



September 2023

Southbridge London





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>All programs are subject to change</i></p>		<h3>CHERRY Suites</h3> <p><i>Activity Aide ~ Amir</i> apoorvahabi@southbridgecare.com</p>			<p>10:15 Trivia 1 1:30 Physio Group Exercises (Willow) 2:15 Dice Game: Left, Right, Center with Willow Suites</p>	<p>10:30 Java Music 2 11:00 Physio Group Exercises (Willow) 2:15 School Days Trivia</p>
					<p>10:45 Virtual Church Service 3 2:15 Music and Memories</p>	<p><u>Labour Day</u> 4 10:30 Piano Music with Craig Hancock 11:00 Physio Group Exercises (Cherry) 2:15 "What's My Job"</p>
<p><u>Grandparent's Day</u> 10 10:30 Chapel Service with Chris 10:45 Virtual Church Service 1:30 Chaplain Visits 2:15 Grandparent's Day BINGO!</p>	<p>11:00 Physio Group Exercises (Cherry) 11 2:30 Music with Tara Dunphy 6:00 Evening BINGO</p>	<p>10:15 BINGO 12 1:30 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:30 Balcony Tea Time</p>	<p>10:30 Java Memory 13 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Crafts & Colouring</p>	<p>10:15 Jo's Reading Nook 14 10:30 Drum Circle 2:15 Afternoon Walks 2:30 Inspire</p>	<p>10:15 Trivia 15 1:30 Physio Group Exercises (Willow) 2:15 Bean Bag Toss</p>	<p>10:30 Java Music 16 11:00 Physio Group Exercises (Willow) 2:15 Gaither Gospel with Jack</p>
<p>10:45 Virtual Church Service 17 2:15 Music Afternoon: You Say It, We Play It</p>	<p><u>Southbridge London Fall Fair Week: 18th-22nd</u> 18 10:00 FAIR colouring sheets & puzzles 11:00 Physio Group Exercises (Cherry) 2:15 Target Toss</p>	<p>10:15 Carnival Fair BINGO 19 1:30 Physio Group Exercises (Willow) 2:00 Hymn Sing 2:30 Fall Fair Craft</p>	<p>10:30 Java Memory 20 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 2:15 Baking: Fair Food</p>	<p>9:00 Chaplain Visits 21 10:00 Catholic Mass 10:15 Dice Game: Left, Right, Center 2:30 Music with Bob & Rose Marie Finlay</p>	<p>10:15 Trivia: Fair Edition 22 1:30 Physio Group Exercises (Willow) 2:15 Southbridge London Fall FAIR</p>	<p><u>Fall Equinox National Hunting & Fishing Day</u> 23 10:30 Java Music 11:00 Physio Group Exercises (Willow) 2:30 Hymn Sing 2:30 Duck Hunting</p>
<p>10:30 Chapel Service with Chris 24 10:45 Virtual Church Service 2:30 Scarecrow Craft 3:00 Chaplain Visits</p>	<p>9:45 Morning Country Drive 25 *sign up* 11:00 Physio Group Exercises (Cherry) 2:15 BINGO</p>	<p>9:45 Food Advisory & Residents' Council Meeting 26 1:30 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:30 Music with Larry Smith</p>	<p><u>Visiting Library Delivery</u> 27 10:30 Java Memory 10:30 Manicures 11:00 Physio Group Exercises (Cherry) 3:00 Fall Afternoon Walks</p>	<p>10:15 Jo's Reading Nook 28 10:30 Poet Tree 1:30 Chaplain Visits 2:15 Fall Trivia</p>	<p><u>National Coffee Day</u> 29 8:45 Breakfast Club 1:30 Physio Group Exercises (Willow) 2:15 Cherry Birthday Party 2:15 Knitting & Crocheting Club with Coffee Tasting</p>	<p><u>Orange Shirt Day</u> 30 10:30 Java Music 11:00 Physio Group Exercises (Willow) 2:30 Ball & Bean Bag Toss</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>All programs are subject to change</i>		<h3>MAPLE Suites</h3> <p>Activity Aide ~ Penny <i>pdisanto@southbridgecare.com</i></p>			10:15 BINGO 1 2:00 Movement Matters 2:15 Caring & Sharing Afternoon	10:30 Java Music 2 1:30 Physio Group Exercises (Maple) 2:15 School Days Trivia
