

Sunday

Monday

Tuesday

Wednesday

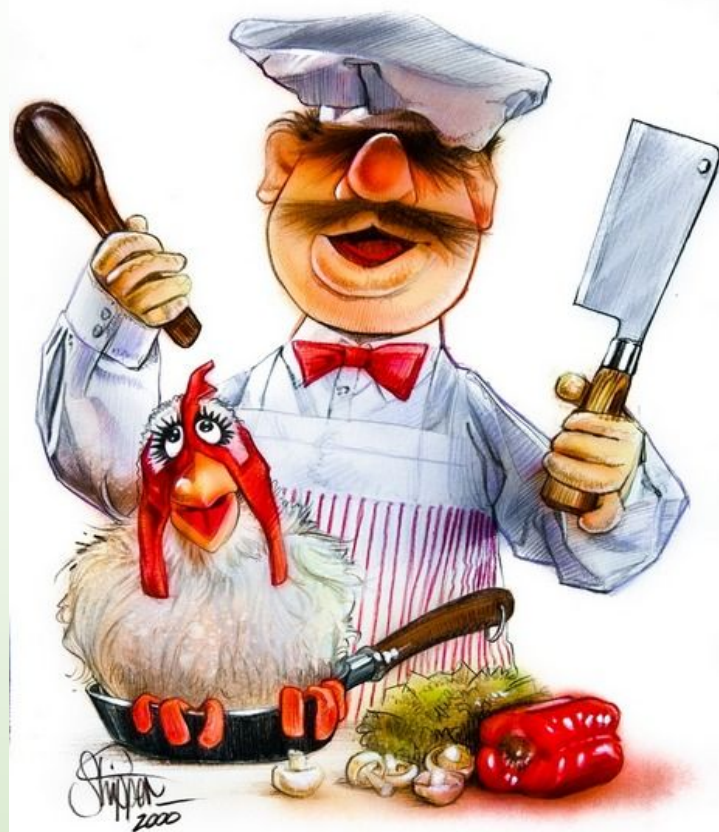
Thursday

Friday

Saturday

<p>1</p> <p>11:00 Sunday Worship-AR 2:00pm Armchair Travel Visit the HIMALAYA With Michael Palin-AR 3pm Social Tea - AR 4pm Resident Directed Trivia- AR</p>	<p>2</p> <p>Labour Day Holiday</p> <p>2:00pm Entertainment in the Lounge with Yohanna-L 3:00pm Social Tea-AR 4:00pm Resident directed Trivia-AR</p> <p><small>Labor Day</small></p>	<p>3</p> <p>9:30 Smart Fit-AR 10:00 Upper Body Strength-AR 10:30 Gentle Stretching-AR 12:30pm Hot Wax-PH 12:00pm Crafts-AR 1:45pm Java Music Club-DR 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>4</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00pm Scrabble-AR 2:00pm Bingo-AR 3pm Social Tea 4pm Trivia-AR 6pm Euchre Club-SS</p>	<p>5</p> <p>9:30 Smart Fit-AR 10:30 Catholic Worship-CH 10:00 Lower Body Strength-AR 10:30 Gentle Stretching-AR 12:00 Zen Adult Colouring 12:30pm Hot Wax PH 1:45pm Eglinton Sq. 2pm Gospel Fellowship CH 3pm Social Tea/ 4pm Trivia-AR</p>	<p>6</p> <p>9:30 Body Balance-AR 10:00 Gentle Stretching-AR 11:30pm Hand Therapy-PH 11:00 lunch-The Dragon Pearl 1:45 Movie Matinee 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>7</p> <p>2pm Bingo-AR 3pm Social Tea-AR 4pm Resident Directed Trivia-AR</p>
<p>8</p> <p>11:00 Sunday Worship-AR 2:00pm Armchair Travel Visit the SAHARA With Michael Palin-AR 3pm Social Tea - AR 4pm Resident Directed Trivia- AR</p> <p><small>Grandparents' Day</small></p>	<p>9</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00 pm Art/Painting-AR 1:45pm Fit Minds - PH 2 pm Mah-Jong-SS 2:00pm Mill House Music - L 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>10</p> <p>9:30 Smart Fit-AR 10:00 Upper Body Strength-AR 10:30 Gentle Stretching-AR 12:30pm Hot Wax-PH 12:00pm Crafts-AR 2pm Java Music Club-DR 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>11</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00pm Scrabble-AR 2:00pm Bingo-AR 3pm Social Tea 4pm Trivia-AR 6pm Euchre Club-SS 7pm PUB NIGHT with Entertainer Brian Birnie</p>	<p>12</p> <p>9:30 Smart Fit-AR 10:00 Anglican Worship-CH 10:00 Lower Body Strength-AR 10:30 Gentle Stretching-AR 11:00 Christie Bakery and Lunch at Swiss Chalet 12:30pm Hot Wax PH 2pm Gospel Fellowship - CH 3pm Social Tea/ 4pm Trivia- AR</p>	<p>13</p> <p>9:30 Body Balance-AR 10:00 Gentle Stretching-AR 11:30pm Hand Therapy-PH 1:45 Movie Matinee 2pm Cliffcrest Plaza 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>14</p> <p>2pm Bingo-AR 3pm Social Tea-AR 4pm Resident Directed Trivia-AR</p>
