

# SPOTLIGHT

## EVENTS CALENDAR | SEPTEMBER

## HIGHLIGHTS

### ROSH HASHANAH — A JEWISH CELEBRATION — SEPTEMBER 15TH TO 17TH

A religious and festive time that looks forward with anticipation and reflects on the past year as a way to improve ourselves.

### LIVING WELL PERKS & PLUSES - SEPTEMBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
In need of <b>FOOT CARE</b> or <b>PHYSIO</b> ? Contact our Wellness Team to make an appointment with <b>VITALIS</b>		In need of a <b>HAIR APPOINTMENT</b> ? Please call Sue at (519) 709-9712		Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 1
4	In-Home Hearing <b>SB</b> Appts start at <b>10:00am</b> 5	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 6	Store to Door <b>1:00pm—4:00pm</b> 7	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 8
11	12	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 13	Store to Door <b>1:00pm—4:00pm</b> 14	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 15
Visiting Library Pick Up 18	Visiting Library Drop Off 19	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 20	Store to Door <b>1:00pm—4:00pm</b> 21	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 22
25	26	Hairdressing <b>HS</b> Appts start at <b>9:00am</b> 27  Wellness Wednesday (see poster for details)	Store to Door <b>1:00pm—4:00pm</b> 28	29
SB: Small Board Room LL: Leisure Lounge HS: Hair Salon WC: Wellness Centre TBA: To Be Announced				

### SEPTEMBER BIRTHDAY PARTY

We're celebrating residents who have birthdays in September on the 21st of this month. This is a chance for everyone to come together to enjoy live entertainment and refreshments! Family members are welcome to attend. Check the calendar monthly to see when the Birthday Party is taking place.



### LIVING AND LEARNING AT LONGWORTH

September is a great time to rekindle a love for learning! Learning new things and staying mentally alert helps our overall health and well-being. Learning is part of healthy aging and makes us feel good.

Please feel free to take part in any of our Recreation Programs ... and use these opportunity to perhaps learn something new!



