

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>Good Morning Opposites Attract Love to Move Noodle Hockey Biography: Emma M. Nutt Basketball Shuffleboard</p> <p>1</p>	<p>Breakfast Club Word Ladder Zumba Class All About: Labor Day Rollerball Game Simple Stretching Sing Along</p> <p>2</p> <p style="text-align: center;"><small>Labor Day</small></p>	<p>This Day in History Walking Club Urban Myths Balloon Volleyball Artist: Peacock Collage Chair Yoga Happy Hour</p> <p>3</p>	<p>Coffee & Chat What's in My Room Let's Dance Bucket Ball Red or Black Card Game Bowling Snakes & Ladders</p> <p>4</p>	<p>Chronicles Double OO game Fitness Club Tallest Buildings Jenga Ladder Ball Bounce and Score</p> <p>5</p>	<p>Morning Chat Scattergories Tai Chi Reading Club Bean Bag Toss Stretch & Flex Men's Club</p> <p>6</p>	<p>Rise & Shine Riddle Me This Let's Get Fit Ping Pong Toss Bean Bag Toss Fitness Where in the World? UNO</p> <p>7</p>	
<p>Morning Mingle Word Games Stretch & Flex Air Hockey Reading Club Let's Move Happy Hour</p> <p>8</p> <p style="text-align: center;"><small>Grandparents Day</small></p>	<p>Happy Monday Cranium Crunches Sit & Fit Bingo Race to the Finish Bowling Checkers</p> <p>9</p>	<p>Greetings This or That Balloon Volleyball Art & Craft: Patch Work History of Sewing Machine Afternoon Fitness Dominoes</p> <p>10</p>	<p>In the News Where in the World? Fitness Class Active Games What to Bring? Simple Stretch Shuffleboard</p> <p>11</p>	<p>Morning Chat Sounds a bit Fishy Love to Move You Be the Judge Roller Balls Basketball Tournament Let's Sing!</p> <p>12</p>	<p>Headline News Junkyard Detectives Tai Chi The Price is Right Ring Toss Ladder Ball Scrabble</p> <p>13</p>	<p>Saturday News Ying & Yang Group Fitness Place the Face Indoor Bocce Game Sit & Fit Card Games</p> <p>14</p>	
<p>Rise & Shine Ageless Spirit Rhythm & Move First to Win Old Wives Tales Boogy Ooogy Dance Moves Snakes & Ladders</p> <p>15</p>	<p>Coffee Table Fun Riddle Solving Ball Toss Ping Pong Toss Art Club: Rock Painting Chair Yoga Name to Win</p> <p>16</p>	<p>Happy Day Odd Word Out Quiz Patio Fitness Pipe Ball Game Travelogue: Isle of Man Let's Get Fit Fun Times</p> <p>17</p>	<p>This Day in History Caption the Pictures National Ballet Dancing Kitchen Talk Mini Golf Stretch & Flex Checkers</p> <p>18</p>	<p>Breakfast Club Word Search Walking Club Tin Can Alley Dominoes Bowling Karaoke</p> <p>19</p>	<p>Greetings 5 Second Rule Tai Chi Jeopardy Balloon Batting Simple Stretch What's Next?</p> <p>20</p>	<p>Good Morning Red or Black Card game Happy Stretch Bowling Sing Along Move & Groove Comedy Hour</p> <p>21</p> <p style="text-align: center;"><small>Oktoberfest Begins</small></p>	
<p>Happy Sunday Words of Wisdom Fitness Time Apple Bingo All About: Autumn Equinox Let's Get Moving This or That</p> <p>22</p> <p style="text-align: center;"><small>Autumn Begins</small></p>	<p>Morning Chronicles Word Ladder Zumba Air Hockey Around the World Balloon Volleyball Spa Cart</p> <p>23</p>	<p>Table Topics Cranium Crunches Movement to Music Mini Golf Wonders of Wildlife Ring Toss</p> <p>24</p>	<p>Chat & Music Odd One Out Morning Stretch Ping Pong Toss Shuffleboard Grandparents Day Celebration</p> <p>25</p>	<p>Rise & Shine Cranium Crunches Chair Yoga Zentagle Art Travelogue: Australia Basketball Tournament Wine & Cheese Social</p> <p>26</p>	<p>What's in News Dice Game: Lucky Roll Tai Chi Tin Can Alley All About: Exotic Birds Sit & Stretch Who Am I?</p> <p>27</p>	<p>Highlights Guess My Job Stretch & Flex Mini Golf Checkers Ladder Toss Sing Along</p> <p>28</p>	
<p>Sunday Catchups Spiritual Wisdom Let's Move You Be the Judge Ball Toss Simple Stretch Jeopardy</p> <p>29</p>	<p>Hello Monday Scattergories Walking Club Everything You Need to Know About Yogurt Fitness Class Snakes & Ladders</p> <p>30</p>	 <p>www.cedarhursthome.ca</p>					

The timing and length of the activities may change as they are driven by residents' interest and engagement. "Individual visits also occur"

September 2024

"Autumn is the antidote to stifling summer." - Terri Guillemets