

September 2020 - Black Rock Terrace

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>BUS TRIPS</u></p> <p>Watch for posters that will announce upcoming bus trips!</p> <p>Programs and program times are subject to change; please watch for posters!</p>		<p>1</p> <p>9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards 3:30 Back to School: Reminiscing</p>	<p>2</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo</p>	<p>3</p> <p>10:00 Balance Class Back to School theme lunch 2:30 Billiards 3:00 Craft Time</p>	<p>4</p> <p>9:30 Walking Group 2:00 Birthday Celebration Happy Hour!</p>	<p>5</p>
<p>6</p>	<p>Labour Day 7</p> <p>10:00 Puzzle & Book Exchange</p>	<p>8</p> <p>9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards 3:30 Word games</p>	<p>9</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo 3:30 Mindful Colouring</p>	<p>10</p> <p>10:00 Silver Fox: Terry Fox Walk BBQ lunch 2:30 Billiards</p>	<p>11</p> <p>9:30 Walking Group 10:00 Balance Class 1:30 Afternoon Movie 3:30 Happy Hour</p>	<p>12</p> <p>2:00 Children of Blessing and Grace</p>
<p>13</p> <p>Happy Grandparents Day</p>	<p>14</p> <p>10:30 Fit Ball 2:30 Craft Time</p>	<p>15</p> <p>9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards 3:30 Painting</p>	<p>16</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo</p>	<p>17</p> <p>10:00 Balance Class 2:00 Billiards</p>	<p>18</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 1:30 Afternoon Movie 3:30 Happy Hour</p>	<p>19</p>
<p>20</p>	<p>21</p> <p>10:30 Puzzle & Book Exchange 2:00 Arm Chair Travel</p>	<p>First Day of Autumn 22</p> <p>9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards</p>	<p>23</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo</p>	<p>24</p> <p>10:00 Balance Class 2:00 Billiards</p>	<p>25</p> <p>10:00 Walking Group 1:30 Afternoon Movie 3:30 Happy Hour</p>	<p>26</p>
<p>27</p>	<p>28</p> <p>10:30 Fitball 2:30 Painting</p>	<p>29</p> <p>9:00 Strength Class 10:00 Tuck Shop orders picked up and filled 2:00 Billiards</p>	<p>30</p> <p>9:30 Walking Group 10:00 Chair Yoga 10:30 Chair Yoga 2:00 Card Bingo</p>	<p>Steven, our new AC, serving Mai Tai cocktails to our residents for our Hawaii-themed lunch.</p> 		