

# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat												
<b>1</b> 2:30 Afternoon Tea 6:00 Movie 	<b>LABOUR DAY</b> <i>Michelle here</i> <b>2</b> 9:45 Gentle Yoga 10:30 Manicures <i>No Painting Today</i> 1:45 Bingo 2:30 Afternoon Tea 3:00 Wii Bowling 	<i>Lindsay away-Kelsey here all week</i> <b>3</b> 9:45 Sit and be Fit 10:30 Mental Aerobics 1:00 Canasta 2:30 Afternoon Tea 3:30 Play Reading 6:45 Crib	9:45 Fitball 1:00 New Market 2:30 Afternoon Tea <b>3:00 Happy Hour w/ Pierre Eady</b>  7-9 Community Bridge 	<b>5</b> 9:45 Sit to Stand 1:45 Bingo 2:30 Afternoon Tea 3:30 Dog Visits 6:00 Bridge	<b>6</b> 9:45 Fitball 10:30 Brain Benders <b>12:30 Squamish Town Hub</b> 1:00 Canasta 2:30 Afternoon Tea 3:30 Racehorse Game	<b>7</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee 												
<b>Grandparents Day</b> <b>8</b> <b>2:00 Carolyn Grass &amp; Friends entertain</b> 2:30 Afternoon Tea 6:00 Movie 	<b>9</b> 9:45 Gentle Yoga 10:30 Painting 10:30 Manicures 1:45 Bingo 2:30 Afternoon Tea <b>3:30 Play Reading</b>	<b>10</b> 9:45 Sit and be Fit 10:30 Mental Aerobics 1:00 Canasta <b>2:00 Sunshine Singers</b> 2:30 Afternoon Tea 6:45 Crib 	<b>11</b> 9:45 Fitball 1:00 New Market 2:30 Afternoon Tea 3:30 Social Hour 7-9 Community Bridge 	<b>12</b> 9:45 Sit to Stand 1:00 Parkinsons exercises 1:45 Bingo <b>2:30 Library Here</b> <b>2:30 Birthday Tea</b> 3:30 Dog Visits 6:00 Bridge 	<b>13</b> 9:45 Fitball 10:30 Brain Benders 1:00 Canasta <b>2:15 Christine music</b> 2:30 Afternoon Tea 3:30 Racehorse Game	<b>14</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee 												
<b>15</b> <b>10:30 Bible Reading &amp; Discussion w/ Denny</b> 2:30 Afternoon Tea 6:00 Movie	<b>16</b> 9:45 Gentle Yoga 10:30 Painting 10:30 Manicures 1:45 Bingo 2:30 Afternoon Tea <b>3:30 Play Reading</b>	<b>17</b> 9:45 Sit and be Fit 10:30 Mental Aerobics 1:00 Canasta <b>1:15 Bus Walmart</b> <b>2:00 Sunshine Singers</b> 2:30 Afternoon Tea <b>5:15 Peter &amp; Lana ent.</b> 6:45 Crib 	<b>18</b> 9:45 Fitball 11:30 Branch 70 1:00 New Market 2:30 Afternoon Tea 3:30 Social Hour 7-9 Community Bridge 	<b>19</b> 9:45 Sit to Stand 1:00 Parkinsons exercises 1:45 Bingo 2:30 Afternoon Tea <b>3:00 Food Forum</b> 3:30 Dog Visits 6:00 Bridge	<b>20</b> 9:45 Fitball 10:30 Brain Benders 1:00 Canasta <b>2:00 Bocci</b> 2:30 Afternoon Tea 3:30 Racehorse Game	<b>21</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee 												
<b>22</b> <b>10:30 Bible Reading &amp; Discussion w/ Denny</b> 2:30 Afternoon Tea 6:00 Movie	<b>23</b> 9:45 Gentle Yoga 10:30 Painting 10:30 Manicures 1:45 Bingo 2:30 Afternoon Tea <b>3:30 Play Reading</b>	<b>24</b> 9:45 Sit and be Fit 10:30 Mental Aerobics <b>11:30 Lunch Shady Tree</b> 1:00 Canasta <b>2:00 Sunshine Singers</b> 2:30 Afternoon Tea 6:45 Crib	<b>25</b> 9:45 Fitball 1:00 New Market 2:30 Afternoon Tea 3:30 Social Hour 7-9 Community Bridge	<b>26</b> 9:45 Sit to Stand 1:00 Parkinsons exercises 1:45 Bingo 2:30 Afternoon Tea 3:30 Dog Visits 6:00 Bridge	<b>27</b> 9:45 Fitball 10:30 Brain Benders 1:00 Canasta 2:30 Afternoon Tea <b>2:00 Resident Forum</b> 3:30 Racehorse Game	<b>28</b> 1:45 Bingo 2:30 Afternoon Tea 3:00 Saturday Matinee 												
<b>29</b> <b>10:30 Bible Reading &amp; Discussion w/ Denny</b> 2:30 Afternoon Tea 6:00 Movie	<b>30</b> 9:45 Gentle Yoga 10:30 Painting 10:30 Manicures 1:45 Bingo 2:30 Afternoon Tea <b>3:30 Play Reading</b>	<div style="border: 2px solid red; padding: 5px; text-align: center;"> <p><b><i>New this month!!!</i></b> </p> <p><i>Bible Reading &amp; Discussion w/ Denny on Sundays.</i></p> <p><i>Play Reading has moved from Tuesdays to Mondays.</i></p> <p><i>Sunshine Singers will practice here on Tuesdays.</i></p> <p><i>Brain Benders has moved from Thursday to Fridays.</i></p> </div>			<div style="border: 1px solid blue; padding: 5px;"> <p style="text-align: center;"><b>Birthdays in September</b></p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td>Judy B. (1)</td> <td>Rita L. (2)</td> <td>Ann V. (2)</td> </tr> <tr> <td>Margaret (6)</td> <td>Nancy C. (7)</td> <td>Jon S. (9)</td> </tr> <tr> <td>Mary M. (9)</td> <td>Roger (12)</td> <td>Miriam Mc. (23)</td> </tr> <tr> <td>Maria K. (23)</td> <td>Anne B. (30)</td> <td></td> </tr> </table> </div>	Judy B. (1)	Rita L. (2)	Ann V. (2)	Margaret (6)	Nancy C. (7)	Jon S. (9)	Mary M. (9)	Roger (12)	Miriam Mc. (23)	Maria K. (23)	Anne B. (30)		
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# VEGETABLE WORD FIND

