























Day Program Without Walls / In Person September — 2021 — Septembre

(Schedule Subject to Change)



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
STEPS TO CONNECT How do I participate in the calls? On the day and time of a chosen program, dial 613-686-1547 or 1-800-669-6180. Enter the 6-digit passcode 155113 #. Record your name or just stay on the line.			1 1:15PM-2:00PM Bucket List 	2 Virtual ZOOM 10:30AM-11:30AM Mixed Up Words 	3 Virtual ZOOM 10:30AM-11:30 Sing-A-Long with Suzie Q	4 
5 	6 HOLIDAY Labour Day No Programs Centre is Closed	7  2:00PM-2:30PM Meditation for Caregivers	8 1:15PM-2:00PM Sing-a-Long w/ Gary Palmer 	9 Virtual ZOOM 10:30AM-11:30AM Music with Arlene Quinn 	10 Virtual ZOOM 10:30AM-11:30 A Day at the Office BINGO	11 
12 	13 Virtual ZOOM 1:15PM-2:15PM Music by Stjepan Hauser Croatian Cellist	14 IN PERSON 10AM-2PM  2:00PM-2:30PM Meditation for Caregivers	15 IN PERSON 10AM-2PM  1:15PM-2:00PM Finish the Lines	16 IN PERSON 10AM-2PM  Virtual ZOOM 10:30AM-11:30AM September BINGO	17 Virtual ZOOM 10:30AM-11:30 Conversation Starters Rooster	18 
19 	20 Virtual ZOOM 1:15PM-2:15PM Pumpkin Patch BINGO	21 IN PERSON 10AM-2PM  2:00PM-2:30PM Meditation for Caregivers	22 IN PERSON 10AM-2PM  1:15PM-2:00PM Birthday Party w/Gary Palmer	23 IN PERSON 10AM-2PM  Virtual ZOOM 10:30AM-11:30AM Tai-Chi Exercise	24 Virtual ZOOM 10:30AM-11:30 Daily Gratitude's	25 
26 	27 Virtual ZOOM 1:15PM-2:15PM Wackie Wordies	28 IN PERSON 10AM-2PM 2:00PM-3:00PM Wellness Workshop for Caregivers	29 IN PERSON 10AM-2PM 1:15PM-2:15PM Card BINGO 	30 IN PERSON 10AM-2PM Virtual ZOOM 10:30AM-11:30AM Chapel with Brian	