






September 2023



2 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:30am Courtyard Hymn Singing - C 10:30am Valleyview News - TV2E 2:30pm Jewish Service - MPR	2 10:30am Church Service - MPR 3:00pm Spiritual Songs
3 10:30am Catholic Service - MPR 10:30am Outdoor Time - V 2E 2:30pm Reminiscing - Trip Down Memory Lane	4 Labour Day 10:30am Courtyard Club - C	5 10:30am Balloon Volleyball - TV2E	6 10:30am Church Service - MPR 2:00pm Movie - MPR	7 10:30am Outdoor Time - V 2E 2:30pm Entertainment - Elvis Impersonator - MPR	8 10:30am Armchair Travel - TV2E 2:30pm Jewish Service - MPR	9 10:30am Church Service - MPR 3:00pm Spiritual Songs
10 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	11 10:30am Yoga with Nancy - MPR	12 10:30am Community Artists Club - MPR 2:30pm Bingo - AR2E	13 10:30am Church Service - MPR 2:00pm Movie - MPR	14 10:30am Outdoor Time - V 2E 2:30pm Valleyview News - TV2E	15 Rosh Hashanah 10:30am Friendly Visits - V 2E 2:30pm Jewish Service - MPR	16 Rosh Hashanah 10:30am Church Service - MPR 3:00pm Spiritual Songs
17 Rosh Hashanah 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	18 10:30am Seated Ballroom - MPR 2:30pm Residents' Council - MPR	19 10:30am Physical Games - TV2E	20 10:30am Church Service - MPR 2:30pm Memorial Service - MPR	21 10:30am Outdoor Time - V 2E 2:30pm Entertainment - Jay Franco - MPR	22 10:30am Activity Calendar Planning - TV2E 2:30pm Jewish Service - MPR	23 Autumn Equinox 10:30am Church Service - MPR 3:00pm Spiritual Songs
24 Yom Kippur 10:30am Catholic Service - MPR 2:30pm Reminiscing - Trip Down Memory Lane	25 Yom Kippur 10:30am Yoga with Nancy - MPR	26 10:30am Bingo - AR2E	27 10:30am Church Service - MPR 2:00pm Movie - MPR	28 10:30am Outdoor Time - V 2E 2:30pm Video Entertainment and Discussion - TV2E	29 Sukkot 10:30am Armchair Travel - TV2E 2:30pm Jewish Service - MPR	30 Sukkot 10:30am Church Service - MPR 3:00pm Spiritual Songs

AR2E - Activity Room 2E

C - Courtyard

MPR - Multi-Purpose Room

TV2E - TV Room 2E

V 2E - Varied 2E

Programs subject to change.