea always available at the bar. Snacks served at 10am, 3pm and 8pm

# September 2018

## Carlingwood Retirement Activity Calendar

\* Highlighted Programs are new activities offered

<p><b>2</b></p> <p>2:00-3:00 Main Lounge piano reserved</p> <p>7:30 Popcorn &amp; movie (T)</p>	<p><b>3</b></p> <p>9:00 Yoga with Cathy (G)</p> <p><b>10:00 Vendor Sunshine Gifts</b> (ML)</p> <p>10:00 Knitting Group (ML)</p> <p>1-2:00 Tuck Shop Open</p> <p>1:45 Word Games (L)</p> <p>Labor Day</p>	<p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p>9:45 Shop Carlingwood(signup)</p> <p>10:15 ShopCarlingwood(Signup)</p> <p>10:30 Meditation (L)</p> <p>2:00 <b>MUSICAL MEMORIES (ML)</b></p> <p>3:00 Euchre (A)</p> <p><b>7:15 Trivia (L)</b></p>	<p><b>4</b></p> <p>10-11:00 Blood Pressure &amp; Weight Clinic (3<sup>rd</sup> Fl)</p> <p><b>5</b></p> <p>1-2:00 Tuck Shop Open</p> <p><b>2:00 PROF. CAMMY (T)</b></p> <p>2:00 Bridge</p> <p>2:15 Pro Physio Exercise (3rdFl)</p> <p>2:45 Ice Cream Social (ML)</p> <p>7:30 Movie (T)</p>	<p><b>6</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p><b>11:00 Outing-Swiss Chalet &amp; Mosaiculture (Sign Up)</b></p> <p>2:30 Aqua Fitness (Pool)</p> <p>2:30 Shuffleboard (T)</p> <p>7:30 Movie Encore (T)</p>	<p><b>7</b></p> <p>9:00 Yoga with Cathy (G)</p> <p>10:00 Discussion Group (L)</p> <p>10:15 Java Music Club (3<sup>rd</sup> Fl)</p> <p>2:00 BINGO</p> <p>2:15 ProPhysio Exercise (3rd Fl)</p> <p>3:00 Wine &amp; Cheese (ML)</p> <p>7:30 Music Video (T)</p>	<p><b>8</b></p> <p>10:00 Catholic Holy Communion (L)</p> <p><b>2:00 Series "Brain Games" Episode 1</b> (T)</p> <p>2:00 Bridge (A)</p> <p>7:30 Popcorn &amp; movie (T)</p>
<p><b>9</b></p> <p><b>3:00 Grandparents' Day Family Social (ML)</b></p> <p>7:30 Popcorn &amp; movie (T)</p> <p>Grandparents Day</p>	<p>9:00 Yoga with Cathy (G)</p> <p>10:00 Knitting Group (ML)</p> <p>10:30 Tea w/ Julie (ML)</p> <p><b>1-2:00 Tuck Shop Open</b></p> <p>1:45 Word Games (L)</p> <p><b>2:00 EARL DOHERTY (ML)</b></p> <p>2:15 Pro Physio Exercise(3rdFl)</p> <p>2:30 Aqua Fitness (P)</p> <p>Rosh Hashanah</p>	<p><b>10</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p>9:45 Shop Walmart (signup)</p> <p>10:30 Meditation (L)</p> <p><b>2:00 STANLEY FRANK (ML)</b></p> <p>3:00 Euchre (A)</p> <p><b>7:15 Bowling (ML)</b></p>	<p><b>11</b></p> <p>10:00 Anglican Service (L)</p> <p><b>12</b></p> <p>1-2:00 Tuck Shop Open</p> <p><b>1:30 Beginner Line Dancing (G)</b></p> <p>2:00 Bridge</p> <p>2:15 ProPhysio Exercise (3rd Fl)</p> <p>2:45 Ice Cream Social (ML)</p> <p><b>3:45 Dinner &amp; Movie Group (T)</b></p> <p>7:30 Movie (T)</p>	<p><b>13</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p><b>11:00 Outing-Wes' Chip and Picnic at Robert Simpson Park (Sign Up)</b></p> <p>2:30 Aqua Fitness (Pool)</p> <p>2:30 Shuffleboard (T)</p> <p>7:30 Movie Encore (T)</p>	<p><b>14</b></p> <p>9:00 Yoga with Cathy (G)</p> <p>10:00 Discussion Group (L)</p> <p>10:15 Java Music Club (3<sup>rd</sup> Fl)</p> <p><b>12:00 Diner's Club (Sign Up) (A)</b></p> <p>2:00 Memory Fitness (L)</p> <p>2:15 ProPhysio Exercise (3rd Fl)</p> <p>3:00 Wine &amp; Cheese (ML)</p> <p>7:30 Music Video (T)</p>	<p><b>15</b></p> <p>10:00 Catholic Holy Communion (L)</p> <p><b>2:00 Series "Brain Games" Episode 3</b> (T)</p> <p>2:00 Bridge (A)</p> <p>7:30 Popcorn &amp; movie (T)</p>