10:45 Virtual Church Service 3 2:15 Music and Memories	<u>Labour Day</u> 4 10:30 Piano Music with Craig Hancock 1:30 Physio Group Exercises (Oak) 2:30 Rummoli 3:00 Plant Care Visits	10:15 Manicures 5 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 2:15 Apple Tree Painting	10:30 Java Memory 6 2:15 Baking	10:15 Funny Fashions 7 11:00 Physio Group Exercises (Maple) 11:00 Montessori Visits 1:15 Chaplain Visits 2:15 Making Tailored Sugar Wafer Dresses	10:15 BINGO 8 2:15 Men's Club 2:15 September Humor	10:30 Java Music 9 10:30 Hymn Sing 1:30 Physio Group Exercises (Maple) 2:30 All About Apples Social
<u>Grandparent's Day</u> 10 10:30 Chapel Service with Chris 10:45 Virtual Church Service 11:30 Chaplain Visits 2:15 Grandparent's Day BINGO!	10:15 Trivia & Jokes 11 1:30 Physio Group Exercises (Oak) 2:30 Music with Tara Dunphy 3:00 Plant Care Visits	10:15 Manicures 12 10:30 Hope Group 11:00 Physio Group Exercises (Oak) 2:15 Traveling To Italy Travelogue	10:30 Java Memory 13 2:30 Jo's Reading Nook	10:30 Drum Circle 14 11:00 Physio Group Exercises (Maple) 11:15 Chaplain Visits 2:15 Laugh with Lis	10:15 BINGO 15 2:15 Afternoon Outdoor Walks	10:30 Java Music 16 1:30 Physio Group Exercises (Maple) 2:15 Gaither Gospel with Jack
10:45 Virtual Church Service 17 2:15 Music Afternoon: You Say It, We Play It	<u>Southbridge London Fall Fair Week: 18th-22nd</u> 18 10:15 Fall Fair Craft 1:30 Physio Group Exercises (Oak) 2:15 Target Toss	10:15 Manicures 19 10:30 Inspire 11:00 Physio Group Exercises (Oak) 2:15 Western Fair: Over the Years	9:45 Morning Country Drive *sign-up* 20 10:30 Java Memory 2:15 Baking: Fair Food	<u>International Day of Peace</u> 21 10:00 Catholic Mass 10:15 All About International Day of Peace 11:00 Physio Group Exercises (Maple) 2:30 Music with Bob & Rose Marie Finlay	10:15 Carnival Fair BINGO 22 2:15 Southbridge London Fall FAIR	<u>Fall Equinox National Hunting & Fishing Day</u> 23 10:30 Java Music 1:30 Chaplain Visits 2:30 Duck Hunting
10:30 Chapel Service with Chris 24 10:45 Virtual Church Service 1:30 Chaplain Visits 2:30 Scarecrow Craft	1:30 Physio Group Exercises (Oak) 25 2:15 September Birthday Party 6:00 Paint Night	9:45 Food Advisory & Residents' Council Meeting 26 10:15 Manicures 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 2:30 Music with Larry Smith	<u>Visiting Library Delivery</u> 27 10:30 Java Memory 3:00 Fall Afternoon Walks	10:30 Poet Tree 28 11:00 Physio Group Exercises (Maple) 2:15 Sensory Visits 2:30 Hymn Sing	<u>National Coffee Day</u> 29 8:45 Breakfast Club 10:15 BINGO 2:15 Knitting & Crocheting Club with Coffee Tasting	<u>Orange Shirt Day</u> 30 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:30 Ball & Bean Bag Toss

