


SUN	MON	TUES	WED	THURS	FRI	SAT				
1	2	10:00am Coffee and Conversations 10:30am Who Am I 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Ladderball 2:15pm Comedy Corner	3	10:00am Coffee and Conversations 10:30am Armchair Travel 11:30am Horoscopes 11:45am Chair Exercises 12:15pm Scattogories 12:30pm Lunch 1:45pm Music Therapy with Caleb 2:15pm You Be the Judge	4	10:00am Coffee and Conversations 10:30am Who Am I 11:30am Horoscopes 11:45am Chair Exercises 12:15 Brain Teasers 12:30pm Lunch 1:45pm Bean Bag Pyramid 2:15pm Comedy Corner	5	10:00am Coffee and Conversations 10:30am Armchair Travel 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Musical Ball 2:15pm Who Sang It	6	7
8	9	10:00am Coffee and Conversations 10:30am Reading Group 11:30am Horoscopes 11:45am Chair Exercises 12:15 Word in A Word 12:30pm Lunch 1:45pm Bowling 2:15pm Comedy Corner	10	10:00am Coffee and Conversations 10:30am Reading Group 11:30am Horoscopes 11:45am Chair Exercises 12:30pm Trip to McDonalds 1:45pm Bowling 2:15pm Comedy Corner	11	10:00am Coffee and Conversations 10:30am Shake Loose a Memory 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Bingo 2:15pm Comedy Corner	12	10:00am Coffee and Conversations 10:30am Reading Group 11:30am Horoscopes 11:45am Chair Exercises 12:15 Scattogories 12:30pm Lunch 1:45pm Will it Float 2:15pm Who Sang It	13	14
15	16	10:00am Coffee and Conversations 10:30am Shake Loose a Taste 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Crafts 2:15pm Reading Group	17	10:00am Coffee and Conversations 10:30am Reading Group 11:30am Horoscopes 11:45am Chair Exercises 12:15 Scattogories 12:30pm Lunch 1:45pm Sing A Long 2:15pm Who Sang It	18	10:00am Coffee and Conversations (Apples) 10:30am Baking 11:30am Daily Chronicles 11:45am Dancercise 12:30pm Lunch 1:45pm Music Therapy with Caleb 2:15pm Comedy Corner	19	10:00am Coffee and Conversations 10:30am Who Am I 11:30am Horoscopes 11:45am Chair Exercises 12:15 Brain Teasers 12:30pm Lunch 1:45pm Spin the Bottle 2:15pm Remember When	20	21
22	23	10:00am Coffee and Conversations 10:30am Reading Group 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Pancake Monday 2:15pm Comedy Corner	24	10:00am Coffee and Conversations 10:30am Who Am I 11:30am Horoscopes 11:45am Chair Exercises 12:15 Brain Teasers 12:30pm Lunch 1:45pm Sing A Long 2:15pm Who Sang It	25	10:00am Coffee and Conversations 10:30am Daily Chronicles 11:30am Horoscopes 11:45am Chair Exercises 12:15 Scattogories 12:30pm Lunch 1:45pm Ice Cream Sundae 2:15pm Remember When	26	10:00am Coffee and Conversations 10:30am Armchair Travel 11:30am Horoscopes 11:45am Chair Exercises 12:15 Brain Teasers 12:30pm Lunch 1:45pm Stop and Go 2:15pm Puzzles	27	28
29	30	10:00am Coffee and Conversations 10:30am Creative Expression 11:30am Horoscopes 11:45am Chair Exercises 12:15 Mental Aerobics 12:30pm Lunch 1:45pm Basketball 2:15pm Remember When	<h1>September 2024</h1>  <p>CENTRAL NEIGHBOURHOOD HOUSE NEIGHBOURHOOD LINK ST. STEPHEN'S COMMUNITY HOUSE</p> <h2>11 Main Street - Adult Day Program</h2>							