













SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>LOCATION KEY: C-CHAPEL CH-CHURCH CW-CROSSWALK M-MAIN FLOOR L-LOUNGE (DUFFERIN TOWER) SC-SOCIAL CENTRE VDR-VAUGHAN DINING ROOM VTL-VAUGHAN TOWER LOBBY W-WELLNESS CENTRE</p>							
		<h1>September</h1> 			<p>10AM COIN TOSS FUN (SC) 1 10:45AM PIANO WITH LYNN (MF) 1PM FITNESS (CW) 2:30PM SMOOTHIE MAKING DEMONSTRATION WITH LIZ (SC)</p>		<p>2 10:30AM COFFEE TALK (SC) 1:30PM MOVIE AFTERNOON (SC) "BEAUTY & THE BEAST" 2017</p>
<p>NOTE THAT ALL PROGRAMS ARE SUBJECT TO CHANGE</p>							
<p>3 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)</p>	<p>4 OFFICES CLOSED FOR LABOUR DAY </p>		<p>5 10AM CALENDAR & READINGS (SC) 10:30AM KNIT & CHAT (SC) 2PM PIANO HOUR WITH PETER NESS (MF) 3PM HEALTHY HEARING AID CLINIC (W)</p>	<p>6 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM PESTO MAKING DEMONSTRATION WITH SEAN (SC)</p>	<p>7 10AM CANADIAN TRIVIA TIME (MF)  10:30AM ROMAN CATHOLIC ROSARY (SC) 2PM STRETCH & BREATHE WITH LIZ (MF) 2:45PM RELAXATION MUSIC (MF) 3:30PM 50/50DRAW (MF)</p>	<p>8 10AM MEMORY MAGIC (SC) 10:45AM PIANO WITH LYNN (MF) 1PM FITNESS (CW) 2PM COMEDY VIDEO (SC) I LOVE LUCY</p>	<p>9 10:30AM COFFEE TALK (SC) 2PM 50CENT BINGO (CW)</p>
<p>10 GRANDPARENT'S DAY 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH) </p>	<p>11 10AM CALENDAR & READINGS (SC) 10:45AM NAME THAT TUNE (SC) 2PM FLOWER ARRANGING DEMONSTRATION WITH PAT FLINT (SC)</p>	<p>12 10AM SUPER QUIZ (MF) 10:30AM CANADIAN CLASSICAL MUSIC (MF)  1PM FITNESS (CW) 2:30PM CREATIVE PAINTING (CW)</p>	<p>13 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM HAWAIIAN CHAIR LINE DANCING WITH KHAREN (MF)</p>	<p>14 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 2PM STRETCH & BREATHE WITH LIZ (SC) 2:15PM FOOD COMMITTEE MEETING (BOARD) 2:45PM RELAXATION MUSIC (SC)</p>	<p>15 10AM SHORT STORIES & LAUGHTER (SC) "GRANDPARENTS" 10:45AM PIANO WITH LYNN (MF) 1PM FITNESS (CW) 2:30PM GUEST SPEAKER: THE ALZHEIMER'S SOCIETY OF TORONTO (SC)</p>	<p>16 10:30AM COFFEE TALK (SC) 1:30PM MOVIE AFTERNOON (SC) "WORDS AND MUSIC" 1948</p>	
<p>17 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH)</p>	<p>18 10AM CALENDAR & READINGS (SC) 10:45AM MORNING FUN AND GAMES (SC) 1:30PM VIDEO: BROADWAY MUSICAL "THAT'S DANCE" (SC)</p>	<p>19 10AM BALLOON BADMINTON (CW) 10:30AM ADULT COLOURING (CW) 1PM FITNESS (CW) 2PM AUGUST & SEPTEMBER BIRTHDAY PARTY (VDR) BY INVITATION</p>	<p>20 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM POETRY READING (SC) "CANADA IN AUTUMN" </p>	<p>21 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 10:45AM CLOVERDALE MALL TRIP (VTL) MUST SIGN UP 1:30PM CANADIAN WILDERNESS VIDEO (SC)  3PM GARDENING (PATIO)</p>	<p>22 AUTUMN EQUINOX 10AM MEMORY MAGIC (SC) 10:45AM PIANO WITH LYNN (MF) 2:30PM GUIDED MEDITATION WITH PAT (SC)</p>	<p>23 10:30AM COFFEE TALK (SC) 2PM NINTENDO Wii BOWLING GAME (L)</p>	
<p>24 8:30AM ANGLICAN CHURCH SERVICE (CH) 10:30AM ANGLICAN CHURCH SERVICE (CH) </p>	<p>25 10AM CALENDAR & READINGS (SC) 10:15AM EXECUTIVE COMMITTEE MEETING (CW) 10:45AM WORD GAMES (SC) 2PM STRETCH & BREATHE WITH LIZ (SC) 3PM CANADIAN POP MUSIC (SC) </p>	<p>26 10AM SUPER QUIZ (MF) 10:30AM -1PM NYGARD FASHION SALE (L) 1PM FITNESS (CW) 1PM EYEGLASS CLINIC (W) 2PM UNITED CHURCH SERVICE (CHAPEL) 3PM KARAOKE (SC) 5PM ANNUAL GENERAL MEETING OF ST. HILDA'S TOWERS INC. (CH)</p>	<p>27 9:45AM TAI CHI GENTLE MOVEMENT (CW) 10:30AM MORNING COFFEE & TEA SOCIAL (SC) 10:30AM ANGLICAN CHURCH SERVICE (C) 2PM APPLE FESTIVAL WITH TOM HOCKING (MF) </p>	<p>28 10AM TRIVIA TIME (MF) 10:30AM ROMAN CATHOLIC ROSARY (SC) 2PM GENERAL MEETING OF THE RESIDENTS (VDR) 3PM TELL ME SOMETHING SMARTIE GAME (SC)</p>	<p>29 10AM SHORT STORIES & LAUGHTER (SC) "SALUTE TO SENIORS!" 10:45AM PIANO WITH LYNN (MF) 1PM FITNESS (CW) 2PM SEND IN THE CLOWNS! (MF)</p>	<p>30 10:30AM COFFEE TALK (SC) 2PM NATIONAL SENIORS DAY CRAFT PROJECT (CW) </p>	