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<p><i>All programs are subject to change</i></p>		<h3>OAK Suites</h3> <p><i>Activity Aides ~ Elisabeth & Katie</i> <small>ejohn@southbridgecare.com & krigg@southbridgecare.com</small></p>			<p>2:15 Colour Your World 1 6:00 Pool Noodles</p>	<p>10:30 Java Music 2 1:30 Physio Group Exercises (Maple) 2:15 School Days Trivia 6:00 Evening Walks</p>	
	<p>10:45 Virtual Church Service 3 2:15 Music and Memories 6:30 Sensory Visits</p>	<p><u>Labour Day</u> 4 10:30 Piano Music with Craig Hancock 1:30 Physio Group Exercises (Oak) 2:15 Montessori 6:00 Would You Rather? Work Edition</p>	<p>10:30 Hymn Sing 5 11:00 Physio Group Exercises (Oak) 2:15 Manicures 6:00 Bean Bag Toss</p>	<p>10:30 Java Memory 6 2:15 Craft Corner 6:00 Pool Noodles</p>	<p>10:00 BINGO 7 11:00 Physio Group Exercises (Maple) 11:15 Chaplain Visits 2:15 Puzzle Time 6:00 Movie Night</p>	<p>10:15 Joyful Reflections 8 2:15 Men's Club 3:00 Sensory Visits 6:00 Balloon Baseball</p>	<p>10:30 Java Music 9 1:30 Physio Group Exercises (Maple) 2:30 Hymn Sing 2:30 All About Apples Social 6:00 Karaoke</p>
	<p><u>Grandparent's Day</u> 10 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:15 Grandparent's Day BINGO! 6:00 Sing-a-long</p>	<p>10:15 Manicures 11 1:30 Physio Group Exercises (Oak) 2:30 Music with Tara Dunphy 6:00 Parachute Play</p>	<p>10:15 Funny Fashions 12 11:00 Physio Group Exercises (Oak) 11:15 Chaplain Visits 2:00 Movie: Devil Wears Prada 6:00 Target Toss</p>	<p>10:30 Java Memory 13 10:45 Flying Our Airplanes 11:00 Movie Matinee 2:15 Baking - Chocolates 6:00 Karaoke</p>	<p>10:00 BINGO 14 10:30 Drum Circle 11:00 Physio Group Exercises (Maple) 2:00 Afternoon Walks 6:00 Musical Ball Toss</p>	<p>12:00 Noon Hour Trivia 15 2:15 Helping Hands 6:00 Sing-a-long with Katie</p>	<p>10:30 Java Music 16 1:30 Physio Group Exercises (Maple) 2:15 Gaither Gospel with Jack 6:00 Evening Walks</p>
	<p>10:45 Virtual Church Service 17 2:00 Colour Your World 2:15 Music Afternoon: You Say It, We Play It 6:30 Sensory Visits</p>	<p><u>Southbridge London Fall Fair Week: 18th-22nd</u> 18 10:15 Fair Games 1:30 Physio Group Exercises (Oak) 5:15 Pizza Dinner Program *sign-up* 6:30 Balloon Baseball</p>	<p>11:00 Physio Group Exercises (Oak) 19 11:15 Chaplain Visits 2:15 Manicures 6:00 Karaoke</p>	<p>10:30 Java Memory 20 11:00 Morning Country Drive 2:15 Helping Hands 6:00 Ball Toss</p>	<p>10:00 Catholic Mass 21 10:00 Carnival Fair BINGO 11:00 Physio Group Exercises (Maple) 2:30 Music with Bob & Rose Marie Finlay 2:30 Hymn Sing</p>	<p>10:15 Fair 22 Documentary 2:15 Southbridge London Fall FAIR 6:00 Sing-a-long with Katie</p>	<p><u>Fall Equinox</u> 23 <u>National Hunting & Fishing Day</u> 10:30 Java Music 10:30 Hymn Sing 2:30 Duck Hunting</p>
	<p>10:30 Chapel Service with Chris 24 10:45 Virtual Church Service 11:30 Chaplain Visits 2:30 Scarecrow Craft 6:00 Karaoke</p>	<p>10:15 Manicures 25 11:00 Morning Country Drive 1:30 Physio Group Exercises (Oak) 2:15 Sensory Visits 6:00 Parachute Play</p>	<p>9:45 Food Advisory & Residents' Council Meeting 26 10:15 Oak Birthday Party 11:00 Physio Group Exercises (Oak) 2:30 Music with Larry Smith 2:30 Hymn Sing</p>	<p><u>Visiting Library Delivery</u> 27 10:15 Montessori 10:30 Java Memory 5:45 Dance in the Dining Room</p>	<p>10:00 BINGO 28 10:30 Poet Tree 11:00 Physio Group Exercises (Maple) 11:30 Chaplain Visits 6:00 Sing-a-long with Katie</p>	<p><u>National Coffee Day</u> 29 8:45 Breakfast Club 2:15 Knitting & Crocheting Club with Coffee Tasting 2:15 Ball Toss</p>	<p><u>Orange Shirt Day</u> 30 10:30 Java Music 1:30 Physio Group Exercises (Maple) 2:30 Ball & Bean Bag Toss 6:00 Evening Walks</p>

