

1 Sunday 9:00 Coffee Time (Bistro) 2:00 Movie "Mamma Mia: Here We Go Again"	2 Monday Labour Day 9:00 Coffee Time (Bistro) 2:30 Eskimos vs Stampeders (Fireside) 7:00 Bridge (Library)	3 Tuesday 9:00 Coffee Time (Bistro) 9:45 Seated Zumba (Theatre) 1:00 Creative Writing (Library) 2:00 Bingo (Bistro) 6:30 Mahjong (Library)	4 Wednesday 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Bistro) 2:00 Sing Along with Jonathan 3:30 Seated Yoga (Fireside) 7:00 Bridge (Library)	5 Thursday 9:00 Coffee Time (Bistro) 9:15-11:00 Personal Training (Fitness Centre) 2:00 Happy Hour with Brendan McGrath (Bistro) 7:00 Movie "Ray"	6 Friday Read A Book Day 9:00 Coffee Time (Bistro) 10:45 Bible Study (Library) 2:00 Outlander S1E1 (Fireside) 3:00 Knitting and Crocheting (Fireside) 6:30 Mahjong (Library)	7 Saturday 9:00 Coffee Time (Bistro) 11:00 Resident Led Walking Group (Meet in Lobby) 1:00-4:00 Resident Led Games Afternoon (Fireside) 5:00 Eskimos vs Stampeders (Fireside)	
8 Grandparent's day International Literacy Day 9:00 Coffee Time (Bistro) 2:00 Grandparents Day Social (Bistro) 7:00 Movie "Learning To Drive"	9 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Bistro) 1:00 "Where I'm from" Creative Writing Workshop and Reflections (Library) 3:30 Reading Circle (Library) 7:00 Bridge (Library)	10 9:00 Coffee Time (Bistro) 10:00 Seated Zumba (Theatre) 11:00 Technology Class (Library) 1:00 Creative Writing (Library) 2:00 Bingo (Bistro) 6:30 Mahjong (Library)	11 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Theatre) 2:00 Sing Along with Jonathan 3:30 Seated Yoga (Theatre) 7:00 Bridge (Library)	12 9:00 Coffee Time (Bistro) 9:15-11:00 Personal Training (Fitness Centre) 2:00 Happy Hour with George Sellmer (Bistro) 7:00 Movie "Adrift"	13 9:00 Coffee Time (Bistro) 10:45 Bible Study (Library) 3:00 Knitting and Crocheting (Fireside) 6:30 Mahjong (Library)	14 9:00 Coffee Time (Bistro) 11:00 Resident Led Walking Group (Meet in Lobby) 1:00-4:00 Resident Led Games Afternoon (Fireside)	
15 9:00 Coffee Time (Bistro) 2:00 Movie "Hidden Figures"	16 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Bistro) 11:00 Faith Life Talk (Theatre) 1:00 Video Lectures "Cognition" 3:30 Reading Circle (Library) 7:00 Bridge (Library)	17 9:00 Coffee Time (Bistro) 10:00 Seated Zumba (Theatre) 1:00 Creative Writing (Library) 2:00 Bingo (Bistro) 6:30 Mahjong (Library)	18 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Theatre) 1:00 Ask Angela (Theatre) 2:00 Sing Along with Jonathan 3:30 Seated Yoga (Theatre) 7:00 Bridge (Library) 7:30 Divertimento Rehearsal (Theatre)	19 9:00 Coffee Time (Bistro) 9:15-11:00 Personal Training (Fitness Centre) 2:00 Birthday Happy Hour with Jeff Ramsey (Bistro) 7:00 Movie "Forest Gump"	20 9:00 Coffee Time (Bistro) 10:45 Bible Study (Library) 2:00 Outlander S1E2 3:00 Knitting and Crocheting (Fireside) 5:30 Shabbat Dinner 6:30 Mahjong (Library) 7:00 Shabbat Service (14th floor)	21 Selichot 9:00 Coffee Time (Bistro) 11:00 Resident Led Walking Group (Meet in Lobby) 1:00-4:00 Resident Led Games Afternoon (Fireside)	
22 9:00 Coffee Time (Bistro) 1:00 Piano Performance 2:00 Movie "Beautiful Boy"	23 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Bistro) 10:30 Art and Architecture (Meet in Lobby) 1:00 Planet Earth (Theatre) 3:30 Reading Circle (Library) 7:00 Bridge (Library)	24 9:00 Coffee Time (Bistro) 10:00 Seated Zumba (Theatre) 11:00 Technology Class (Library) 1:00 Creative Writing (Library) 2:00 Bingo (Bistro) 6:30 Mahjong (Library)	25 9:00 Coffee Time (Bistro) 10:00 Sit and Be Fit (Theatre) 1:00 Resident Council Meeting (Boardroom) 2:00 Sing Along with Jonathan 3:30 Seated Yoga (Theatre) 7:00 Bridge (Library)	26 9:00 Coffee Time (Bistro) 9:15-11:00 Personal Training (Fitness Centre) 2:00 Signature Wellness Happy Hour with Carrie Day Entertaining (Bistro) 7:00 Movie "Walk Ride Rodeo"	27 9:00 Coffee Time (Bistro) 10:45 Bible Study (Library) 2:00 Outlander S1E3 2:00 Hearing Clinic (Library) 3:00 Knitting and Crocheting (Fireside) 3:30 Wedding Sharing and Reminiscing with Natalie (Fireside Room) 6:30 Mahjong (Library)	28 9:00 Coffee Time (Bistro) 11:00 Resident Led Walking Group (Meet in Lobby) 1:00-4:00 Resident Led Games Afternoon (Fireside) 2:00 Eskimos vs Redbacks (Fireside)	
29 Rosh Hashanah (start) National Coffee Day 9:00 Coffee Time (Bistro) 3:00 Hymn Sing (Bistro) 7:00 Movie "Kingsman: The Golden Circle"	30 Rosh Hashanah (cont) 10:00 Anne Frank Exhibit Outing (Meet in Lobby) 10:00 Sit and Be Fit (Bistro) 3:30 Reading Circle (Library) 5:00 Rosh Hashanah Social and the Blowing of the Shofar (Library)						