

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 10:00 Spiritual Time with Community Helper Sonny V1 1:30 Courtyard Strolls	 12:00-6:00pm Stampeder Football Game Labor Day Classic Outing NO RECREATION <small>Labor Day</small>	2 10:30 Chair Exercise 1:30 Calendar Review 6:15 Yard Yahtzee -Vista Courtyard	3 9:45 Chair Yoga V1 10:30 Chair Exercise 1:30 Arm Chair Travel-London 1:30-4:00 Spruce Meadows Outing (V) 6:15 Big Bucks Bingo V1	4 10:30 Chair Exercise 1:00 Pastoral Care 1:30 Friendly Visits 1:30 Music Therapy 6:15 6:15 Music Appreciation: Rockabilly	5 10:30 Simply Stretch 11:00 Southview Alliance Church Service V1 2:00-3:15 Ice Cream Social \$1.00 V1 6:15 Friday Night At The Movies V1	6 1:45 Mini Cash Bingo V1
8 10:00 Spiritual Time with Community Helper Sonny V1 1:30 Leaf Art V1 <small>Grandparents' Day</small>	9 9:00am Ghost Lake Handiboat Outing 10:30 Simply Stretch 11:00 Rosary-West C1 1:30 For Giggles 6:15 Dime Card BINGO V1	10 10:30 Chair Exercise 2:00 Six By Six Entertainment V1 6:15 Balloon Badminton -Vista Courtyard	11 9:45 Chair Yoga 10:30 Let's Stroll 1:00-4:00pm Recreation Team Meeting 2:00 Food Council Meeting Rocky Mountain Dining Room 6:15 Big Bucks Bingo V1	12 10:30 Chair Exercise 11:30-12:30 McDonalds On The Patio 1:30 Music Therapy 2:00 Brian Holmes-'Calgary's Top Telephone Scams' V1 6:15 Music Appreciation: Liona Boyd-Classical Guitar	13 10:30 Simply Stretch 10:00 St Patrick's Catholic Mass 1:30 Songs & Sunshine 6:15 Paint & Sip V1	14 1:45 Mini Cash Bingo V1
15 10:00 Spiritual Time with Community Helper Sonny V1 1:30 Courtyard Strolls	16 10:30 Simply Stretch 11:00 Rosary-West C1 1:30 Expressive Art 6:15 Dime Card BINGO V1	17 10:30 Chair Exercise 2:00 Welcome/Birthday Party w/Dwayne Fettig V1 6:15 Yard Yahtzee -Vista Courtyard	18 9:45 Chair Yoga V1 10:30 Physical Games 1:30 Resident & Family Council Meeting C1 1:00-5:00 WestJet Hanger Tour (V) 1:30 Fruity Fun-Dragon Fruit 6:15 Big Bucks Bingo V1	19 10:30 Chair Exercise 11:00-2:00pm Plunder Design Jewelry Vendor- Link 1:00 Pastoral Care 1:30 Friendly Visits 1:30 Music Therapy 6:15 Music Appreciation: Elvis	20 10:30 Simply Stretch 11:00 The Way Christian Mission Fellowship Service 1:00-3:30 G'Pa's Beef Jerky C1 1:30 Fame & Famous-Elvis Poster Art 6:15 Friday Night At The Movies V1	21 1:45 Mini Cash Bingo V1 <small>Oktoberfest Begins</small>
22 10:00 Spiritual Time with Community Helper Sonny V1 1:30 Apple Cider Social V1	23 No Rosary Today 1:30 Paired Up 3:45 NUTMAN C1 6:15 Dime Card BINGO V1 <small>Autumn Begins</small>	24 10:00 St.Patrick's Catholic Mass 2:00 Fall Harvest Fest 6:15 Balloon Badminton	25 9:45 Chair Yoga V1 10:30 What's Cooking?! 2:00-3:00 Elvis Impersonator V1 6:15 Big Bucks Bingo V1	26 10:30 Chair Exercise 10:00am-4:00pm Kananaskis Outing 1:00 Pastoral Care 1:30 Friendly Visits 1:30 Music Therapy 6:00 Town Hall Meeting - Education Room-Main Floor C1 6:15 Music Appreciation: Zamfir-Pan Flute	27 10:30 'Grand' Puzzles & Games 11:00 Lutheran Memorial Service 2:00-3:15 Ice Cream Social \$1.00 V1 6:15 Paint & Sip V1	28 1:45 Mini Cash Bingo V1
29 10:00 Spiritual Time with Community Helper Sonny V1 1:30 Giant Games V1	30 10:30 Simply Stretch 11:00 Rosary-West C1 1:30 Calendar Distribution 6:15 Dime Card BINGO V1 <small>Rosh Hashanah (first Day)</small>					