

## September 2023 ~ Irene Baron Eden Centre ~ Life Enrichment Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>OUTDOOR ACTIVITIES ARE SUBJECT TO CHANGE DEPENDING ON THE WEATHER</p>					<p>1</p> <p>10:30 FITNESS AND SEPTEMBER NEWS</p> <p>1:30 SING-A-LONG</p>	<p>2</p> <p>10:30 FITNESS &amp; MY HILARIOUS JOB HISTORY</p> <p>1:30 LAWN DARTS</p>
<p>3</p> <p>10:30 WORSHIP SERVICE "FAITH" ONLINE</p> <p>1:30 WASHER TOSS</p>	<p>4</p>  <p>OFFICE CLOSED</p>	<p>5</p> <p>11:30- Ramblin Rose &amp; Blueberry Bay Outing to Roxi's Uptown Café in Selkirk, MB</p>	<p>6</p> <p>10:30 STRETCHES &amp; LABOR DAY TRIVIA</p> <p>1:30 HANGMAN</p>	<p>7</p> <p>10:30 STRENGTHENING EXERCISES</p> <p>6-8pm Movie Night</p>	<p>8</p> <p>10:30 FALL CLEANUP</p> <p>2:00 Piano by Sue</p>	<p>9</p> <p>10:30 MANICURES</p> <p>1:30 BOCCE BALL</p>
<p>Grandparents Day</p> <p>10</p> <p>10:30 WORSHIP SERVICE "LOYALTY" ONLINE</p> <p>2:30 Providence Church</p>	<p>11</p> <p>10:30 STRENGTHENING EXERCISES</p> <p>1:30 BIBLE STUDY ON 2<sup>ND</sup> FLOOR "PUT ON LOVE" COLOSSIANS 3:12-17</p>	<p>12</p> <p>10:30 FITNESS &amp; FINISH THE LINES</p> <p>1:30 BEAN BAG TOSS</p>	<p>13</p> <p>10:30 GROUP CROSSWORD PUZZLE</p> <p>1:30 BUCKET OF BALLS</p> <p>DOROTHY F. B-DAY</p>	<p>14</p> <p>1:30 CHAIR DANCING AROUND THE WORLD</p> <p>6pm HAPPY HOUR W/FLASHBACK EXPRESS</p>	<p>15</p> <p>10:30 FITNESS &amp; OCCUPATIONAL FOOD FOR THOUGHT</p> <p>2:00 Piano by Sue</p>	<p>16</p> <p>10:30 MANICURES</p> <p>1:30 FALL COLORING &amp; WORD SEARCH</p>
<p>17</p> <p>10:30 WORSHIP SERVICE "GOLDEN RULE" ONLINE</p> <p>1:30 WASHER TOSS</p> <p>SHIRLEY D. &amp; FRANCES K. B-DAY</p>	<p>18</p> <p>10:30 STRENGTHENING EXERCISES</p> <p>1:30 BIBLE STUDY ON 1<sup>ST</sup> FLOOR "PUT ON LOVE" COLOSSIANS 3:12-17</p>	<p>19</p> <p>10:30 FUN &amp; FITNESS</p> <p>1:30 Monthly Birthday Party w/Cal Wookey</p> <p>6pm Movie &amp; Popcorn</p>	<p>20</p> <p>10:30 CHAIR YOGA</p> <p>1:30 BUCKET OF BALLS</p>	<p>21</p> <p>10:30 SHAKE LOOSE A MEMORY</p> <p>1:30 LADDER BALL</p> <p>6-8pm Musical Concert online</p>	<p>22</p> <p>10:30 LEAF TRIVIA &amp; FALL CLEANUP</p> <p>2:00 Piano by Sue</p>	<p>23</p> <p>Fall is Here!</p> <p>10:30 FUN &amp; FITNESS</p> <p>1:30 MATH QUIZ &amp; WHO SAID THAT?</p>
<p>24</p> <p>10:30 WORSHIP SERVICE "LAUGHTER" ONLINE</p> <p>2:30 Providence Church</p>	<p>25</p> <p>10:30 STRENGTHENING EXERCISES</p> <p>1:30 BIBLE STUDY ON 2<sup>ND</sup> FLOOR "THE LORD IS MY SHEPHERD" PSALM 23</p>	<p>26</p> <p>11:30- Ivy Trails &amp; Marigold Lane Outing to Jonsey's Restaurant on Birds Hill Road</p>	<p>27</p> <p>1:30 DANIEL O'DONNELL DVD</p>	<p>28</p> <p>1:30 BEACH BALL CIRCLE</p> <p>6pm HAPPY HOUR W/PIANIST DOUG MYMRYK</p>	<p>29</p> <p>10:30 SIT N' DANCE DVD</p> <p>2:00 Piano by Sue</p>	<p>30</p> <p>Truth &amp; Reconciliation Day</p> <p>10:30 STRETCHES &amp; "ON THE JOB"</p> <p>1:30 BEAN BAG TOSS</p>

\*PLEASE SEE THE LIFE ENRICHMENT BOARD ~ ACTIVITIES ARE SUBJECT TO CHANGE DUE TO UNFORSEEN CIRCUMSTANCES\*