

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 One to One Exercises 10:15 Roman Catholic Communion 2:00 Senses Game	9:15 One to One Exercises 10:30 Exercise Group 2:00 Curling 3:00 Snowflake Visits 7:00 "Labor" Guggenheim 	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Entertainment with Joel Horvath 3:00 Tuck Cart 3:30 Bible Lessons 7:00 ABC School Items 	9:15 One to One Exercises 9:45 Stronger Seniors 10:30 Bible Study with Wally DeWolfe 2:00 Resident Council and Food Committee 3:00 Ice Cream Cones	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Bridge Golf 3:00 Book Club 7:00 Bake for Carnival	8:30 Breakfast Club 9:45 Exercise Group 10:45 Rosary with Mary Helen VanLoon 2:00 Bingo 7:00 Bake for Carnival	9:15 One to One Exercises 10:00 News and Views 2:00 Balloon Volleyball 3:00 Manicures 7:00 Ladies Night
10:15 Roman Catholic Communion 1:00-4:00 GRANDPARENTS DAY CARNIVAL! 12:30 Music with Dana 7:00 "Grandparents Day" Word in a Word	9:15 One to One Exercises 10:30 Stronger Seniors 12:30 Family Council Meeting 2:00 Bake for Fall Fair 3:00 Tuck Cart 7:00 Wii Family Feud	9:15 One to One Exercises 10:30 Walk A Blocks 1:45 Bean Bag Toss with Community Living 3:00 Snowflake Visits 7:00 Family Games Night	9:15 One to One Exercises 9:45 Stronger Seniors 10:30 Bible Study with Walyl DeWolfe 2:00 Tea Cup/Boot Arrangements for Fall Fair 3:00 Ice Cream Cones	9:15 One to One Exercises 10:30 Stronger Seniors 2:00 Tic Tac Toe Trivia 3:00 Book Club 7:00 Fun and Fitness	9:45 Exercise Group 10:45 Rosary with Mary Helen VanLoon 2:00 Bingo 7:00 Entertainment with the Leaving Tracks FRIDAY THE 13TH WEAR BLACK	9:15 One to One Exercises 10:00 Exercise Group 2:00 Floor Shuffleboard 3:00 Manicures 7:00 Men's Night NATIONAL CREAM FILLED DONUT DAY! 
9:15 One to One Exercises 10:15 Roman Catholic Communion 2:00 Horse Races 3:00 Snoezelen 7:00 Bornholm Church Entertains	9:15 One to One Exercises 10:30 Stronger Seniors 1:30 Music with Dana 2:00 Pokeno 3:00 Tuck Cart 7:00 Slot Machine Competition	9:15 One to One Exercises 10:30 Walk A Blocks 2:00 Painting with Jayne 4:00 Bible Lessons 7:00 Wii Wheel of Fortune	9:15 One to One Exercises 9:45 Stronger Seniors 10:30 Bible Study with Walyl DeWolfe 2:00 Church Service with Pastor Ken Whiting 3:00 Ice Cream Cones	9:15 One to One Exercises 9:45 Stronger Seniors 11:00 Mass with Father Philip Joseph 2:00 Entertainment with Cameron Denomme 3:00 Book Club 7:00 Bean Bag Toss	8:30 Breakfast Club 9:45 Exercise Group 10:45 Rosary with Mary Helen VanLoon 2:00 Bingo 7:00 Karaoke NATIONAL PEPPERONI PIZZA DAY! 	9:15 One to One Exercises 10:00 News and Views 2:00 Ladder Ball WORLD PEACE DAY WEAR WHITE 
9:15 One to One Exercises 10:15 Roman Catholic Communion 2:00 Target Toss	9:15 One to One Exercises 10:30 Stronger Seniors 1:30 Music with Dana 2:00 Drumming with Dana 3:00 Tuck Cart 7:00 Wii Bowling FIRST DAY OF FALL WEAR FALL COLOURS 	9:15 One to One Exercises 10:30 Walk A Blocks 2:00 Birthday Party with Ron Allin 7:00 Family Games Night 9am-3pm Alzheimer Coffee Break & Bake Sale in Basement-WEAR BLUE! 	9:15 One to One Exercises 9:45 Stronger Seniors 10:30 Bible Study with Walyl DeWolfe 2:00 Giant Yahtzee 3:00 Ice Cream Cones 7:00 Book Club	9:15 One to One Exercises 10:00-3:00 Geri-Fashions Sale 10:30 Stronger Seniors 2:00 Scategories 3:00 Chats with Cathy 7:00 Fun and Fitness	8:30 Breakfast Club 9:45 Exercise Group 10:45 Rosary with Mary Helen VanLoon 2:00 Bingo 7:00 Movie Night and Popcorn 	9:15 One to One Exercises 10:00 News and Views 2:00 Universal Yums-Snacks and Trivia
9:15 One to One Exercises 10:15 Roman Catholic Communion 2:00 Memorial Service with Pastor Laurie Morris	9:15 One to One Exercises 10:30 Stronger Seniors 1:30 Music with Dana 2:00 Music Bingo 3:00 Tuck Cart 7:00 Plinko	 <h1 style="margin: 0;">September 2019</h1>  <h2 style="margin: 0;">SEAFORTH LONG TERM CARE HOME</h2>				

DUE TO UNFORSEEN CIRCUMSTANCES PROGRAM CHANGES MAY OCCUR WITHOUT ADVANCED WARNING.