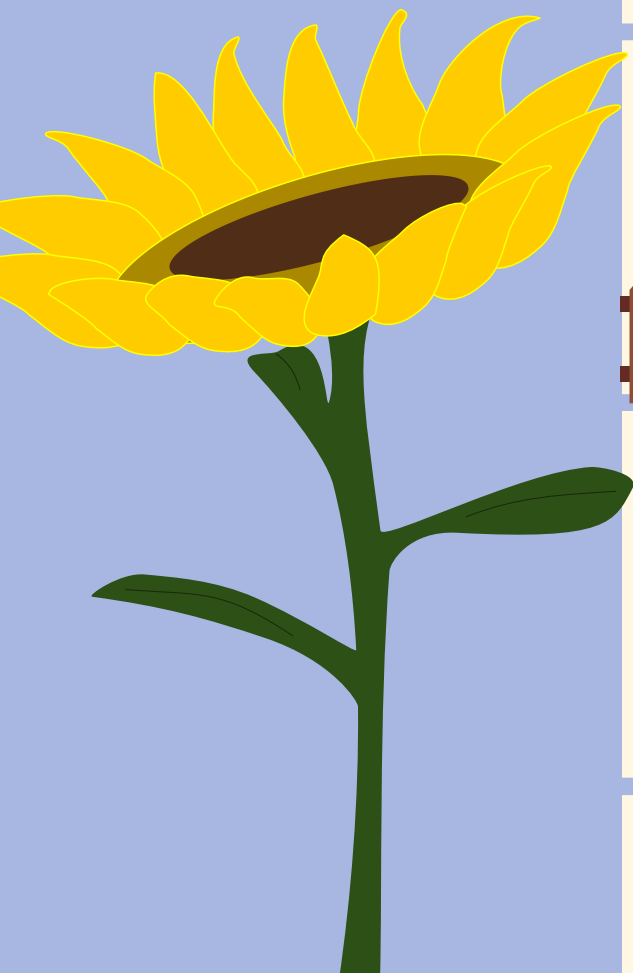


# SEP 2020



SUN	MON	TUE	WED	THU	FRI	SAT
last day of summer 21	 1	10:30 Yoga BD 1:45 BINGO LB 2:45 Visits	2 10:30 Visits 1:45 Music in the Courtyard BI/BD	3 10:15 Knitting UK 11:15 Exercise UK 2:00 Visits	4 10:30 Visits 2:00 library book lending	5 Cards with CCA's
6 Church with CCA's	7  labour day	8 10:30 Yoga TS 1:45 BINGO BD 3:00 TIC TAC TOE LB	<b>Ross Matheson</b> 10:30 Virtual Visits 1:45 SINGO BI 3:15 Cards HS	10 10:15 Knitting LB 11:15 Exercise LB 2:00 Rev. Mary Jo church TS	11 10:30 Jeopardy UK 1:45 Letters to Loved ones TS 3:00 1:1 Visits HS	12 Crafts with CCA's
<b>Josh Collier</b> Church with CCA's	14 10:15 Knitting TS 11:15 Exercise TS 1:45 Painting LB 3:30 Visits	15 <b>National Colouring day</b> 10:30 Yoga BD 1:45 Banner decorate (Colouring) ALL UNITS	16 10:30 Resident Choir UK 1:45 Resident Council	17 <b>International Country Music Day</b> 10:15 Knitting UK 11:15 Exercise UK 2:00 Country song circle BD	18 10:30 Song Circle HS 1:45 Alderwood Café LB 3:00 Crafting BI	19 <b>Wilma Noseworthy</b> Crafts with CCA's
<b>Carol MacRae</b> <i>Week's</i> <b>THEME</b> <b>Farm Life</b> 	21  21 10:15 Knitting LB 11:15 Exercise LB 1:45 Fishing HS	22 <b>1st day of fall</b> 10:30 Yoga UK 1:45 BINGO LB 3:30 Bird House painting BI 	<b>Sandra MacPhail</b> 10:30 Virtual Visits 1:45 Egg Drop TS vs. LB 	24 10:15 Knitting TS 11:15 Exercise TS 2:00 Rev. Mary Jo church UK	25 10:30 Virtual Visits 1:45 Dancercise 3:15 1:1 visits HS	26 Wii with CCA's
27 Church with CCA's	28 10:15 Knitting BD 11:15 Exercise BD 1:45 Cards HS	29 10:30 Yoga LB 1:45 Timbit BINGO BI 3:30 1:1 Visits TS	30  30 10:30 Scattergories on UK 1:00 Birthday party Music and CAKE	<b>ALYSSA ROCKWELL RECREATION DIRECTOR</b> <b>ALDERWOOD BOX 218 BADDECK NOVA SCOTIA B0E1B0</b> <b>PHONE: 902.295.2644 EXT 226 FAX: 902.295.3445</b> <b>RECREATION@ALDERWOODBADDECK.CA</b>		

World Alzheimer's Month

