

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Knitting Club What am I? Fitness Time Men's Group Word Scrambles	2 You be the Judge Sit and Be Fit Scoops and Games Art with Mackenzie Wind it Down	3 Skyscraper Day Cranium Crunches Spa Cart Birthday Celebration Tablet Games	4 Spiritual Readings Seated Yoga Exploring Madrid Newspaper Carrier Day Current Topics	5 Youtube Weekly Dance Fitness Dominoes Artists Corner Shuffle Board
6 Patio Chats Sit and Be Fit Read a Book Day Spa Cart Balloon Tennis	7 All about Labour Day Patio Stretches Exploring Nepal Midway Monday BINGO! Ping Pong Toss Labour Day	8 Documentary Cranium Crunches Fitness Time Science Experiments Story Telling	9 Youtube Weekly Patio Stretches Lemonade Social Art with Mackenzie Word Games	10 Cranium Crunches Fitness Time Sewing Machine Day Sculpting Class Discuss and Recall	11 Seated Yoga Origami Folding Spa Cart Outdoor Golf Hot Seat	12 Knitting Club Spiritual Readings Food for Thought Xbox Fun Beach Ballin'
13 Daily Chronicles Cranium Crunch Poetic Tributes Grandparents Celebration Positive Thinking Day Grandparents Day	14 Tablet Games Stretch and Flex Art with Mackenzie Wheel of Fortune Choir Group	15 Ping Pong Toss Cranium Crunches Passport to Africa Tablet Time Patio Stretches	16 Spa Cart Sit and Be Fit Rock Crafts Seasons Changing Dance it Out	17 Morning Chats Spiritual Meditation Scoops and Games Knitting Club Current Topics	18 Cranium Crunch Seated Yoga Science Experiments Bracelet Making Xbox Fun	19 All About the Red Panda Stretch and Flex Artists Corner You be the Judge National Dance Day
20 Knitting Club Patio Stretches Food for Thought Xbox Fun Sculpting Class	21 Morning Chats Outdoor Mini Putting Spiritual Readings Papier- Mache Day Card Games	22 Cranium Crunches BINGO! Fitness Time Autumn Equinox/Art Fall Around the World First Day of Autumn	23 Youtube Weekly Checkers Day Lemonade Social Art with Mackenzie Balloon Volleyball	24 Tablet Time Sit and Be Fit Exploring Las Vegas Board Games Hot Seat	25 Seated Yoga Knitting Club Creative Writing Birthday Celebration Word Scrambles	26 All about Rabbits Artists Corner Fishing Trip Games Reading Group Shuffle Board
27 Sculpting Class Patio Stretches BINGO! Birthday Celebration Dance it Out	28 Spiritual Meditation Tai Chi Xbox Fun Wheel of Fortune Choir Group	29 Documentary Cranium Crunches Food for Thought Indoor Gardening Family Feud	30 Daily Chronicle Stretch and Flex Spa Cart Art with Mackenzie Beach Ballin'		www.cedarhursthomes.ca	<i>Timing and length of activities are driven by residents' interest and engagement.</i>

