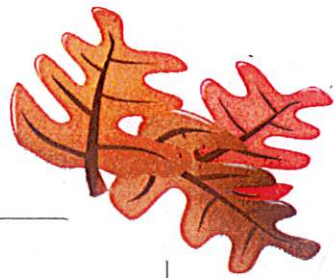
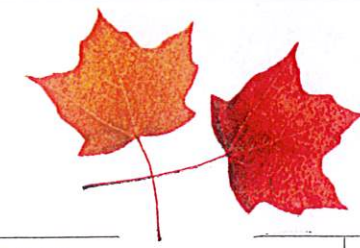







# SEPTEMBER 2019



## Russell Meadows Retirement Community

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b> Coffee Break 10:30 Health Walk! Movie Matinee 1:30 Coffee Break 2:30	<b>2 Labour Day!</b> <b>Holiday</b> Coffee BREAKS 10:30 & 2:30 Health Walk!  <b>Happy Birthday!!</b> <b>Audrey Campbell</b>	<b>3</b> Local outing 9:00-11:30 Coffee Break 10:30 <b>55+Club Bridge &amp; Euchre 1:00</b> Coffee Break 2:30 Health Walk!	<b>4</b> Exercise class 10:00 Coffee Break 10:30 Ice Cream Social 2:30 <b>Crafts 1:15</b> Music with Gilles 6:30	<b>5</b> Physio 8:30 <b>Vitals in the sunroom 9-12</b> Local Outing 9:00-11:30 Rolling Tuck Shop 10-2 <b>Bingo in Com. Lounge 1:30</b> <b>Happy Birthday!!</b> <b>Teresa Ryan</b>	<b>6 Russell Fair Starts</b> Exercise class 10:00 Public Library 2:00 <b>Bible Study 2:00</b> Russell 55+ Club Euchre party Community Lounge 7:30 <b>Happy Birthday!</b> <b>Betty Dugdale</b>	<b>7 Russell Fair</b> Coffee Break 10:30 <b>Health walk</b> Coffee Break 2:30  <b>Happy Birthday!</b> <b>Luella Martin</b>
<b>8 RUSSELL FAIR</b> <b>Movie Matinee 1:30</b> Rosary in Chapel 4:00 Don & Maryann Boudria In the front lobby 3:00 <b>Happy Birthday!</b> <b>Maureen Deslauriers</b>	<b>9</b> <b>Physio 8:30</b> Exercise class 10:00 Coffee Break 10:30 BOCCE BALL 1:30 Coffee Break 2:30	<b>10</b> Local outing 9:00-11:30 Coffee Break 10:30 <b>55+Club Bridge &amp; Euchre 1:00</b> BEAN BAGS 1:30 Health Walk! <b>ROXY SWAN CONCERT 6:30</b>	<b>11</b> Exercise class 10:00 Coffee Break 10:30, 2:30 <b>Catholic Mass 10:45</b> Come play bridge 1:00 <b>Hymn Sing 2:00</b> Ice-cream Social 2:30	<b>12</b> Physio 8:30 Local outing 9:00-11:30 Walking Program 10-12 Rolling Tuck Shop 10-2 <b>Bingo In Com. Lounge 1:30</b>	<b>13</b> Exercise class 10:00 <b>Come play Bridge 1:00</b> Oral Hygiene presentation In the chapel 1:30 Russell 55+ Club Euchre party Community Lounge 7:30 <b>Happy Birthday!</b> <b>Jean Griffin</b>	<b>14</b> Coffee Break 10:30 <b>Health walk</b> Coffee Break 2:30 WII SPORTS CHAPEL(YEHAN) 3-4:00
