

APARTMENT SOCIAL & RECREATIONAL ACTIVITIES - SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Labour Day 1 10:30 Hasfit Exercises FR 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 2 11:00 Mind Games: Trivia Pursuit CN 1:00 Trip to Byron Village Shopping Centre L 1:45 Dominoes SL 2:00 Roman Catholic Rosary Service CN 7:00 Evening Euchre CN	10:30 Hasfit Exercises FR 3 1:00 Billiards NK 1:30 Art with Bill CR 3:00 Happy Hour with John Moorehouse OTR	9:30 Makkink's Flower Farm (Tillsonburg) L 4 10:00 Morning Walk L 2:00 Bridge SL 2:30 Shuffleboard KVR 6:30-7:30 AI- Anon Meeting CN 7:00 Movie Night CH	10:15 Coffee Social SL 5 10:30 Hasfit Exercises FR 1:30 Euchre SL 2:00 Giant Tic, Tac, Toe OTR 3:00 Riverbend Family Church Service CH	1:30 Bridge CN 6 2:00 Movie Matinee CH
10:00 Walking Bingo L 7 1:00 Springbank Concert: Big Bandemic! L 1:30 Knit & Stich NK 7:00 TV Series: Virgin River- Season 2 Episode 9 CH	10:30 Hasfit Exercises FR 8 10:00-12:00 Alterations with Misao BL 1:00-3:00 Mobility 1st CN 1:30 Qi Gong Exercises FR 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 9 11:00 Mind Games: Scattergories CN 1:00 Trip to Food Basics L 1:45 Dominoes SL 3:00 7:00 Evening Euchre CN	10:30 Hasfit Exercises FR 10 1:00 Billiards NK 1:30 Art with Bill CR 2:00 In Home Hearing BL 3:00 Happy Hour with Mike Couture OTR	10:00 Morning Walk L 11 11:00 Swimming at Richmond Woods L 11:00 Riverstone Readers SL 1:00 Ageless Grace FR 2:00 Bridge SL 2:30 Summerlong Fruit Social: Plums & Pears CN 2:30 Shuffleboard KVR 6:30-7:30 AI- Anon Meeting CN 7:00 Movie Night CH	Chocolate Milkshake Day 12 10:30 Hasfit Exercises FR 1:30 Euchre SL 2:00 Chocolate Milkshakes & Cornhole Tournament OTR 3:00 Riverbend Family Church Service CH	1:00 Chair Yoga with Valerie FR 13 1:30 Bridge CN 2:00 Movie Matinee CH 2:00 Board Games SL
1:30 Knit & Stich NK 14 2:00- 3:00 Live Music- The Jazzabelles (Legacy Square) 2:00 Trivia SL 7:00 TV Series: Virgin River- Season 2 Episode 10 CH	10:30 Hasfit Exercises FR 15 11:15 Lunch at Kantana Kafe (London International Airport) L 1:30 Ping Pong Club P 2:30 BINGO CR	10:30 Bible Study with Paul SL 16 11:00 Mind Games: Wordle CN 1:00 Trip to Cherryhill Mall L 1:45 Dominoes SL 3:00 Reminiscence Corner OTR 7:00 Evening Euchre CN	10:30 Hasfit Exercises FR 17 1:00 Billiards NK 1:30 Art with Bill CR 2:00 Paul's Presentation CH 3:00 Happy Hour with Tunes & Tales Entertainment OTR	10:00 Morning Walk L 18 10:30 Lunch at Sparta House TeaRoom & Sparta Lavendar Farm L 2:00 Bridge SL 2:30 Shuffleboard KVR 3:30-4:30 Chair Yoga, Breathwork, & Meditation FR 6:30-7:30 AI- Anon Meeting CN 7:00 Movie Night CH	10:15 Coffee Social SL 19 10:30 Hasfit Exercises FR 1:30 Euchre SL 2:00 Bocce Ball L 3:00 Riverbend Family Church Service CH	9:00-12:00 West 5 Communi-20 ty Market (Legacy Square) 1:30 Bridge CN 2:00 Movie Matinee CH
10:00 Walking Bingo L 21 1:30 Knit & Stich NK 3:00 Happy Hour OTR 7:00 TV Series: Virgin River- Season 3 Episode 1 CH	First Day of Fall 22 10:30 Hasfit Exercises FR 1:00 Heeman's Garden Centre L 1:30 Qi Gong Exercises FR 1:30 Ping Pong Club P 2:30 BINGO CR 7:00 Entertainment with Deb and Fred OTR	10:30 Bible Study with Paul SL 23 11:00 Mind Games: Pictionary CN 1:00 Trip to Farmboy & Angelos L 1:45 Dominoes SL 2:00 Puter's R Us SL 3:00 Dance Lesson & Performance with Jessica Rose SR 7:00 Evening Euchre CN	10:30 Hasfit Exercises FR 24 1:00 Billiards NK 1:30 Art with Bill CR 3:00 Happy Hour & Harp Playing with Bob Peel SR 6:45 Live Concert at the Unity of London L	9:30 Tour of the Eldon House 25 10:00 Morning Walk L 2:00 Bridge SL 2:30 Shuffleboard KVR 3:30-4:30 Chair Yoga, Breathwork, & Meditation FR 6:30-7:30 AI- Anon Meeting CR 7:00 Movie Night CH	10:30 Hasfit Exercises FR 26 1:30 Euchre SL 2:00 Name that Tune OTR 3:00 Riverbend Family Church Service CH 7:00 S'mores & Stories OTR	1:30 Bridge NK 27 2:00 Movie Matinee CH 2:00 Board Games SL
11:00 DromFit Exercises FR 28 1:30 Guided Meditation Circle CH 1:30 Knit & Stich NK 2:00 Trivia SL 3:00 Happy Hour Beer Tasting OTR 7:00 TV Series: Virgin River- Season 3 Episode 2 CH	National Coffee Day 29 10:30 Hasfit Exercises FR 11:00 Coffee Tasting Bar & Trivia OTR 1:00 Fall Mystery Tour L 1:30 Ping Pong Club P 2:30 BINGO CR	Truth & Reconciliation Day 30 Wear Orange 10:30 Bible Study with Paul SL 11:00 Mind Games: Scabble CN 1:45 Dominoes SL 1:00 Trip to Giant Tiger, Dollar Tree, & No Frills L 7:00 Evening Euchre CN				
Locations in Apartment: FR- Fitness Room (Main Floor) SL- Social Lounge (Main Floor) OTR- On the Rocks Pub (8th Floor) SR- Skylight Restaurant (8th Floor) Locations in Retirement FR- Fitness Room (Main Floor) BL- Bloom (Main Floor) CH- Century Hall (4th) CR- Creations (5th) CN- Connections (2nd) NK- The Nook (3rd) KVR- Kains View Restaurant (8th) L- Lobby OTR- On the Rocks Pub (8th) CA- Cafe (Main Floor) P- Physio Room (Main Floor) Events in Purple: Sign Up Required Sign up Sheets are available on the 1st of every month riverstone By 						