<p>15</p> <p>11:00 Sunday Worship-AR 2:00pm Armchair Travel Visit the POLE TO POLE With Michael Palin-AR 3pm Social Tea - AR 4pm Resident Directed Trivia- AR</p>	<p>16</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00 pm Art/Painting-AR 1:45pm Fit Minds - PH 2 pm Mah-Jong-SS 2pm Lori Jackson- Canadian Hearing Consultant -L 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>17</p> <p>9:30 Smart Fit-AR 10:00 Upper Body Strength-AR 10:30 Gentle Stretching-AR 12:30pm Hot Wax-PH 12:00pm Crafts-AR 2pm Chef Paul's Culinary delights/Entertainment with Les 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>18</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00pm Scrabble-AR 2:00pm Bingo-AR 3pm Social Tea 4pm Trivia-AR 6pm Euchre Club-SS</p>	<p>19</p> <p>9:30 Smart Fit-AR 10:00 Lower Body Strength-AR 10:30 Gentle Stretching-AR 12:00 Zen Adult Colouring 12:30pm Hot Wax PH 12:15 Coloring-AR/2pm Cards 1:45pm Walmart 2pm Gospel Fellowship CH 3pm Social Tea/4pm Trivia-AR</p>	<p>20</p> <p>9:30 Body Balance-AR 10:00 Gentle Stretching-AR 11:30pm Hand Therapy-PH 1:45 Movie Matinee 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>21</p> <p>2pm Bingo-AR 3pm Social Tea-AR 4pm Resident Directed Trivia-AR</p> <p><small>Oktoberfest Begins</small></p>
<p>22</p> <p>11:00 Sunday Worship-AR 2:00pm Armchair Travel Visit the NEW EUROPE With Michael Palin-AR 3pm Social Tea - AR 4pm Resident Directed Trivia- AR</p>	<p>23</p> <p>10-2pm Mobile Senior Shop</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00 pm Art/Painting-AR 1:45pm Fit Minds - PH 2 pm Mah-Jong-SS 3pm Social Tea-AR 4pm Trivia-AR</p> <p><small>Autumn Begins</small></p>	<p>24</p> <p>9:30 Smart Fit-AR 10:00 Upper Body Strength-AR 10:30 Gentle Stretching-AR 12:30pm Hot Wax-PH 12:00pm Crafts-AR 2:30pm Social Tea-AR 3:00pm TOWN HALL MEETING - Lounge 4pm Trivia-AR</p>	<p>25</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00pm Scrabble-AR 2:00pm Bingo-AR 3pm Social Tea 4pm Trivia-AR 6pm Euchre Club-SS</p>	<p>26</p> <p>9:30 Smart Fit-AR 10:00 Lower Body Strength-AR 10:30 Gentle Stretching-AR 12:00 Zen Adult Colouring-AR 12:30pm Hot Wax PH 2pm Gospel Fellowship CH 2pm Birthday Party / Paula 3pm Social Tea/4pm Trivia-AR</p>	<p>27</p> <p>9:30 Body Balance-AR 10:00 Gentle Stretching-AR 10:00am Ajax Casino 11:30pm Hand Therapy-PH 1:45 Movie Matinee 3pm Social Tea-AR 4pm Trivia-AR</p>	<p>28</p> <p>2pm Bingo-AR 3pm Social Tea-AR 4pm Resident Directed Trivia-AR</p>
<p>29</p> <p>11:00 Sunday Worship-AR 2:00pm Armchair Travel GREAT RAILWAY JOURNEY With Michael Palin-AR 3pm Social Tea - AR 4pm Resident Directed Trivia- AR</p>	<p>30</p> <p>10:00 Fitness Class-AR 11:00 Falls Prevention-AR 12:00 pm Art/Painting-AR 1:45pm Fit Minds - PH 2pm Lianne Harris Presents Mesoamerica- Inca, Maya, Aztec 2 pm Mah-Jong-SS 3pm Social Tea-AR 4pm Trivia-AR</p> <p><small>Rosh Hashanah (first Day)</small></p>	<p>September 2019</p> <p>AR - Activity Room CH - Chapel L - Lounge PH - Physio Room SS - Sit & Sip DR - Dining Room Programs are subject to change. Changes will be posted on the board outside the dining room.</p>				

