



September 2023 Grace Manor 3 S ACTIVITIES

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Channel 990
Devotion at 9:30
Tuesday Wednesday &
Thursdays
10:00 Every Tuesday
Morning Catholic Mass



All group
activities are
subject to
modification to 1:1 visits
according to
Public Health
directives

Every Wednesday
Ice-cream Truck
1:30-3:00
Catholic Mass :Tuesday 10:00 in
GM Chapel



1 10:00 Hymn Sing
11:00 Calendar Visits
2:00 Back to School Game
3:00 Musical Movie
4:30 1:1 Activity
6:00 Shuffleboard

2 10:00 Exercise
10:15 News & Views
2:00 Bingo GM3S
3:00 1:1 Visits



3 10:00 Church Ch. 990
11:00 Musical
1:30 1:1 Activity
4:20 Nederland Zingt
Ch. 990
7:00 Church Ch. 990



4 Labor Day
10:00 Stretches
10:15 Strolls
11:00 1:1 Visits
2:00 Fancy Nails
3:00 Musical Movie



5 10:00 Rise & Shine
Stretches
10:15 Sweet Melodies
11:00 1:1 Visits
2:00 Artistic Hands
3:00 1:1 Visits

6 10:00 Stretches
10:15 Shuffleboard
11:00 1:1 Visits
2:00 Travelogue to
Saskatoon
3:00 Devotion Reading
6:15pm Bingo! (Atrium)

7 10:00 Stretches
10:15 Magazine Group
11:00 Strolls
2:00 Balloon Art
Special Program
3:00 1:1 Visits

8 10:00 Hymn Sing
11:00 Musical Movie
2:00 Tim Hortons Cart
3:00 1:1 Visit



9 10:00 Exercise
10:15 News & Views
11:00 1:1 Visits
2:00 Bingo GM3S
3:00 Susie Q



10 10:00 Church Ch.990
11:00 Musical
1:30 1:1 Activity
4:20 Nederland Zingt
Ch. 990
7:00 Church Ch. 990



11 10:00 Rise & Shine
Stretches
10:15 Strolls
11:00 1:1 Visits
2:00 Fancy Nails
3:00 1:1 Visits & Talks

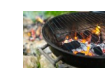


12 10:00 Stretches
10:15 Sweet Melodies
2:00 Apple Season
Discussion & Tea Social
3:00 1:1 Visits



13 10:00 Rise & Shine
Stretches
10:15 News & View's
2:00 Musical Movie
3:00 1:1 Visits
6:15 Bingo (Atrium)

14 10:00 Rise & Shine
Stretches
12:00 BBQ (Atrium)
2:00 Puzzles
4:30 1:1 Activity
6:00 Walking Group



15 10:00 Hymn Sing GM3S
2:00 Resident Council
Social GM3S Dining Room
4:30 1:1 Activity
6:00 Walking Group



16 10:00 Stretches
11:00 1:1 Visits
2:00 Bake Apple Pie
GM3S
3:00 Documentary



17 10:00 Church
Communion Ch. 990
11:00 Musical Movie
1:30 1:1 Activity
4:20 Nederland Zingt
Ch. 990



18 10:00 Sit & Fit
10:15 Out & About
11:00 1:1 Visits
2:00 Resident Council
Meeting GM2S Dining Rm.



19 10:00 Rise & Shine
Stretches
10:15 Sweet Melodies
11:00 1:1 Visits
2:00 Artistic Hands
3:00 Devotions 1:1

20 10:00 Sit & Fit
10:15 Travelogue
11:00 1:1 Visits
2:00 Craft Time GM3N
3:00 Susie Q
6:15 Bingo! (Atrium)

21 10:00 Rise & Shine
Stretches
10:15 Magazine Group
2:00 Word Game
3:00 Susie Q

22 10:00 Hymn Sing
11:00 Musical Movie
2:00 Ice-cream Cart
3:00 1:1 Visits



23 10:00 Exercise
10:15:News & Views
11:00 1:1 Visits
2:00 Bingo GM3S
3:00 Documentary



24 10:00 Church Ch.990
11:00 Musical Movie
1:30 1:1 Activity
4:20 Nederland Zingt
Ch. 990
7:00 Church Ch. 990



25 10:00 Rise & Shine
Stretches
10:15 Out & About
11:00 1:1 Visits
2:00 Word game
3:00 1:1 Visits

26 10:00 Rise & Shine
Stretches
10:15 Sweet Melodies
2:00 Creative Art Work
3:00 Devotions 1:1

27 10:00 Rise & Shine
Stretches
10:15 News & Views
2:00 Jazz Trio Band
3:00 1:1 Visits
6:15 Bingo (Atrium)

28 10:00 Rise & Shine
Stretches
10:15 Children's Choir DVD
2:00 Outdoor Social
4:30 1:1 Activity
6:00 Walking Group

29 10:00 Hymn Sing
11:00 Musical Movie
2:00 September Birthday
Party on GM3N
4:30 1:1 Activity
6:00 Ball Toss



30 10:00 Exercise
10:15 News & Views
11:00 1:1 Visits
2:00 Bingo GM3S
3:00 1:1 Visits





SEPTEMBER 2023
GRACE MANOR 3S
ACTIVITY CALENDAR

