



DATES	ACTIVITIES
Tuesday, September 1, 8, 15, 22, 29 12:00-3:45 1:00 3:00 1:00-2:00 2:15-3:15	Open 12:00p.m. – 4:00p.m. • Crafting for Community – Learn/join in, crocheting & knitting • Music with Jim & Friends • Fitness Chair Zumba & Balance with Isabel • Fitness Strength & Balance with Bev
Wednesday, September 2, *9, 6, *23, 30 NEW 9:30 – 11:30 10:00 – 11:00 10:00 – 11:00 11:10 – 11:50	Open 9:30a.m. – 12:00p.m. • Bridge for Everyone - Learn & Play • Music with AVA & Friends • Fitness Strength & Stretch with Darlene • Fitness Drum Fit with Waterside's Jen
Thursday, September *3,*10,17,*24 12:00 – 3:45 1:00-2:00 1:00 – 3:00 2:15 – 3:15	Open 12:00p.m. – 4:00p.m. • Crafting for Community – Learn/join in, crocheting & knitting • Fitness Strong & Steady with Darlene • Chess Learn & Play • Line Dancing with Debbie
SEPTEMBER SPECIAL EVENTS *Thursday, September 3rd 4:00 – 7:00 *Wednesday, September 9th 11:30 - 2:30 *Thursday, September 10th 2:15 – 3:15 *Wednesday, September 23rd 10:00 – 12:00 *Thursday, September 24th 2:15 -4:00	➤ Open House & free BBQ hosted by the CP Civitan Club ➤ Carnival at The Station ➤ The Taste Adventure presented by Lynn Younghusband ➤ Seminar- Demystifying Dementia presented by the Alzheimer Society ➤ Seminar – Let's Talk DNR/MAID with Sara Duchesne



DATES	ACTIVITIES	COST (where applicable)
Friday, September 4th	CLOSED	
Friday, September 11th	OPEN 9:30a.m. – 3:00p.m.	
9:30-12:00	- Play and/or learn how to play: Cornhole, Darts, Mahjong - The Art of Water Colour (Intermediate)	Bring own materials
9:30 -10:30	An Introduction to Meditation	
11:45-12:25	Line Dancing for Beginners	
12:30-3:00	Euchre and Mahjong	\$2 for Euchre
1:30-2:15	Fitness Chair Exercises with Dr.Legate	
Friday, September 18th	OPEN 9:30a.m. – 3:00p.m.	
9:30-12:00	- Play and/or learn how to play: Cornhole, Darts, Mahjong - The Art of Water Colour (Intermediate)	Bring own materials
9:30-10:30	An Introduction to Meditation	
11:45-12:25	Line Dancing for Beginners	
12:30-3:00	Bingo, Euchre and Mahjong	\$2 for Bingo & Euchre
1:30-2:15	Fitness Chair Exercises with Dr.Legate	
Friday, September 25th	OPEN 9:30a.m. – 3:00p.m.	
9:30-12:00	- Play and/or learn how to play: Cornhole, Darts, Mahjong - The Art of Water Colour (Intermediate)	Bring own materials
9:30-10:30	An Introduction to Meditation	
11:15-12:15	The Lunch Bunch – beef on a bun/coleslaw/apple crisp	\$7 per serving prepaid at the time of sign up
11:45-12:25	Line Dancing for Beginners	
12:30-3:00	Euchre and Mahjong	\$2 for Euchre
1:30-2:15	Fitness Chair Exercises with Dr.Legate	