RSBL'S CHEF PAUL



On Tuesday, September
17th

3:00pm

CHEF PAUL

Will Showcase
His Culinary Delights!

Good food!! Good
Friends!!!



September Birthday Party
Thursday, September 26th
In Honour of the following
September Birthdays

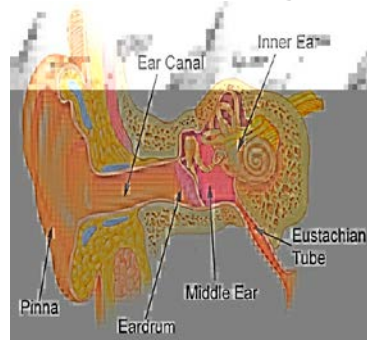
Mary S. – September 1st
Margaret R.-September 2nd
Rodney A.- September 2nd
Daniel M.-September 10th
Doris M.- September 11th
Patricia M.-September 13th
Rose R.-September 18th
Hugh O.-September 27th
Joan H.- September 28th
Anh N.-September 28th
Harrison B.-September 30th

(Entertainer Paula Stapleton)



CHS | SCO
CANADIAN HEARING SOCIETY
SOCIÉTÉ CANADIENNE DE L'OUÏE

Presentation by
Lori Jackson BSW, RSW
Hearing Care Counsellor
September 16th
2:00pm (lounge)



September 2019 Calendar
Retirement Suites By The Lake
2121 Kingston Rd. Scarborough, On. M1N 1T5
416 267-2121



September events

Sept. 2nd-2pm Yohanna
Entertains in the lounge
Sept. 6th- 11:00am Lunch
at The Dragon Pearl
Sept. 9th -2pm Mill House
Interactive music-L
Sept.11th -7pm Pub Night
Entertainer Brian Birnie
Sept. 12th- Christie bakery
& Lunch @ Swiss Chalet
Sept. 16th- 2pm
Presentation by Lori from
Canadian Hearing Society
Sept.17th – 3pm A taste of
Paul's Culinary delights!
Sept. 23rd Senior Mobile
Shopping – lounge
Sept. 26th -Resident
Birthday Party with Paula
Sept. 27th-Ajax Casino
Sept. 30th-Lianne Harris
Presentation-Aztec, Maya
and Inca.

SEPTEMBER 2ND



The origins of Labour Day can be traced back to April 15, 1872, when the Toronto Trades Assembly organized Canada's first significant demonstration for worker's rights. Labour Day was originally celebrated in the spring but it was moved to the fall after 1894.



Entertainer Yohanna performs at 2:00pm
In the Lounge.