

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><u>2</u> <i>Centre closed for Labour Day</i></p>	<p><u>3</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>4</u> 10:00 am Exercises 1:00 pm Arthritis Support 5:00 pm Meal Program  <i>FREE COFFEE ALL DAY</i></p>	<p><u>5</u> 9:00 am Qi Gong 1:30 pm Grief Support 1:30 pm Sip &amp; Stitch</p>	<p><u>6</u> 1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>9</u> 9:00 am Qi Gong 10:00 am Exercises</p>	<p><u>10</u> 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>11</u> 10:00 am Exercises 5:00 pm Meal Program 6:00 pm Dance Lessons 7:00 pm Family Support <i>...for family &amp; friends of Individuals who have mental illness.</i>  <i>FREE COFFEE ALL DAY</i></p>	<p><u>12</u> 9:00 am Qi Gong 1:30 pm Sip &amp; Stitch</p>	<p><u>13</u> 1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>16</u> 9:00 am Qi Gong 10:00 am Exercises 7:00 pm Mood Disorder Support</p>	<p><u>17</u> 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>18</u> 10:00 am Exercises 5:00 pm Meal Program 6:00 pm Dance Lessons  <i>Dinner &amp; Movie "A Dog's Journey" Dinner 5:00 Movie 6:00</i>  <i>FREE COFFEE ALL DAY</i></p>	<p><u>19</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip &amp; Stitch</p>	<p><u>20</u> 1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>23</u> 9:00 am Qi Gong 10:00 am Exercises</p>	<p><u>24</u> 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program</p>	<p><u>25</u> 10:00 am Exercises 5:00 pm Meal Program  <i>Lunch 'n Learn Noon Dr. Scott Kish</i>  <i>FREE COFFEE ALL DAY</i></p>	<p><u>26</u> 9:00 am Qi Gong 10:00 am Exercises 1:30 pm Sip &amp; Stitch  End of Summer Dance 7-11 Moldie Oldies</p>	<p><u>27</u> 1:00 pm Bingo 5:00 pm Meal Program</p>
<p><u>30</u> 9:00 am Qi Gong 10:00 am Exercises</p>	<p><b>September 8th</b> <b>SUNDAY BINGO'S BACK!</b> every Sunday at 1:00 pm</p>			

