

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series	2 1:30 Labour Day Trivia 2:30 Apple Treats Happy Labor Day	3 11:00 <u>Fitness with Viv</u>	4 2:00 BINGO!	5 1:30 <u>Activity with Susannah</u>	6 1:30 Games with Shirley	7 2:00 BINGO!	
8 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series <small>Grandparents Day</small>	9 1:30 <u>Music with Kai</u>	10 11:00 <u>Fitness with Viv</u> 1:30 Folk 'n Rock Tunes with Avril & Ron	11 2:00 BINGO!	12 1:30 <u>Activity with Jocelyn</u>	13 1:30 Games with Shirley	14 2:00 BINGO!	
15 11:15 Seated Tai chi with Viv 2:00 70's Movie	16 1:30 Word Mining/70's Trivia 70's Theme	17 11:00 <u>Fitness with Viv</u>	18 2:00 Disco Dance BINGO!	19 1:30 <u>Activity with Shirley</u>	20 2:30 70's Theme Happy Hour	21 2:00 BINGO! <small>Oktoberfest Begins</small>	
22 11:15 Seated Tai chi with Viv 2:00 Movie or Mini Series <small>Autumn Begins</small>	23 1:30 <u>Sing with Kai</u>	24 11:00 <u>Fitness with Viv</u>	25 2:00 BINGO!	26 1:30 <u>Activity with Heidi</u> 1:00 Monthly Birthday cake	27 2:00 BINGO!	28 1:30 <u>Arm Chair Travel with Susannah</u> <u>Mystery Location</u>	
29 1:30 Residents' Counsel Meeting	30 1:30 Drumming Performance at Greenwoods <small>Truth & Reconciliation Day</small>						

BRAEHAVEN RECREATION CALENDAR 2024

*ALL PROGRAMS SUBJECT TO CHANGE