<p><b>16</b></p> <p><b>2:00 Series "Brain Games" Episode 3</b> (T)</p> <p>7:30 Popcorn &amp; movie (T)</p>	<p>9:00 Yoga with Cathy (G)</p> <p>10:00 Knitting Group (ML)</p> <p>10:30 Tea with Julie (ML)</p> <p><b>1-2:00 Tuck Shop Open</b></p> <p>1:45 Word Games (L)</p> <p>2:15 Pro Physio Exercise(3rdFl)</p> <p>2:30 Aqua Fitness (P)</p> <p><b>7:30 Book Club (L)</b></p>	<p><b>17</b></p> <p><b>9-10 Wheelchair/Walker Clinic (L)</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p>9:45 Shop Carlingwood(Signup)</p> <p>10:15 Shop Carlingwood(Signup)</p> <p>10:30 Meditation (L)</p> <p><b>2:00 ANDRE GAREAU (ML)</b></p> <p>3:00 Euchre (A)</p> <p><b>7:00 Senator's Preseason Game (T)</b></p>	<p><b>18</b></p> <p>10:00 Board Games (A)</p> <p><b>19</b></p> <p>1-2:00 Tuck Shop Open</p> <p>2:00 United Church Service (L)</p> <p><b>2:00 Food Committee Mtg (DR)</b></p> <p>2:00 Bridge (A)</p> <p>2:15 Pro Physio Exercise (3rdFl)</p> <p>2:45 Ice Cream Social (ML)</p> <p>7:30 Movie Yom Kippur (T)</p>	<p><b>20</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p><b>1:30 Outing- Scenic Drive and Ice Cream at Scoops in Pakenham</b></p> <p>2:30 Aqua Fitness (Pool)</p> <p>2:30 Shuffleboard (T)</p> <p>7:30 Movie Encore (T)</p>	<p><b>21</b></p> <p>9:00 Yoga with Cathy (G)</p> <p>10:00 Discussion Group (L)</p> <p>10:15 Java Music Club (3<sup>rd</sup> Fl)</p> <p>2:00 Zumba (T)</p> <p>2:00 BINGO</p> <p>2:15 ProPhysio Exercise (3rd Fl)</p> <p>3:00 Wine &amp; Cheese (ML)</p> <p>7:30 Music Video (T)</p>	<p><b>22</b></p> <p>9:45 Geography of the Western Arctic with Keith (T)</p> <p>10:00 Catholic Holy Communion (L)</p> <p><b>2:00 Series "Brain Games" Episode 4</b> (T)</p> <p>2:00 Bridge (A)</p> <p>7:30 Popcorn &amp; movie (T)</p> <p>Autumn Begins Oktoberfest Begins</p>
<p><b>23</b></p> <p><b>2:00 Series "Brain Games" Episode 4</b> (T)</p> <p>7:30 Popcorn &amp; movie (T)</p>	<p>9:00 Yoga with Cathy (G)</p> <p>10:00 Knitting Group (ML)</p> <p>10:30 Tea with Julie (ML)</p> <p>1:45 Word Games (A)</p> <p>1-2:00 Tuck Shop Open</p> <p>2:15 Pro Physio Exercise(3rdFl)</p> <p>2:30 Aqua Fitness (P)</p> <p><b>3:00 Minis &amp; Memories (Patio)</b></p>	<p><b>24</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p>9:45 Shop Carlingwood(Signup)</p> <p>10:15 Shop Carlingwood(Signup)</p> <p>10:30 Meditation (L)</p> <p><b>2:00 Birthday Party VALLEY MEN CHOIR (ML)</b></p> <p>3:00 Euchre (A)</p> <p><b>7:15 News and Views (L)</b></p>	<p><b>25</b></p> <p><b>11-3:00 Jenny Walters Seniors Shop (L)</b></p> <p>1-2:00 Tuck Shop Open</p> <p>2:00 <b>Residents' Meeting (ML)</b></p> <p>2:15 Pro Physio Exercise (3rdFl)</p> <p>3:00 Wine &amp; Cheese (ML)</p> <p>3:00 Bridge (A)</p> <p>7:30 Movie (T)</p>	<p><b>26</b></p> <p>9:00 Morning Exercise (T)</p> <p>9:30 Morning Exercise (T)</p> <p><b>11:00 Outing- Upper Canada Playhouse (Sign Up)</b></p> <p>2:30 Aqua Fitness (Pool)</p> <p>2:30 Shuffleboard (T)</p> <p>7:30 Movie Encore (T)</p>	<p><b>27</b></p> <p>9:00 Yoga with Cathy (G)</p> <p>10:00 Discussion Group (L)</p> <p>10:15 Java Music Club (3<sup>rd</sup> Fl)</p> <p>2:00 Memory Fitness (L)</p> <p>2:00 BINGO</p> <p>2:15 ProPhysio Exercise (3rd Fl)</p> <p>3:00 Wine &amp; Cheese (ML)</p> <p>7:30 Music Video (T)</p>	<p><b>28</b></p> <p><b>9-5:00 Soft Soles Foot-Care Nurse (by appointment)</b></p> <p>10:00 Catholic Holy Communion (L)</p> <p><b>2:00 Series "Brain Games" Episode 5</b> (T)</p> <p>2:00 Bridge (A)</p> <p>7:30 Popcorn &amp; movie (T)</p>

**Legend**

- Main Lounge (ML)
- Gym (G)
- Pool (P)
- Theatre (T)
- Activity Room (A)
- Library (L)

