



| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday  |
|--|---|---|--|--|---|---|
| <p>9:30 United Church Service Video (TH) <b>1</b></p> <p>2:00 Meet in the Great Room for Coffee &amp; Conversation* (GR)</p> <p>3:00 History Presentation with Eric: Britain &amp; India (TH)</p> <p>7:00 SERIES: "The Ranch" (TH)</p> | <p>10:00 Crosswords* (GR) <b>2</b></p> <p>2:00 Ping Pong* (AR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: I am Celine Dion (TH)</p> <p>Labour Day</p>  | <p>10:00 Gentle Fit &amp; Stretch (AR) <b>3</b></p> <p>10:45 You be the Judge (GR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>6:30 Card Game Night* (GR)</p>  | <p>9:00 BUS: Medical Appointments &amp; Swimming at Crystal Pool (AR) <b>4</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:30 Resident \$1 Garage Sale - Fundraiser for Cops for Cancer (GR)</p> <p>7:00 MOVIE: Downton Abbey - A New Era (TH)</p>                                    | <p>9:30 BUS: Walking Group - Gorge Waterway (AR) <b>5</b></p> <p>2:30 Happy Hour ft. K-Tones (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: "The Kominsky Method" (TH)</p>   | <p>10:00 Chair Yoga with Kathy (AR) <b>6</b></p> <p>11:00 Meditation (LIB)</p> <p>1:00 Crib Tournament* (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>  | <p>9:45 Saturday Stroll* (FD) <b>7</b></p> <p>10:45 Crosswords* (GR)</p> <p>2:00 Euchre* (GR)</p> <p>3:00 Meet in the Great Room for Coffee &amp; Conversation* (GR)</p> <p>7:00 MOVIE: Arthur the King (TH)</p>                      |
| <p>9:30 United Church Service Video (TH) <b>8</b></p> <p>2:30 MATINEE: The War with Grandpa (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "The Ranch" (TH)</p> <p>Grandparent's Day</p>                                       | <p>10:00 Chair Tai Chi with Brenda (AR) <b>9</b></p> <p>10:45 Crosswords*</p> <p>2:30 Bingo led by Gord &amp; Betty (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: The Blue Angels (TH)</p>                             | <p>10:00 Gentle Fit &amp; Stretch (AR) <b>10</b></p> <p>10:45 Did you know? Fun Facts Trivia (GR)</p> <p>2:00 Wine &amp; Cheese Social ft. Studio 72 Jazz (GR)</p> <p>3:15 A Picture is Worth a 1000 Words (GR)</p> <p>6:30 Card Game Night* (GR)</p> | <p>9:00 BUS: Medical Appointments &amp; Swimming at Crystal Pool (FD) <b>11</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:00 BUS: Shopping at Tillicum Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Colouring &amp; Conversation (GR)</p> <p>7:00 MOVIE: American Underdog (TH)</p> | <p>8:00 Hearing Aid Cleaning Pick Up (FD) <b>12</b></p> <p>9:30 BUS: Walking Group - Playfair Park (AR)</p> <p>1:30 Food Meeting with Kevin (CAFE)</p> <p>2:30 Happy Hour ft. Bob's Bluegrass (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 SERIES: "The Kominsky Method" (TH)</p> | <p>10:00 Chair Yoga with Kathy (AR) <b>13</b></p> <p>11:00 Shut the Box! (GR)</p> <p>1:00 Story Sharing/Memoir Writing (FL)</p> <p>2:00 Who or What Am I? Trivia (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> | <p>9:45 Balls &amp; Bands (AR) <b>14</b></p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Metchosin Scenic Drive (AR)</p> <p>3:00 Target Practice (GR)</p> <p>7:00 MOVIE: Book Club - The Next Chapter (TH)</p>                           |
| <p>9:30 United Church Service Video (TH) <b>15</b></p> <p>2:30 MATINEE: Florence Foster Jenkins (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "The Ranch" (TH)</p>  | <p>10:00 Exercise (AR) <b>16</b></p> <p>10:45 Matching Cards Memory Game (GR)</p> <p>1:30 Horseracing (GR)</p> <p>2:30 Bingo (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: Surviving Paradise - A Family Tale (TH)</p> | <p>10:00 Gentle Fit &amp; Stretch (AR) <b>17</b></p> <p>10:45 You be the Judge (GR)</p> <p>1:45 Town Hall Meeting (GR)</p> <p>2:45 P.A.T.S. Dog Visit (GR)</p> <p>3:00 Craft Cider Tasting (GR)</p> <p>6:30 Card Game Night* (GR)</p>                 | <p>9:00 BUS: Medical Appointments &amp; Swimming at Crystal Pool (FD) <b>18</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>1:00 BUS: Shopping at Westshore Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Wooden Games: Jenga (GR)</p> <p>7:00 MOVIE: Crooked House (TH)</p>             | <p>9:30 BUS: Walking Group - Henderson Park (AR) <b>19</b></p> <p>2:30 Happy Hour ft. The Susan Smitten Trio NEW (GR)</p> <p>3:30 Pool Game* (GAMR)</p> <p>7:00 SERIES: "The Kominsky Method" (TH)</p>   | <p>10:00 Chair Yoga with Kathy (AR) <b>20</b></p> <p>11:00 Meditation (LIB)</p> <p>1:00 Crib Tournament* (GR)</p> <p>1:30 Ted Talk (TH)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p>                               | <p>9:45 Drumfit Exercise (AR) <b>21</b></p> <p>10:45 Fit Minds (AR)</p> <p>1:00 BUS: Central Saanich Scenic Drive (AR)</p> <p>3:00 Shuffleboard* (GAMR)</p> <p>7:00 MOVIE: The Boys in the Boat (TH)</p> <p>World Alzheimer's Day</p> |