<b>15</b> Coffee Break 10:30 Health Walk! <b>Movie Matinee 1:30</b> Rosary in Chapel 4:00 Coffee Break 2:30	<b>16 FOOT CARE</b> <b>Physio 8:30</b> Exercise class 10:00 Coffee Break 10:30 BOCCE BALL 1:30 Coffee Break 2:30	<b>17</b> Local outing 9:00-11:30 Coffee Break 10:30 <b>55+Club Bridge &amp; Euchre 1:00</b> BEANBAGS 1:30 Health Walk! Coffee Break 2:30	<b>18</b> Exercise 10:00 Coffee Break 10:30 <b>Baking 10:45</b> <b>Crafts 1:15</b> Ice cream Social 2:30	<b>19</b> Physio 8:30 <b>VITALS IN THE SUNROOM 9-12</b> Local Outing 9:00-11:30 Rolling Tuck Shop 10-2 <b>Bingo in Com.Lounge 1:30</b>  <b>Happy Birthday !!</b> <b>Andre Bisson</b>	<b>20</b> Exercise class 10:00 <b>Come play Bridge 1:00</b> <b>Bible Study 2:00</b> <b>Res. Coun. Happy Hour 3:30-4:30</b> <b>With Ice No Slice Music</b> 55+ Club Euchre party 7:30	<b>21</b> Coffee Break 10:30 <b>Health walk</b> Russell Heritage Fair Horse & Carriage Rides 11am Russell Horticulture Society Presentation 1:00
<b>22</b> Coffee Break 10:30 & 2:30 Health Walk! <b>Movie Matinee 1:30</b> Rosary in chapel 4:00  <b>Happy Birthday !!</b> <b>Millie Peckford</b>	<b>23</b> <b>Physio 8:30</b> Local outing 9:00-11:30 Coffee Break 10:30 <b>55+Club Bridge &amp; Euchre 1:00</b> Mary Cook Speaker in the lounge 1:30 Coffee Break 2:30	<b>24</b> Local outing 9:00-11:30 Coffee Break 10:30 <b>55+Club Bridge &amp; Euchre 1:00</b> <b>OUTING TO WALMART 1:30</b> Health Walk! Coffee Break 2:30	<b>25</b> Exercise class 10:00 Coffee Break 10:30 <b>Liturgy of the Word 10:45</b> Come play Bridge 1:00 Ice cream Social 2:30 <b>Pete Foret Concert 6:30</b>	<b>26 FOOT CARE</b> Physio 8:30 Local Outing 9:00-11:30 Rolling Tuck Shop 10-2 <b>Walking Program 10 - 12</b> <b>Bingo in Com. Lounge 1:30</b> Health Walk!	<b>27</b> Exercise class 10:00 Coffee Break 10:30 <b>Come play Bridge 1:00</b> <b>Dinner &amp; a Movie Out 3:00</b> Russell 55+ Club Euchre party community Lounge 7:30	<b>28</b> Coffee Break 10:30 <b>Health Walk</b> Coffee Break 2:30 WII SPORTS CHAPEL(YEHAN) 3-4:00
<b>29</b> Coffee Break 10:30 & 2:30 Health Walk! <b>Movie Matinee 1:30</b> Rosary in Chapel 4:00	<b>30</b> <b>Physio 8:30</b> Exercise class 10:30 Coffee Breaks 10:30 & 2:30 <b>APPLE HARVEST SOCIAL</b> <b>IN THE FRONT LOBBY 1-3</b>	<b>RUSSELL FAIR IS SEPT 6,7 &amp; 8</b> 	WE WILL BE GOING TO DINNER AT SWISS CHALET THEN TO SEE THE MOVIE "JUDY" AFTERWARDS SEPT 27 <sup>TH</sup> . PLEASE MAKE SURE TO SIGN UP NO LATER THAN SEPT 12 <sup>TH</sup> .	<b>MAKE SURE TO JOIN US IN THE</b> <b>LOUNGE SEPT 30<sup>TH</sup> FOR OUR</b> <b>APPLE SOCIAL! THERE WILL BE</b> <b>LOTS OF YUMMY TREATS FOR</b> <b>ALL!</b> 		

September days are here, with Summer's best of weather and Autumn's best of cheer!