



Gladstone Seniors Residence

SEPTEMBER 2020



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Activities may change on daily basis due to weather, cancellations or last minute changes or additions. Activities are for our residents only.		1 9:30 Upper Body 2:00 CARD BINGO	2 9:30 Lower Body 11:00 ROSARY 2:00 WHEEL OF FORTUNE	3 9:30 Upper Body 2:00 BINGO	4 9:30 Lower Body 12:00 BBQ 2:00 VISIT ON THE PATIO	5 Clean wheelchairs and walkers (C1)
6 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	7 LABOUR DAY 	8 9:30 Upper Body 2:00 CARD BINGO	9 9:30 Lower Body 11:00 ROSARY 2:00 BOCCE BALL	10 9:30 Upper Body 2:00 BINGO	11 9:30 Lower Body 2:00 RING TOSS	12 Clean wheelchairs and walkers (C1)
13 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	14 9:30 Upper Body 2:00 SHOW AND TELL	15 9:30 Lower Body 2:00 CARD BINGO	16 9:30 Upper Body 11:00 ROSARY 2:00 MORROCAN DAY	17 9:30 Lower Body 2:00 BINGO	18 9:30 Upper Body 2:00 REMEMBER WHEN	19 Clean wheelchairs and walkers (C1)
20 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	21 9:30 Lower Body 2:00 YAHTZEE	22 FIRST DAY OF FALL 9:30 Upper Body 2:00 CARD BINGO	23 9:30 Lower Body 11:00 ROSARY 2:00 CRAFT  Victoria B.	24 9:30 Upper Body 2:00 BINGO MONTHLY WEIGHTS	25 9:30 Lower Body 2:00 TREAT on the PATIO	26 Clean wheelchairs and walkers (C1)  Ann D.
27 SUNDAY BRUNCH Clean wheelchairs and walkers (C1)	28 9:30 Upper Body 2:00 CARD BINGO	29 9:30 Lower Body 2:00 CHARADES	30 9:30 Upper Body 11:00 ROSARY 2:00 WHEEL OF FORTUNE  Helen W.			