K	A	T	T	O	M	A	T	O	L	I	D	H	O
C	C	S	W	E	E	T	C	O	R	N	L	C	L
E	C	E	B	M	A	Y	O	T	A	M	I	A	O
D	H	O	T	N	A	L	P	G	G	E	T	N	A
O	I	C	O	N	I	O	N	L	A	L	N	I	A
I	C	V	S	L	E	S	S	U	R	B	E	P	E
T	K	S	S	A	E	P	T	A	O	E	L	S	T
B	P	B	R	O	C	C	O	L	I	O	V	T	V
L	E	T	O	G	A	R	L	I	C	P	E	C	N
O	A	A	O	D	A	C	O	V	A	O	R	E	S
L	E	L	P	R	S	E	N	D	I	V	E	L	N
I	T	T	P	R	R	Y	N	T	L	O	S	E	A
V	O	I	E	C	O	A	S	S	E	C	I	R	D
E	O	T	A	T	O	P	C	N	O	V	O	Y	R



## Shannon Falls Retirement Residence Activity Calendar *September 2019*

CELERY  
LENTIL  
GARLIC  
OLIVE  
CHICKPEA  
AVOCADO  
BRUSSELS  
BROCCOLI  
ONION

Shannon Falls Retirement Residence  
38225 Third Avenue  
Squamish, B.C. V8B 0S2  
(604) 848-2000

SPINACH  
CARROT  
TOMATO  
SWEETCORN  
ENDIVE  
POTATO  
EGGPLANT  
YAM  
PEAS

