

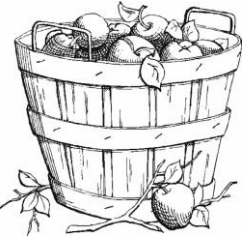


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Hand Chime Choir Every Sunday @ 7:15 In the Multipurpose Room</p>		<p>Poker Every Wednesday @ 7:30 In the Library</p>		<p>Birthday & Welcome Tea Thurs Sept 20 @ 2:50 In The Dining Room</p>		<p>1 10:30 Chair Exercises 3:30 Catholic Communion</p>
<p>2 10:30 The Week Ahead 2:00 Movie Encore 2:15 Hymn Sing & Service</p>	<p>3 10:00 Fitness First 2:00 Cribbage 2:15 Bingo 7:00 Bridge</p> <p>Labour Day</p>	<p>4 10:15 Coffee Group 11:00 Chair Yoga 11:00 Music with Teresa 2:00 Scenic Drive 2:15 Billiards 3:30 Social Hour 3:30 Blood Pressure Clinic</p>	<p>5 9:45 Walking Group 10:00 Chair Exercises 11:00 Food & Dining Forum 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Who / What Am I?</p>	<p>6 9:30 Bus to Ladner 10:15 News & Views 11:30 5th Avenue Jewelry 11:30 Bus to River Rock Casino 2:15 Chair Yoga 2:15 Happy Wanderers</p>	<p>7 10:00 Fitness First 11:00 Fitness First 11:00 Pop Up Flower Cards 2:15 Team Trivia 3:30 Happy Hour With 'Martin Adcock' 7:00 Movie Night 'Eddie The Eagle'</p>	<p>8 10:30 Chair Exercises 3:30 Catholic Communion</p>
<p>9 10:30 The Week Ahead 2:00 Movie Encore 2:15 Ladner Gospel Assembly 7:15 Hand Chime Choir</p>	<p>10 10:00 Fitness First 11:00 Fitness First 11:00 Meet Sylvia Bishop 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge</p>	<p>11 8:30 Pancake Breakfast 11:00 Chair Yoga 2:00 Scenic Drive 2:15 Billiards 3:30 Social Hour 7:15 Word Games</p>	<p>12 9:45 Walking Group 10:00 Chair Exercises 11:00 Carda Creations Fashion Show and Sale 2:00 Words for a Cause 3:30 Fitness First 7:15 You Be The Judge</p>	<p>13 9:30 Bus to Ladner 10:15 News & Views 11:30 Men's Lunch to Kings Links 2:15 Chair Yoga 2:30 Apple Tasting Festival 7:15 Creative Storytelling</p>	<p>14 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Brian Gimble' 7:00 Movie Night 'Boy Choir'</p>	<p>15 10:30 Chair Exercises 3:00 Tai Chi 2:30 Scenic Drive 3:30 Catholic Communion</p>
<p>16 10:30 The Week Ahead 2:00 Movie Encore 3:00 Art with Lea 3:00 Baking 7:15 Hand Chime Choir</p>	<p>17 10:00 Fitness First 11:00 Fitness First 1:00 Low Vision Support Group 2:00 Cribbage 2:15 Bus to Tsawwassen 2:15 Bingo 7:00 Bridge</p>	<p>18 10:15 Coffee Group 11:00 Chair Yoga 11:00 Music with Teresa 2:00 Scenic Drive 2:15 Billiards 3:30 Social Hour 3:30 Blood Pressure Clinic 7:15 Word Games</p>	<p>19 9:30 Walking Group 10:00 Chair Exercises 10:30 Lunch to Trolls Restaurant 2:30 Crossword Puzzle 3:30 Fitness First 7:15 This Day In History</p>	<p>20 9:30 Bus to Ladner 10:15 News & Views 10:30 Gymnastics @ Delta 11:30 Barbs Scarves & Watkins 2:15 Chair Yoga 2:50 Birthday & Welcome Tea</p>	<p>21 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Glen Pearson' 7:00 Movie Night 'Amish Grace'</p>	<p>22 10:30 Chair Exercises 2:30 Postcard Travels 3:30 Catholic Communion</p>
<p>23 10:30 The Week Ahead 2:00 Movie Encore 2:15 Baptist Church Service 7:15 Hand Chime Choir</p> <p>30 10:30 The Week Ahead 2:00 Movie Encore 3:00 Art with Lea 7:15 Hand Chime Choir</p>	<p>24 10:00 Fitness First 11:00 Fitness First 11:30 Fashion Closet 2:00 Cribbage 1:00 Bus to Richmond Centre 2:15 Bingo 7:00 Bridge</p>	<p>25 10:15 Coffee Group 11:00 Chair Yoga 2:00 Scenic Drive 2:15 Billiards 3:30 Social Hour 7:15 Word Games</p>	<p>26 9:45 Walking Group 10:00 Chair Exercises 11:30 Ladies Lunch To 'Boundary Bay Airport' 2:30 Crossword Puzzle 3:30 Fitness First 7:15 Trivia</p>	<p>27 9:30 Bus to Ladner 10:15 News & Views 10:30 Gymnastics @ Delta 2:15 Chair Yoga 3:00 Resident Forum 3:40 Health Talk 'Promoting Regularity' 7:15 Creative Storytelling</p>	<p>28 10:00 Fitness First 11:00 Fitness First 2:15 Team Trivia 3:30 Happy Hour With 'Greg Hampton' 7:00 Movie Night 'Sunshine Sketches of a Little Town'</p>	<p>29 10:30 Chair Exercises 2:30 Easy Does it Trivia 3:30 Catholic Communion</p>