



# September 2020

## At a Glance....

September 7 - Labour Day - Office is Closed

September 8 - 11:15 - Tenant Council Meeting

September 8 - 2:00 Ice Cream Sundae & Trivia Social - Outside

September 16 - 12:00 & 2:00 - Armchair Travel to Greece!

September 23 - 2:00 - Birthday Entertainment!

September 30 - 9:00 - Breakfast Club!



Holly is away until  
September 8th





## Monday September 7th is Labour Day!

It was originally created to give workers a chance to campaign for better working conditions or pay.

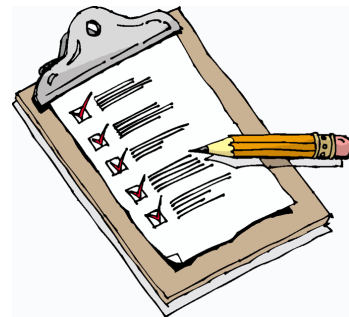
The Office will be closed.

There will be a *Movie Matinee* at 1:30

### Personal Hand Sanitizer!

Is available at the Tuck Shop for \$2.00

Get one to take out with you!



### SUGGESTIONS!

The Activities Department is always open for new ideas for activities, games, movies, and crafts!

### RISE & STRETCH!

Everyone is welcome to attend our Exercise time. The exercises we do are designed by Fraser Health to be the safest and most efficient way to keep and maintain your mobility and range of motion!

“If you don’t use it, you will lose it!”

10:30 Every Morning!



### ARMCHAIR TRAVEL DAY!

This month we will be travelling to the Beautiful City of Greece!

We will enjoy a Greek lunch at noon and then gather at 2:00 for Sights, Sounds and tastes of Greece!

Wednesday September 16th



### Ice Cream Sundaes & Trivia!

Our last outdoor Ice Cream Social will be Tuesday September 8th at 2:00



### Birthday Entertainment

Wednesday September 23 at 2:00



Una Frank

September 5th

Joyce Keith

September 29th