

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 2023

Community Outreach



Exercise & Falls Prevention BW – 10am **1**

Frozen Meal Back in Time orders Due

2

"Together, we are devoted to making a difference."

3 Home Support Exercise MW – 10:30am
CANCELLED
Closed Labour Day!

4 Exercise & Falls Prevention MW – 10am

Blood Pressure Clinic – BW 2pm

Grocery Delivery – 2 pm

5 Exercise & Falls Prevention BW – 10am

Tabletop Shuffleboard – BW 2pm

6 Exercise & Falls Prevention MW – 10am **7**

Tabletop Shuffleboard – MW 2pm

Frozen Meal Orders Delivered between 9 – 10am

8 Exercise & Falls Prevention BW – 10am

9

10 Home Support Exercise MW – 10:30am

Grocery Delivery – 2 pm

Community Meal Delivery Orders Due

Grandparents Day

11 Exercise & Falls Prevention MW – 10am

Golf x's & O's – BW 2pm

12 Exercise & Falls Prevention BW – 10am

Community Meal Delivery – Robinson's Café - Exeter

Cards – BW 2pm

13 Exercise & Falls Prevention MW – 10am

Golf x's & O's – MW 2pm

14 Exercise & Falls Prevention BW – 10am

Rosh Hashanah Begins

15 Exercise & Falls Prevention MW – 10am

Oktobefest Begins

16

17 Home Support Exercise MW – 10:30am

Grocery Delivery – 2 pm

Community Meal Delivery Orders Due

18 Exercise & Falls Prevention MW – 10am

Bingo – BW 2pm

19 Exercise & Falls Prevention BW – 10am

Pop up Shopping MW – 1pm

Community Footcare – (by appt.)

20 Exercise & Falls Prevention MW – 10am

Community Meal Delivery – Jerry Raders – Zurich

Community Footcare – (by appt.)

21 Exercise & Falls Prevention BW – 10am

Autumn Begins

22 Exercise & Falls Prevention MW – 10am

23

24 Home Support Exercise MW – 10:30am

Grocery Delivery – 2 pm

Community Meal Delivery Orders Due

Yom Kippur Begins

25 Exercise & Falls Prevention MW – 10am

Jeopardy – MW 2pm

26 Exercise & Falls Prevention BW – 10am

Community Meal Delivery - The Lake Hound – Grand Bend

Speaker Katie Nixon's Story as a War Orphan – RR 2pm

27 Exercise & Falls Prevention MW – 10am

Blood Pressure Clinic – MW 1pm

28 Exercise & Falls Prevention BW – 10am

Sukkot Begins

29 Exercise & Falls Prevention MW – 10am

30

Programs Subject to Change!

Community Outreach
519-236-4373
Ext.632

