

Swedish Assisted Living Residence September 2021 Recreation and Wellness Program

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



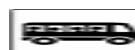
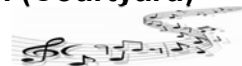
by all these lovely TOKENS
september DAYS ARE HERE.
WITH SUMMER'S BEST OF weather
AND **autumn's**
best of cheer.
(h.h. jackson)




1

9:30 Exercise (2F)
10:15 Exercise (2)
10:30 Catholic Service (3rd Floor)
11:00 Tuckshop 
2:00 Quarter Bingo (2F) 

2

9:15 Exercise (2F)
10:15 Scenic Drive to Ambleside Park 
1:30 Exercise (2F)
2:30 Music w/ Lorraine Smith (Courtyard) 

3

9:30 Fun & Fitness
Exercise (2nd Floor)
10:15 Fun & Fitness
Exercise (2nd Floor)
1:30 You Be the Judge (2nd Floor)
3:00 Quarter Bingo (2nd Floor) 

4

2:00 Quarter Bingo (2nd Floor) 

5


Adam is OFF

6

Happy Labour Day

Happy Labour Day

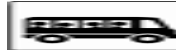


7

9:15 Exercise (2F)
10:15 Scenic Drive to Queens Park Rose Garden (New West) (get off bus & walk) 
1:30 Exercise (F) 
2:30 Sounds Like Summer by Shadbolt Music (Courtyard)


8

9:30 Exercise (2F)
10:15 Exercise (2F)
10:30 Catholic Service (3rd Floor) 
11:00 Tuckshop
2:00 Quarter Bingo (2nd Floor) 

9

9:15 Exercise (2F)
10:15 Shopping Trip to Walmart 
1:30 Exercise (2F)
2:00 Birthday Celebration
2:30 Afternoon Music w/ John Parsons (courtyard)  

10

9:30 Fun & Fitness
Exercise (2nd Floor)
10:15 Fun & Fitness
Exercise (2nd Floor)
1:30 Crossword Puzzle (2nd Floor)
3:00 Quarter Bingo (2nd Floor) 

11

2:00 Quarter Bingo (2nd Floor) 



12

Adam is OFF


13

9:15 Morning Exercise (2nd Floor)
10:30 Food Forum Meeting (2nd Floor)
12:00 BBQ Luncheon
1:30 Afternoon Exercise (2nd Floor)
3:00 Quarter Bingo (2nd Floor) 



14

9:15 Exercise (2nd Floor)
10:15 Lunch Outing at White Spot Restaurant 
1:30 Exercise (2F)
2:30 Afternoon Music w/ Gordy (courtyard) 

15

9:30 Morning Exercise (2nd Floor)
10:15 Morning Exercise (2nd Floor)
10:30 Catholic Service (3rd Floor) 
11:00 Tuckshop
2:00 Quarter Bingo (2nd Floor) 

16


















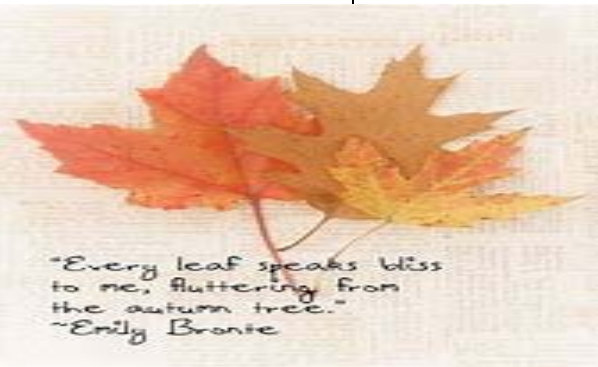
9:15 Exercise (2nd Floor)
10:15 Scenic Drive to Stanley Park 
1:30 Exercise (2nd Floor)
2:30 Activity Meeting (2nd Floor)
3:30 Terry Fox Walk (all around building Hallway 1-3) 
4:00 Ice Cream Social

17

9:30 Fun & Fitness
Exercise (2nd Floor)
10:15 Fun & Fitness
Exercise (2nd Floor)
1:30 Bazaar Planning (2nd Floor)
3:00 Quarter Bingo (2nd Floor) 

18

2:00 Quarter Bingo (2nd Floor) 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>Adam is OFF</p>	<p>20</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Early Bird Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>21</p> <p>WESTERN DAY (wear chequered top) 9:15 Exercise (2F) 10:15 Scenic Drive to Kitsilano Beach & Vanier Park  1:30 Exercise (2nd Floor) 2:30 Afternoon Music w/ James Burton (courtyard)</p> 	<p>22</p> <p>FIRST DAY OF FALL 9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 2:00 Quarter Bingo (2nd Floor)</p> 	<p>23</p> <p>9:15 Exercise (2nd Floor) 10:15 Scenic Drive to Belcarra Park  1:30 Afternoon Exercise (2nd Floor) 2:15 Art Class w/ Adam (2nd Floor)</p> 	<p>24</p> <p>9:30 Fun & fitness Exercise (2nd Floor) 10:15 Fun & Fitness Exercise (2nd Floor) 1:30 Words w/in a Word (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>25</p> <p>2:00 Quarter Bingo (2nd Floor)</p> 
<p>26</p> <p>Adam is OFF</p>	<p>27</p> <p>9:30 Early Bird Exercise (2nd Floor) 10:15 Early Bird Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>28</p> <p>9:15 Exercise (2nd Floor) 10:15 Trip to Grand Villa Casino  1:30 Exercise (2nd Floor) 2:30 Afternoon Music w/ Pancho & Sal</p> 	<p>29</p> <p>9:30 Morning Exercise (2nd Floor) 10:15 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor)  11:00 Tuckshop 2:00 Quarter Bingo (2nd Floor)</p> 	<p>30</p> <p>9:15 Exercise (2nd Floor) 10:15 Scenic Drive to Capilano River Hatchery (get off bus & walk)  1:30 Afternoon Exercise (2nd Floor) 3:00 Videos on Outer Space (3rd Floor)</p> 		
 <p>"Every leaf speaks bliss to me, fluttering from the autumn tree." ~Emily Bronte</p>		<p><i>"The birds laugh loud and long together When Fashion's followers speed away At the first cool breath of autumn weather. Why, this is the time, cry the birds, to stay! When the deep calm sea and the deep sky over Both look their passion through sun-kissed space, As a blue-eyed maid and her blue-eyed lover Might each gaze into the other's face." - Ella Wheeler Wilcox, The End of Summer</i></p> 