

September Seniors Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Community Events
				<p>12:00-12:30 Check-in 12:30-1:30 Get to know me 1:30-2:30 Ice break card games 2:30-3:00 Clean-Up</p>		<p>Collier United church Senior Luncheon with service dogs September 15, Friday 12:00-1:00pm</p>
<p>12:00-12:30 Check-in 12:30-1:00 Stretch and strength 1:00-1:45 Guess The tune 1:45-2:30 Bean Bag toss 2:30-3:00 Clean-Up</p>		<p>IRONCHEF</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in & Depart from E-House 12:30-2:30 Marie Curtis Beach Picnic 2:30-3:00 Depart & arrive back at E-House</p>		<p>Richmond Hill Public Library Seniors Skills Up September 21, Thurs. 2:00-3:00 pm</p>
<p>12:00-12:30 Check-in 12:30-1:00 Chair Exercises 1:00-1:45 20 questions (General Trivia) 1:45-2:30 Ping pong 2:30-3:00 Clean-Up</p>		<p>IRONCHEF</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in 12:30-1:30 Travelogue to Italy (Optional to dress acc.) 1:30-2:30 Taste to Italy 2:30-3:00 Clean Up!</p>		<p>About the Calendar: Mondays Recreational, cognitive and Physical activities and games</p> <p>Wednesdays Iron chef cooking program</p> <p>Fridays Community outings</p>
<p>12:00-12:30 Check-in 12:30-1:00 Meditation and Balance 1:00-1:45 Puzzles 1:45-2:30 Jewellery making (Beads) 2:30-3:00 Clean-Up</p>		<p>IRONCHEF</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in 12:30- 1:30 Community walk and Learn basics of Euchre 1:30-2:30 Preparation & Ideas for October 2:30-3:00 Clean-Up</p>		
<p>12:00-12:30 Check-in 12:30-1:00 Sit & Fit 1:00-1:45 Jeopardy 1:45- 2:30 Ladder Ball 2:30- 3:00 Clean-Up</p>		<p>IRONCHEF</p> <p>12:00-12:30 Check-in 12:30-2:00 Prep & Cook 2:00-2:30 Eat! 2:30-3:00 Clean-Up & plan next meal</p>		<p>12:00-12:30 Check-in & Depart from E-House 12:30-2:30 Tim Hortons Outing And Park Walk 2:30-3:00 Depart & arrive back at E-House</p>		<p>59 Beaver Bend Crescent Etobicoke, Ontario M9B 5R2</p> <p>T 416.231.4358 1.800.561.9158 F 416.231.9982 E groupprograms@bayshore.ca bayshore.ca</p>