**Would You Rather: Labour Day Edition**  
Friday, September 1st

**Relaxation Colouring**  
Every Monday in September

**Ruth's Fashion Boutique**  
Wednesday, September 6th

**Crochet For A Cause**  
Every Thursday in September

**Learning About Longworth: Tour with Jason**  
Thursday, September 7th

**Pet Therapy with Calla**  
Monday, September 11th & 25th

**Different Strokes Painting Class**  
Every Tuesday in September

**You and YouTube**  
Wednesday, September 13th

**Rosh Hashanah Highlights**  
Friday, September 15th

**September Birthday Party**  
Thursday, September 21st

**Manicures with Jacey**  
Saturday, September 23rd

**Wellness Wednesday**  
Wednesday, September 27th

**Visiting Victoria, B.C. with Jeff**  
Thursday, September 28th

**Stories to Inspire Reconciliation**  
Saturday, September 30th

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**Sifton**

**Retirement Living**

*Longworth*  
By 

**600 Longworth Road**  
**London, ON | N6K 4X9**  
**519-472-1115**



# SOCIAL & RECREATIONAL ACTIVITIES - SEPTEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>9:45 Cherryhill Shopping SU</b> <b>10:00</b> Rick Steves' Europe <b>AJC</b> <b>10:30</b> Men's Club <b>LL</b> <b>2:00</b> Would You Rather: Labour Day Edition <b>AJC</b> <b>3:00</b> S'more Bingo <b>LL</b> <b>7:00</b> Pepper Game <b>LL</b>	<b>Anytime Activity Booklet</b> 2 <b>10:15</b> Chair Yoga <b>LL</b> <b>2:30</b> Board Games <b>AJC</b> <b>7:00</b> Movie: Wonder <b>LL</b>
<b>10:00</b> Church Service 3 <b>Channel 12—On TV</b> <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> Music with Ernie <b>PL/B</b> <b>3:00</b> TV Show: Mary Tyler Moore (S2 E.7,8,9) <b>AJC</b> <b>7:00</b> Andre Rieu in Concert <b>AJC</b>	<b>LABOUR DAY</b> 4 <b>10:30</b> Learning About Labour Day <b>C</b> <b>1:30</b> Cribbage <b>C</b> <b>2:00</b> Movie: 9 to 5 <b>LL</b> <b>3:00</b> Relaxation Colouring <b>C</b> <b>7:00</b> Crokinole <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 5 <b>11:00</b> What Am I? <b>AJC</b> <b>2:00</b> Different Strokes <b>B</b> <b>2:00</b> Bridge <b>LL</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>6:00</b> Blue Jays Word Search <b>R</b> <b>7:00</b> Scrabble <b>AYJ</b> <b>7:00</b> Blue Jays Fan Club <b>B</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 6 <b>11:00-3:00</b> Ruth's Fashion Boutique <b>PL/B</b> <b>2:30</b> Ice Cream Cones <b>B</b> <b>3:00</b> Back To School: Math <b>LL</b> <b>4:00</b> Longworth Pub <b>B</b>	<b>10:00</b> CrochetForCause <b>AJC</b> 7 <b>10:15</b> Heels & Wheels <b>B</b> <b>11:00</b> Trivia <b>LL</b> <b>11:30</b> Picnic in the Park <b>SU</b> <b>2:30</b> Learning About Longworth: Tour with Jason <b>B</b>	<b>9:45 Cherryhill Shopping SU</b> 8 <b>10:00</b> Rick Steves' Europe <b>AJC</b> <b>10:45</b> Drop-In Billiards <b>JEH</b> <b>2:00</b> Cornhole Game <b>LL</b> <b>7:00</b> Pepper Game <b>LL</b>	<b>Anytime Activity Booklet</b> 9 <b>10:15</b> Chair Yoga <b>LL</b> <b>2:30</b> Board Games <b>AJC</b> <b>7:00</b> Movie: McFarland <b>LL</b>
<b>10:00</b> Church Service 10 <b>Channel 12—On TV</b> <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Mary Tyler Moore (S2 E.10,11,12) <b>AJC</b> <b>7:00</b> Andre Rieu in Concert <b>AJC</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 11 <b>11:00</b> Ladder Ball <b>CY</b> <b>1:30</b> Pet Therapy-Calla <b>LL</b> <b>1:30</b> Cribbage <b>C</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>3:00</b> Bingo <b>LL</b> <b>7:00</b> Checkers <b>LL</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 12 <b>11:00</b> Picture It <b>AJC</b> <b>2:00</b> Different Strokes <b>B</b> <b>2:00</b> Euchre <b>LL</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>6:00</b> Blue Jays Word Search <b>R</b> <b>7:00</b> Scrabble <b>AYJ</b> <b>7:00</b> Blue Jays Fan Club <b>B</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 13 <b>10:00</b> Coffee Club <b>C</b> <b>10:30</b> You and YouTube <b>LL</b> <b>2:00</b> Card Making Class <b>SU LL</b> <b>2:30</b> Ice Cream Cones <b>B</b> <b>3:00</b> Back To School: English <b>LL</b> <b>4:00</b> Longworth Pub <b>B</b>	<b>10:00</b> CrochetForCause <b>AJC</b> 14 <b>10:15</b> Heels &Wheels <b>B</b> <b>11:00</b> Trivia <b>LL</b> <b>2:30</b> Town Hall Meeting <b>PL</b> <b>3:30</b> Culinary Meeting <b>B</b> <b>4:00</b> Book Club <b>LL</b> <b>7:00</b> Movie: North By Northwest <b>LL</b>	<b>ROSH HASHANAH</b> 15 <b>9:30</b> Travel To Israel <b>AJC</b> <b>10:30</b> Craft-Making: Apple Tree Collage <b>LL</b> <b>2:30</b> Tashlich Ritual <b>PL</b> <b>3:30</b> Take a Picture with Your Family's Photo <b>PL</b> <b>7:00</b> Pepper Game <b>LL</b>	<b>Anytime Activity Booklet</b> 16 <b>10:15</b> Chair Yoga <b>LL</b> <b>2:30</b> Board Games <b>AJC</b> <b>7:00</b> Movie: Billy Elliott <b>LL</b>
