




Gladstone Seniors Residence



SEPTEMBER 2021



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 9:30 Upper Body 10:00 ROSARY 2:00 Target Practice	2 9:30 Lower Body 2:30 FATHER LOUIE	3 9:30 Upper Body 2:00 CARDS/GAMES	4 Clean wheelchairs and walkers (C1)
5 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	6 LABOUR DAY 	7 9:30 Lower Body 2:00 BINGO	8 9:30 Upper Body 10:00 ROSARY 2:00 REMEMBER WHEN	9 9:30 Lower Body 11:00 ST. MARY'S 2:00 YAHTZEE	10 9:30 Upper Body 12:00 BBQ on Patio Sign up sheet by activity board 2:00 VISIT A FRIEND	11 Clean wheelchairs and walkers (C1)
12 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	13 9:30 Lower Body 2:00 HEAD BANDS	14 9:30 Upper Body 2:00 CARD BINGO	15 9:30 Lower Body 10:00 ROSARY 2:00 WHEEL OF FORTUNE	16 9:30 Upper Body 2:00 BINGO	17 9:30 Lower Body 2:00 TREAT ON THE DECK	18 Clean wheelchairs and walkers (C1)  Dale P.
19 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	20 9:30 Upper Body 2:00 LET'S TALK (current events)	21 9:30 Lower Body 2:00 BOWLING	22 FIRST DAY OF FALL 9:30 Upper Body 10:00 ROSARY 2:00 CRAFT  Marlene W.	23 9:30 Lower Body 2:00 CARD BINGO	24 9:30 Upper Body 2:00 BEAN BAG TOSS  Olga D.	25 Clean wheelchairs and walkers (C1)  Sid D.
26 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	27 9:30 Lower Body 2:00 BINGO	28 9:30 Upper Body 2:00 WHEEL OF FORTUNE	29 9:30 Lower Body 10:00 ROSARY 2:00 BIRTHDAY PARTY MONTHLY WEIGHTS	30 9:30 Upper Body 2:00 CARD BINGO  Helen W.		

Activities may change on daily basis due to weather, cancellations or last minute changes or additions.