| Sunday   | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|--|---|---|---|---|--|
| <p>9:30 United Church Service Video (TH) <b>22</b></p> <p>2:30 MATINEE: Failure to Launch (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "The Ranch" (TH)</p> <p>First Day of Autumn</p> | <p>10:00 Chair Tai Chi with Brenda (AR) <b>23</b></p> <p>10:45 Crosswords* (GR)</p> <p>2:30 Bingo led by Gord &amp; Betty (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: Apollo 11 (TH)</p>                            | <p>10:00 Hand Drumming Rhythmic Wellness Class (AR) <b>24</b></p> <p>10:45 Word Games (AR)</p> <p>2:00 Birthday Social ft. Jean Bedard (GR)</p> <p>3:15 Show &amp; Share (GR)</p> <p>6:30 Card Game Night* (GR)</p> | <p>9:00 BUS: Medical Appointments &amp; Swimming at Crystal Pool (FD) <b>25</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR)</p> <p>10:45 Trivia (GR)</p> <p>12:00 BUS: Shopping at Hillside Mall (AR)</p> <p>2:00 Bingo (GR)</p> <p>3:15 Colouring &amp; Conversation (GR)</p> <p>7:00 MOVIE: The King's Daughter (TH)</p> | <p>10:00 BUS: Lunch at Merridale Cidery in Cobble Hill (AR) <b>26</b></p> <p>2:30 Cops for Cancer Fundraising Happy Hour ft. Seabreeze (GR)</p> <p>3:30 Shuffleboard* (GAMR)</p> <p>7:00 MOVIE: At Middleton (TH)</p> | <p>10:00 Chair Yoga with Kathy (AR) <b>27</b></p> <p>11:00 Shut the Box! (GR)</p> <p>1:00 Story Sharing/Memoir Writing (FL)</p> <p>2:00 Who or What Am I? Trivia (GR)</p> <p>3:00 Knitting Group* (GR)</p> <p>3:00 Music Bingo (GR)</p> <p>7:00 SERIES: "This Is Us" (TH)</p> | <p>9:45 Saturday Stroll* (FD) <b>28</b></p> <p>10:45 Crosswords &amp; Word Searches* (GR)</p> <p>2:00 Euchre* (GR)</p> <p>3:00 Target Practice* (GR)</p> <p>7:00 MOVIE: Woman in Gold (TH)</p> |
| <p>9:30 United Church Service Video (TH) <b>29</b></p> <p>2:30 MATINEE: The Union (TH)</p> <p>3:00 Board Games* (GR)</p> <p>7:00 SERIES: "The Ranch" (TH)</p>                                    | <p>10:00 Crosswords* (GR) <b>30</b></p> <p>2:00 Shuffleboard* (GAMR)</p> <p>3:00 Knitting Group* (GR)</p> <p>7:00 DOCUMENTARY: Frybread Face &amp; Me (TH)</p> <p>Orange Shirt Day<br/>National Day for Truth &amp; Reconciliation</p> |    |   |   |   |  |

Locations Legend

- Great Room (GR)
- Theatre (TH)
- Activity Room (AR)
- Games Room (GAMR)
- Front Desk (FD)
- Tower Library (LIB)
- Fireside Lounge (FL)
- Courtyard Café (CAFE)

**MEAL TIMES:**  
**Breakfast 7:30am - 9:00am**  
**Lunch 11:15am - 12:30pm**  
**Dinner 4:15pm - 5:30pm**  
**Courtyard Café**  
**7:30am - 3:00pm**  
**5:00pm-6:30pm**

**TUCK SHOP:**  
**Monday, Wednesday & Friday**  
**2:00 - 3:00pm**  
**ARLENE'S SALON:**  
**Wednesdays & Thursdays**  
**10:00am-5:00pm**  
**BINGO 25 cents a card**  
**HORSERACING 10 cents per game**  
**HAPPY HOUR \$2 drink donation**  
**\* Denotes resident led activity**