

# Regency Retirement Community 2022

## Activities

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<b>4</b> 1:30pm Bingo 	<b>5 Labour Day</b> 10:00am Blood pressure & Weight Clinic -Wellness Centre	<b>6</b> 10:15am <b>National Read a Book Day Coffee &amp; Stories</b> 1:30 pm Chair Exercise DR	<b>7</b> 10:15 Baking Group DR 2:00pm Sing a long with Brent on the Patio	<b>8</b> 1:30PM Chair Exercise DR 	<b>2</b> 8:00am Breakfast Club 10:30am Tuck Shop DR 1:30pm Bingo/Cards 	<b>3</b> 10:00am Coffee & Juice Break
<b>11</b> 1:30pm Bingo 	<b>12</b> 10:00am Blood pressure & Weight Clinic -Wellness Centre 2:00pm National Chocolate Milkshake Day	<b>13</b> 10:15am-Crockpot Cooking DR 1:30pm Chair Exercise 2:30pm National Chocolate Day Treats	<b>14</b> 10:15am <b>Art Program</b> 2:00 ZOO to YOU on the Patio 	<b>15</b> 10:15am Baking Program - Butterscotch Cinnamon Pie Day 1:30pm Chair Exercise	<b>16</b> 8:00am Breakfast cCub 10:30am Tuck shop 2:00 Birthday Celebration With Kathy Wiles on the Patio 	<b>17</b> 10:00am Coffee & Juice Break
<b>18</b> 1:30pm Bingo DR 	<b>19</b> 10:00am Blood pressure & Weight Clinic -Wellness Centre 2:00pm Sing a Long on the Patio with Winnie & Friends	<b>20 National Pizza Day</b> 10:15am Make your own Pizza for lunch 1:30pm Chair Exercise 	<b>21</b> 2:00pm Alzheimer Coffee Break & Donuts Day Fundraiser 	<b>22</b> 10:00 <b>Art Program</b> 1:30pm Chair Exercise 	<b>8:00am Special Breakfast Club</b> 10:30am Tuck Shop DR 2:00 Happy Hour Entertainment on the Patio	<b>24</b> 10:00 am Coffee/Juice Break DR 2:30pm Bingo 
<b>25</b> 2:00pm Refreshments	<b>26 National Pancake Day</b> 10:00am Blood pressure & Weight Clinic -Wellness Centre 1:30pm Bingo Bonanza DR 	<b>27</b> 10:15am -What's Cooking? 1:30pm Chair Exercise DR 	<b>1:30pm Baking Group National Straw</b> 	<b>29</b> 10:15am <b>National Coffee &amp; Biscotti Day</b> 1:30pm Chair Exercise	<b>30 National Orange Shirt Day</b> 8:00am Breakfast Club 10:30am Tuck Shop DR 1:30pm Residents Advisory Meeting 1st floor lounge 	
<b>September is Healthy Aging Month</b>	<b>** Activities subject to change**</b>					



Helen H  
Sept 5

Allan H  
Sept 12

Regency Retirement Community

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