<b>10:00</b> Church Service 17 <b>Channel 12—On TV</b> <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> Music with Ernie <b>PL/B</b> <b>3:00</b> TV Show: Mary Tyler Moore (S2 E.13,14,15) <b>AJC</b> <b>7:00</b> Andre Rieu in Concert <b>AJC</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 18 <b>10:00</b> Women's Can. Club Speaker Presentation <b>AJC</b> <b>1:30</b> Cribbage <b>C</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>3:00</b> Bingo <b>LL</b> <b>4:00</b> Wii Bowling <b>AJC</b>	<b>10:00</b> Fun Fitness Larry <b>LL</b> 19 <b>11:00</b> Who Am I? <b>AJC</b> <b>2:00</b> Different Strokes <b>B</b> <b>2:00</b> Bridge <b>LL</b> <b>3:00</b> Cranium Crunches <b>AJC</b> <b>6:00</b> Blue Jays Word Search <b>R</b> <b>7:00</b> Scrabble <b>AYJ</b> <b>7:00</b> Blue Jays Fan Club <b>B</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 20 <b>10:00</b> CrochetForCause <b>AJC</b> <b>10:15</b> Heels & Wheels <b>B</b> <b>11:00</b> Trivia <b>LL</b> <b>2:30</b> Ice Cream Cones <b>B</b> <b>3:00</b> Back To School: Science <b>LL</b> <b>4:00</b> Longworth Pub <b>B</b>	<b>10:00</b> Evacuation Drill 21 <b>11:00</b> Tim Horton's Drive-Thru (LW Edition) <b>B</b> <b>2:30</b> September Birthday Party <b>PL</b> <b>2:30</b> Entertainment: The Dixie 5 <b>PL</b>	<b>9:45 Cherryhill ShoppingSU</b> 22 <b>10:00</b> Rick Steves' Europe <b>AJC</b> <b>12:00</b> Teacher's Lunch <b>LL</b> <b>2:00</b> Teacher Photo <b>LL</b> <b>3:00</b> Remembering Our Good Ol' School Days <b>LL</b> <b>7:00</b> Pepper Game <b>LL</b>	<b>FIRST DAY OF FALL</b> 23 <b>Anytime Activity Booklet</b> <b>10:15</b> Chair Yoga <b>LL</b> <b>1:30</b> Manicures with Jacey <b>B</b> <b>2:30</b> Board Games <b>AJC</b> <b>3:00</b> Apple Cider Social <b>LL</b> <b>7:00</b> Movie: Julie & Julia <b>LL</b>
<b>10:00</b> Church Service 24 <b>Channel 12—On TV</b> <b>10:30</b> Hymn Sing <b>PL</b> <b>2:00</b> TV Show: Mary Tyler Moore (S2 E.16,17,18) <b>AJC</b> <b>7:00</b> Andre Rieu in Concert <b>AJC</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 25 <b>10:00</b> Women's Can. Club Speaker Presentation <b>AJC</b> <b>1:30</b> Pet Therapy-Calla <b>LL</b> <b>1:30</b> Cribbage <b>C</b> <b>2:00</b> Relaxation Colouring <b>LH</b> <b>3:00</b> Bingo <b>LL</b> <b>7:00</b> Checkers <b>LL</b>	<b>BLUE JAYS DAY: WEAR BLUE</b> 26 <b>10:00</b> Fun Fitness Larry <b>LL</b> <b>11:00</b> Picture It <b>AJC</b> <b>2:00</b> Different Strokes <b>B</b> <b>2:00</b> Euchre <b>LL</b> <b>3:00</b> Cranium Crunches <b>AJC</b> 6 <b>7:00</b> Scrabble <b>AYJ</b> <b>7:00</b> Blue Jays Fan Club <b>B</b>	<b>9:45</b> VON Exercise Class <b>LL</b> 27 <b>10:00</b> Coffee Club <b>C</b> <b>1:30</b> Wellness Wednesday <b>W</b> <b>2:30</b> Fall Wreath-Making <b>LL</b> <b>3:00</b> Back To School: Geography <b>AJC</b> <b>4:00</b> Longworth Pub <b>B</b>	<b>10:00</b> CrochetForCause <b>AJC</b> 28 <b>10:15</b> Heels & Wheels <b>B</b> <b>11:00</b> Trivia <b>LL</b> <b>2:30</b> Visiting Victoria, BC with Jeff <b>LL</b> <b>7:00</b> Poker Game <b>LL</b>	<b>9:45 Cherryhill ShoppingSU</b> 29 <b>10:00</b> Rick Steves' Europe <b>AJC</b> <b>10:45</b> Drop-In Billiards <b>JEH</b> <b>7:00</b> Pepper Game <b>LL</b> <b>2:30</b> Resident Suites Tour <b>TBA</b>	<b>NATIONAL DAY FOR TRUTH &amp; RECONCILIATION</b> 30 <b>Wear ORANGE All Day</b> <b>Anytime Activity Booklet</b> <b>10:15</b> Chair Yoga <b>LL</b> <b>2:00</b> Documentary: Stories To Inspire Reconciliation <b>LL</b> <b>7:00</b> Movie: Rudy <b>LL</b>

AJC: AJ Casson Sitting Room

AYJ: A.Y. Jackson Sitting Room

B: Bar

C: Café

CY: Court Yard

D: Dining Room

E: Exercise Room

F: Family Dining Room

JEH: J.E.H Macdonald Sitting Room

LH: Lawren Harris Sitting Room

LL: Leisure Lounge

O: Outdoors

PL: Piano Lounge

R: Reception Desk

TBA: To Be Announced

TT: Tom Thomson Sitting Room

Events in Purple: Sign Up