

Weekly Activities at the Manor

Monday, September 19 - Happy Birthday Jim!

***Activity Jenni Away**

All day coverage of Queen Elizabeth's Funeral on the Big Screen TV

9:15 Morning Coffee & Snacks (Dining Rm.)

1:00 Bingo with Darlene (Dining Rm.)

2:15 Snacks & Social Time (Dining Rm.)



Tuesday, September 20

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

1:00 Bus Trip to The Mall (Front Entrance)

2:45 Afternoon Snacks & Social Time (Dining Rm.)



Wednesday, September 21

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

1:15 Fall Craft (Dining Rm.)

2:15 Live Music with Dave Hodgeson & Snack Time (Dining Rm.)



Thursday, September 22

9:15 Morning Coffee & Snacks (Dining Rm.)

10:00 Exercise Class (Dining Rm.)

1:00 Country Music with Darlene (Dining Rm.)

2:15 Snacks & Social Time (Dining Rm.)



Friday, September 23

9:15 Morning Coffee & Snacks (Dining Rm.)

1:15 Cribbage with Rae & Nan (Dining Rm.)

2:15 Snacks & Social Time (Dining Rm.)



Saturday, September 24

9:15 Self Serve Snacks (Dining Rm.)

1:00 Bingo with Diane (Dining Rm.)

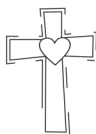
2:15 Snacks with Jo & Nena (Dining Rm.)



Sunday, September 25

9:15 & 2:15 Self Serve Snacks (Dining Rm.)

1:30 Church Service (Dining Room Lounge Area)



The Manor Weekly

Sept. 19 to Sept. 25, 2022



Music Program Starting in October

We are pleased to let tenants know that Kiwanis has been chosen to receive 7 weeks of direction from a Musical Therapist. This is offered through a grant program called 'New Horizons for Seniors'. Music Therapist Julia Adam will come to Kiwanis and assist with providing music for therapeutic purposes for 7 weeks. Our Activity Coordinator Jenni has been consulting with Julia and both are in agreement that a singing group or 'choir' would likely be a great fit for here and that is the direction that Julia plans to explore. However we are not limited to this and Julia will explore other possible options and decide which is best suited to our group.

Jenni will keep you informed on what is happening and when the program is set to begin.

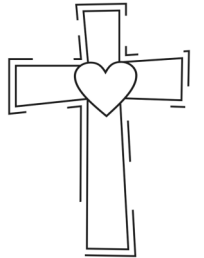
Extra trip to the Mall

We will be heading to the mall again this Tuesday for shopping as Bob is away. We will then go back to very second Tuesday.

Sunday Church Service

Our monthly church service will be this Sunday. Bob and friends will be here to lead the service. Everyone is welcome to join. The service is held in the lounge area of the Dining Room.

**Sunday
September 25th
1:30pm**



Country Music with Darlene

Darlene will be playing her county music line-up on Thursday afternoons moving forward.

**Thursday Sept. 22nd
1:00-2:00pm
In the Dining Room**



Happy Birthday Jim!

A big Happy Birthday to Jim Muir on Saturday Sept. 19th!