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<i>All programs are subject to change</i>		<h3>PINE Suites</h3> <p>Activity Aide ~ Hillary hwayne@southbridgecare.com</p>			10:15 Sing-a-Long 1 11:00 Physio Group Exercises (Pine) 2:15 Manicures	10:30 Java Music 2 2:15 School Days Trivia
10:45 Virtual Church Service 3 2:15 Music and Memories	Labour Day 4 10:30 Piano Music with Craig Hancock 2:15 Trivia: Occupations	9:00 Chaplain Visits 5 10:15 Travelogue: Wild Babies 10:30 Room Visits 2:15 Sit and Stretch	10:30 Java Memory 6 1:30 Physio Group Exercises (Pine) 2:15 BINGO 3:00 Town Hall Meeting	10:30 Hymn Sing 7 1:30 Physio Group Exercises (Pine) 2:15 Laugh with Lis	10:15 Crafts 8 11:00 Physio Group Exercises (Pine) 2:15 Men's Club 2:15 Manicures	9:00 Chaplain Visits 9 10:30 Java Music 2:30 All About Apples Social
<u>Grandparent's Day</u> 10 9:00 Chaplain Visits 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:15 Grandparent's Day BINGO!	10:00 Colouring Pages & Word Searches Available 11 2:30 Music with Tara Dunphy	9:00 Chaplain Visits 12 10:15 Morning Sit and Stretch 2:00 Travelogue: Our Universe	<u>International Chocolate Day</u> 13 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:15 Baking - Chocolates	9:00 Chaplain Visits 14 10:15 Trivia 10:30 Drum Circle 1:30 Physio Group Exercises (Pine) 2:15 BINGO	10:15 Sing-a-Long 15 11:00 Physio Group Exercises (Pine) 2:15 Manicures	10:30 Java Music 16 2:15 Gaither Gospel with Jack
10:45 Virtual Church Service 17 2:15 Music Afternoon: You Say It, We Play It	<u>Southbridge London Fall Fair Week: 18th-22nd</u> 18 2:15 Fair Trivia 5:15 Pizza Dinner Program *sign-up*	9:00 Chaplain Visits 19 10:15 Famous Fairs Around The World 2:15 Sit and Stretch	9:45 Morning Country Drive *sign-up* 20 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 2:15 Carnival Fair BINGO	10:00 Catholic Mass 21 1:30 Physio Group Exercises (Pine) 2:30 Music with Bob & Rose Marie Finlay	10:15 Crafts: Fair Edition 22 11:00 Physio Group Exercises (Pine) 2:15 Southbridge London Fall FAIR	<u>Fall Equinox National Hunting & Fishing Day</u> 23 9:00 Chaplain Visits 10:30 Java Music 2:30 Duck Hunting
9:00 Chaplain Visits 24 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:30 Scarecrow Craft	10:00 Colouring Pages & Word Searches Available 25 2:15 Laughing Babies and Puppies	9:00 Chaplain Visits 26 9:45 Food Advisory & Residents' Council Meeting 2:30 Music with Larry Smith	<u>Visiting Library Delivery</u> 27 10:30 Java Memory 1:30 Physio Group Exercises (Pine) 3:00 Fall Afternoon Walks	9:00 Chaplain Visits 28 10:15 BINGO 10:30 Poet Tree 1:30 Physio Group Exercises (Pine) 2:15 Pine Birthday Party	<u>National Coffee Day</u> 29 8:45 Breakfast Club 11:00 Physio Group Exercises (Pine) 2:15 Knitting & Crocheting Club with Coffee Tasting	<u>Orange Shirt Day</u> 30 10:30 Java Music 2:30 Ball & Bean Bag Toss

