

SEPTEMBER

Inspired Living



1 Friday
 10:00 Spa and Stretch
 6:00 Music Rehearsal

2 Saturday
 10:30 Wii Golf
 7:00 Dennis' Music Performance

3 Sunday 2:00 Movie Matinee	4 Monday 6:30 Mahjong	5 Tuesday 10:00 Fit 4 Life Exercise 11:00 Computer Class 2:00 Bingo	6 Wednesday 10:00 Music and Dance 10:30 Faith Life Talk 2:00 Great Notes Choir 3:00 Wii Bowling 7:00 Bridge Club	7 Thursday 9:30 Fitness Training 10:45 Fitness Training 2:00 Happy Hour 7:00 Susan's Movie Night	8 10:00 Racket Ball 2:00 Knitting Club 2:30 Wellness Café <i>Osteoporosis</i> 2:30 Table Games	9 11:00 Dominos 2:00 Grandparents Treat <i>Cake and Tea</i> 7:00 Dennis' Music Performance
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10 2:00 Movie Matinee	11 10:00 Dance Fit 6:30 Mahjong	12 10:00 Spa and Stretch	13 10:00 Fit 4 Life Exercise 10:30 Faith Life Talk 2:00 Great Notes Choir 7:00 Bridge Club	14 9:30 Fitness Training 10:45 Fitness Training 2:00 Happy Hour 7:00 Susan's Movie Night	15 10:00 Music & Movement 2:00 Open Discussion with Rabbi Mendy 7:00 Shabbat Service	16 7:00 Dennis' Music Performance
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17 2:00 Movie Matinee	18 10:00 Kingsway Shopping 2:00 Art & Architecture Tour 6:30 Mahjong	19 10:00 Fit 4 Life Exercise 11:00 Computer Training 2:00 Bingo	20 10:00 Music and Dance 10:30 Faith Life Talk 7:00 Bridge Club	21 9:30 Fitness Training 10:45 Fitness Training 2:00 Happy Hour 7:00 Susan's Movie Night	22 10:00 Chair Zumba 2:00 Birthday Party	23 7:00 Dennis Music Performance
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24 2:00 Movie Matinee 4:00 Hymn Sing	25 10:00 Cardio Circuit 10:00 TELUS World of Science 2:00 Save on Food 6:30 Mahjong	26 10:00 Spa and Stretch 2:00 Bingo 3:00 Book Club	27 10:00 Fit 4 Life Exercise 10:30 Faith Life Talk 2:00 Great Notes Choir 5:00 Dinner Club at Shumka Ukrainian 7:00 Bridge Club	28 9:30 Fitness Training 10:45 Fitness Training 2:00 Happy Hour 7:00 Susan's Movie Night	29 10:00 Music & Movement 2:00 Linda's Painting Club 2:30 Hearing Health Clinic 6:00 Music Rehearsal	30 10:30 Wii Bowling 7:00 Dennis' Music Performance
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