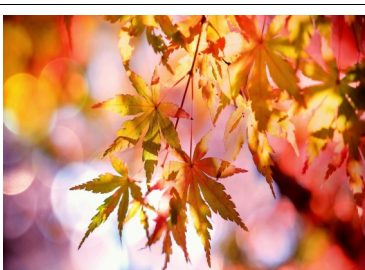


September Windmill Way Neighborhood

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Catholic Service Every Mon at 10:00 (Harmony Hall) Devotions Tues/Thurs at 10am CH.990 Spiritual Care Visits Mon, Tue, Thurs Mon, Tues & Thurs	1 Labor Day 11am Labor Day Discussion 3pm Labor Day Laughs 4pm Movie Hour	2 10am Fun & Fitness 2pm Bingo 3pm 1:1 Visits 7pm Blue Jays vs Reds 	3 11am Touch By An Angel Ch.990 2:30pm Bible Study With Mebratu 4pm 1:1 visits 6:30pm Classic Car Club-Covenant Tower	4 10am Flower Arranging 2pm Hymn Sing With Eldon 3pm 1:1 Visits	5 10am Fun & Fitness 2pm Word Game 3pm 1:1 Visits	6 11am Ball Toss 3pm Table Games 4pm Our Planet
7 Grandparents Day 10am Church Service Ch.990 3pm Grandparents Day Discussion 4pm Andre Rieu 	8 10am Fun & Fitness 2pm Bowling 3pm Relaxing in Nature 7pm Dominoes	9 10am Fun & Fitness 2pm Bingo 3pm Connect 4 	10 10am Multi-Faith Service 11am Fun & Fitness 2:30pm Bible Study 3pm Movie Hour	11 10:30am Zamar Music 11am Arm Chair Travels ch.990 2pm Hymn Sing With Eldon 3pm Euchre Club-Rainbow Ridge	12 10am Fun & Fitness 2pm Finding Home-Google Earth 3pm Relaxing in Nature 7pm Blue Jays Vs 	13 10am Parachute Ball 2pm Men's Social Club 3pm Movie Hour
14 10am Lord's Supper Church Service Ch.990 2pm 1:1 Visits 4pm Gaither Band Music Church Service 	15 Resident Council Week 11am Fun & Fitness 3pm Puzzles 7:30pm Heartland Singers Ch.990	16 10am Fun & Fitness 2pm Bingo 3pm Activities Calendar Huddle 7pm Busy Hands	17 10am Fun & Fitness 11am Touch By An Angel Ch.990 2pm Wonders Of The World- Eiffel Tower 2:30pm Bible Study 3pm Movie Hour 7pm Blue Jays Vs Rays	18 10:30am Entertainment With Tristan 2pm Hymn Sing With Eldon 3pm Windmill Way Book Club	19 10am Fun & Fitness 2pm Windmill Bracelet-making Work Shop 3pm Movie Hour	20 11am Balloon Tennis 3pm Blue Jays Vs Royals 
21 10am Church Service Ch.990 3pm Table Games 7pm Church Service ch.990 	22 Fall Arrives 10am Fun & Fitness 2pm Windmill Baking Club-Banana Bread 3pm Relaxing Hymns 7pm Room Visits	23 10am Fun & Fitness 2pm Bingo 3pm Movie Hour 	24 11am Fun & Fitness 2:30pm Bible Study 3pm Windmill Colouring Club	25 Wendy's Luncheon 10am Flower Arranging 2pm Sing Along with Eldon 2:30pm Virtual Reality Experience	26 Resident Council 10am Fun & Fitness 2pm Super Quiz 3pm Resident Council Huddle 7pm Ladies Club	27 10am Ball Toss 2pm Windmill Way Tea Social 3pm Blue Jays Vs Rays 
28 10am Church Service Ch.990 2pm Table Games 3pm I love Lucy 7pm Church Service ch.990 	29 11am Fun & Fitness 3pm 1:1 Visits 4pm Movie Hour	30 10am Fun & Fitness 2pm Bingo 2pm Chair Mobility with Sheila 3pm Andre Rieu 7pm Building Blocks		St. Johns Pet Visits weekly 	All group activities subject to modification into 1:1 visits according to public Health directives	

Welcome to Windmill Way Neighborhood !

Fall Word Search

FALL
AUTUMN
LEAVES
HARVEST
PUMPKIN
HALLOWEEN
THANKSGIVING
FOOTBALL
SWEATER
APPLE CIDER
SCHOOL
ACORN
ORANGE
YELLOW
BROWN

S P O R B S Y L E A V E S U A
N T A R D R H G H T E R W O P
U H T P C I O E A S M P E N P
L A L H E H G W A C O V R P L
J N N I O R A I N H R E C I E
U K P E C R S R I O I L F C C
P S N S R E O E V S E T O E I
R G R O N C H A T E S A O X D
O I C I A S O R S O S Y T T E
T V R U L R O A T S E T B T R
R I A G L E L A T E G N A R O
A N Y P U M P K I N R E L Y T
W G O N E R O D H L E H L B F
O Y N E M A U T U M N D R A A
L H S W E A T E R M O C R B L
L S K O O B A C V J B R N N L
E O S E M N E E W O L L A H L
Y A C K P S C H O O L A P O P

THE
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ALTERNATIVE®

Ten Principles

1. Loneliness, helplessness, and boredom are painful and destructive to our health and well-being.
2. A caring, inclusive and vibrant community enables all of us, regardless of age or ability, to experience well-being.
3. We thrive when we have easy access to the companionship we desire. This is the antidote to loneliness.
4. We thrive when we have purpose and the opportunity to give, as well as receive. This is the antidote to helplessness.
5. We thrive when we have variety, spontaneity, and unexpected happenings in our lives. This is the antidote to boredom.
6. Meaningless activity corrodes the human spirit. Meaning is unique to each of us and is essential to health and well-being.
7. We are more than our medical diagnoses. Medical treatment should support and empower us to experience a life worth living.
8. Decision-making must involve those most impacted by the decision. Empowerment activates choice, autonomy, and influence.
9. Building a collaborative and resilient culture is a never-ending process. We need to keep learning, developing and adapting.
10. Wise leadership is the key to meaningful and lasting change. For it, there can be no substitute.