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>All programs are subject to change</i></p>		<p>WILLOW Suites Activity Aide ~ Russlyn <i>rwade@southbridgecare.com</i></p>			<p>10:15 Crafts 1 1:30 Physio Group Exercises (Willow) 2:15 Dice Game: Left, Right, Center with Cherry Suites</p>	<p>10:30 Java Music 2 11:00 Physio Group Exercises (Willow) 2:15 School Days Trivia</p>
					<p>10:45 Virtual Church Service 3 2:15 Music and Memories</p>	<p><u>Labour Day</u> 4 10:30 Piano Music with Craig Hancock 11:00 Physio Group Exercises (Cherry) 2:15 BINGO 3:00 Townhall Meeting</p>
<p><u>Grandparent's Day</u> 10 10:30 Chapel Service with Chris 10:45 Virtual Church Service 2:15 Grandparent's Day BINGO!</p>	<p>11:00 Physio Group Exercises (Cherry) 11 2:30 Music with Tara Dunphy 6:30 Evening Games</p>	<p>10:15 BINGO 12 1:30 Physio Group Exercises (Willow) 1:45 Inspire</p>	<p><u>International Chocolate Day</u> 13 10:30 Java Memory 11:00 Physio Group Exercises (Cherry) 2:15 Baking - Chocolates</p>	<p>10:30 Drum Circle 14 1:30 Chaplain Visits 2:15 Manicures</p>	<p><u>Milkshake Month</u> 15 10:15 Crafts 1:30 Physio Group Exercises (Willow) 2:30 Milkshake Social</p>	<p>10:30 Java Music 16 11:00 Physio Group Exercises (Willow) 2:15 Gaither Gospel with Jack</p>
<p>10:45 Virtual Church Service 17 2:15 Music Afternoon: You Say It, We Play It</p>	<p><u>Southbridge London Fall Fair Week: 18th-22nd</u> 18 11:00 Physio Group Exercises (Cherry) 2:15 Carnival Fair BINGO 5:15 Pizza Dinner Program *sign-up*</p>	<p>10:15 Craft - Beaded Corn 19 1:30 Physio Group Exercises (Willow) 1:30 Chaplain Visits 2:15 Axe Throw</p>	<p>10:30 Java Memory 20 11:00 Physio Group Exercises (Cherry) 2:15 Whiteboard Word Games: Fair Edition</p>	<p>10:00 Catholic Mass 21 10:15 Manicures 2:30 Music with Bob & Rose Marie Finlay</p>	<p>10:00 FAIR colouring sheets & puzzles 22 1:30 Physio Group Exercises (Willow) 2:15 Southbridge London Fall FAIR</p>	<p><u>Fall Equinox National Hunting & Fishing Day</u> 23 10:30 Java Music 11:00 Physio Group Exercises (Willow) 11:15 Chaplain Visits 2:30 Duck Hunting</p>
<p>10:30 Chapel Service with Chris 24 10:45 Virtual Church Service 2:30 Scarecrow Craft</p>	<p>9:45 Morning Country Drive *sign up* 25 11:00 Physio Group Exercises (Cherry) 2:15 BINGO</p>	<p>9:45 Food Advisory & Residents' Council Meeting 26 10:30 Hymn Sing 1:30 Physio Group Exercises (Willow) 2:30 Music with Larry Smith</p>	<p><u>Visiting Library Delivery</u> 27 10:30 Java Memory 11:00 Physio Group Exercises (Cherry) 3:00 Fall Afternoon Walks</p>	<p>10:30 Poet Tree 28 10:30 Manicures 2:30 Willow Birthday Party</p>	<p><u>National Coffee Day</u> 29 8:45 Breakfast Club 10:30 Outdoor Walks 1:30 Physio Group Exercises (Willow) 2:15 Knitting & Crocheting Club with Coffee Tasting</p>	<p><u>Orange Shirt Day</u> 30 10:30 Java Music 11:00 Physio Group Exercises (Willow) 2:15 Documentary - Orange Shirt Day 2:30 Ball & Bean Bag Toss</p>