

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA)	No Programs – Holiday  Labour Day	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Board Game Party (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Wellness Warriors (3FL) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	9:30 Good News & Chat (SL) 10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 2:00 Guided Craft: Acrylic Paint (CCR1) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 11:00 Chair Yoga (CA) 1:00 Bus: Groceries 1:30 Courts Exercise (FC) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 2:00 Caregivers Corner (3FL) 7:00 Crokinole (CCR1)	LEGEND B - Basement BDR – Boardroom by Reception CA – Centre Auditorium CCR – Centre Craft Room 1,2,3 FIT – Fitness Room LIB – Library LTC Act Room – Long Term Care Activity Room SL – Suites Lobby 3FL – 3rd Floor Lounge
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA) 	9:00 Bowling (B) 10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 1:45 QiGong (CA) 7:00 Yahtzee (CCR1)	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Presentation: More than Just Schmecks Appeal (CA) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	9:30 Good News & Chat (SL) 10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 2:00 Guided Crafts: Flower Arrangement (CCR1) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 11:00 Chair Yoga (CA) 11:00 Out to Lunch: The Fieldhouse 1:30 Courts Exercise (FC) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 4:15 Bus: New Hamburg Fall Fair 7:00 Crokinole (CCR1)	If you have any questions please contact: Lena , Programs & Volunteers: Ext. 4601 Niamh , Spiritual Care: Ext. 4250 Jenn , Pool: Ext. 4604 Linda & Matt , Fitness: Ext. 4605 Charge Nurse (after hours only): Ext. 4471
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA) 7:00 Eagle Street Fellowship Hymn Sing Worship Service (CA)	9:00 Bowling (B) 10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 3:00 Ukulele Band (CA) 7:00 Yahtzee (CCR1)	9:30 Kindred Credit Union (LIB) 9:45 Keep Fit (CA) 10:00 Guided Crafts: Rock Painting (CCR1) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:30 Wellness Warriors (3FL) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	9:30 Good News & Chat (SL) 10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 11:15 Roman Catholic Communion (LTC Act Rm) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 10:00 Anglican Communion (3FL) 11:00 Chair Yoga (CA) 1:00 Bus: Giant Tiger 1:30 Courts Exercise (FC) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR1)	12:00 World Dementia Day Motorcycle Drive & Talk – Suites Parking Lot 
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA) Autumn Begins	9:00 Bowling (B) 10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 2:00 Truth & Reconciliation Presentation: Crow Shield Lodge (CA) 7:00 Yahtzee (CCR1) Orange Shirts on Sale in the foyer by reception until supplies last	9:45 Keep Fit (CA) 11:00 Chair Yoga (CA) 1:30 Courts Exercise (FC) 1:30 Crafts (CCR1) 2:00 Guided Crafts: Christmas Wreath Making Blitz (CCR1) 2:45 PSA Exercise (PSA) 6:45 Rook (CCR1)	9:30 Good News & Chat (SL) 10:00 Bingo (3FL) 10:00 Bible Study (LTC Act Rm) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Drum Jam (CA) 3:15 Bean Bag Baseball (CA) 7:00 Cards (CCR1)	9:30 Yarn & Thread Club (CCR1) 9:45 Keep Fit 11:00 Chair Yoga (CA) 11:00 Out to Lunch Bunch: The Fieldhouse 1:30 Courts Exercise (FC) 2:45 PSA Exercise (PSA) 7:00 Cribbage (CCR1)	9:00 Bowling (B) 10:15 Chapel (CA) 11:15 Fairview Fit (CA) 1:00 TRX (CA) 2:00 Yoga (CA) 7:00 Crokinole (CCR1)	
10:30 Preston Mennonite Church Live Stream (BDR) 10:30 Salvation Army Church Service (CA)	9:00 Bowling (B) 10:00 Forever Young Strength (CA) 11:15 Fairview Fit (CA) 2:00 Virtual Museum Tour: Canadian Museum of History (CA) 7:00 Yahtzee (CCR1) Truth & Reconciliation Day Wear your Orange Shirt Today	<h1>September 2024</h1> <p>Apartments * Villas * Courts * PSA * SALC</p> 				