## Lifestyle Options

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Legend			1	2	3		4
Courtyard (C)	ard (C)		9:45 Exercise	9:45 Exercise	9:45 Exercise	9:30 Exercise	
Main Floor Amenity Room (M)			10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	1:15 Mental Aerobics	
Parking Lot (P)			1:30 Baking	1:30 Craft	1:15 Outing: Country Drive & Ice Cream (Beaumont) 1:30 Now and Then		
			2:30 Tea Social	3:00 Jeopardy Game			
Rose Hill Cottage (RHC)			4:00 Candlelight Dinner	5:30 Bingo			
2nd Floor Amenity Room (2)			6:00 Campfire				
4th Floor Chapel (4)							
5	6	7	8	_	10		11
9:30 Exercise	Labour Day	10:00 Catholic Service (4)	9:45 Exercise	9:45 Exercise	9:45 Exercise	9:30 Exercise	
11:00 Church Service (2)	(Office Closed)	11:00 YouTube Sing-Along	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	1:15 Mental Aerobics	
3:15 Hymn Singing		1:00 Current Events	1:30 Baking	1:30 Craft	1:30 Hangman Game		
		2:00 Special Event: Mama Straut Singalong	2:30 Tea Social	3:00 Jeopardy Game			
			4:00 Candlelight Dinner	5:30 Bingo			
		3:30 Nail Care	6:00 Campfire				
12	13	14	15	16	17		18
9:30 Exercise	9:45 Exercise	9:45 Exercise	10:30 YouTube Sing-Along	9:45 Exercise	9:45 Exercise	9:30 Exercise	
11:00 Church Service (2)	10:30 YouTube Sing-Along	11:00 YouTube Sing-Along	1:30 Baking	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	1:15 Mental Aerobics	
3:15 Hymn Singing	1:30 Bean Bag Toss (RHC)	1:00 Current Events	2:30 Tea Social	1:30 Craft	1:15 Outing: Country Drive		
	3:00 One on One	2:00 Special Event with	4:00 Candlelight Dinner	3:00 Jeopardy Game	& Ice Cream (Edmonton)		
	5:30 Movie	Jorden Rody (C)	6:00 Campfire	5:30 Bingo	1:30 Now and Then		
		3:30 Nail Care					

## September 2021 Leduc – Sainsbury Lane

## Lifestyle Options RETIREMENT COMMUNITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
19	20	21	22	23	24	25	
9:30 Exercise	9:45 Exercise	10:00 Catholic Service (4)	9:45 Exercise	9:45 Exercise	9:45 Exercise	9:30 Exercise	
11:00 Church Service (2)	10:30 YouTube Sing-Along	11:00 YouTube Sing-Along	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	10:30 YouTube Sing-Along	1:15 Mental Aerobics	
3:15 Hymn Singing	1:30 Bean Bag Toss	1:00 Current Events	1:30 Baking	1:30 Craft	1:30 Hangman Game		
	3:00 One on One	2:00 Special Event: Mama	2:30 Tea Social	3:00 Jeopardy Game			
	5:30 Movie	Straut Sing-Along (RH)	4:00 Candlelight Dinner	5:30 Bingo			
		3:30 Nail Care	6:00 Campfire				
		*HELLO FALL*					
26	27	28	29	30			
9:30 Exercise	9:45 Exercise	9:45 Exercise	9:45 Exercise	9:30-2:00 Easy Fashion			
11:00 Church Service (2)	10:30 YouTube Sing-Along	11:00 YouTube Sing-Along	10:30 YouTube Sing-Along	Clothing Sale (M)	The goldenrod is yellow,		
3:15 Hymn Singing	1:30 Bean Bag Toss (RHC)	1:00 Current Events	1:30 Baking	9:45 Exercise	The corn is t		
	3:00 One on One	2:00 Birthday Party with Paul Lamoureux (C)	2:30 Tea Social 4:00 Candlelight Dinner	10:30 YouTube Sing-Along		in apple orchards	
	5:30 Movie			1:30 Craft	With fruit are bending down. Helen Hunt Jackson		
		3:30 Nail Care	6:00 Campfire	3:00 Jeopardy Game			
				5:30 Bingo			

## September 2021 Leduc – Sainsbury Lane