VAN TRIP

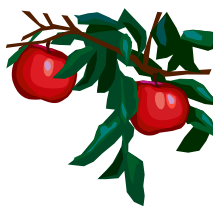
VAN SIGN UP SHEETS ARE POSTED AT 10AM THE LAST THURSDAY OF THE MONTH ON THE MAIN FLOOR ACTIVITIES BULLETIN BOARD.

THURSDAY SEPTEMBER 21 SHOPPING AT CLOVERDALE MALL
DEPART: 10:45AM
RETURN: 1:45PM
COST: \$7.50

ST. HILDA'S TOWERS PARTNERS WITH RECONNECT COMMUNITY HEALTH SERVICES TO PROVIDE VAN OUTINGS. TRIPS DEPART FROM VAUGHAN TOWER LOBBY.

Activity Newsletter

SEPTEMBER 2017



HAPPY BIRTHDAY

GLADYS STRUYS SEPT. 5 TOM OKADA SEPT. 17
***MARY PAGON SEPT. 17

***** EXTRA SPECIAL CONGRATULATIONS TO MARY PAGON WHO IS CELEBRATING HER 100TH BIRTHDAY!**



Residents Council 50/50 Draw! Thursday Sept. 7 at 3:30pm Main Floor

\$2.00 per ticket! \$5.00 for 3 tickets!

Volunteers will be selling tickets:

Tuesday, Sept. 5 10am to 2pm

Wednesday, Sept. 6 10am to 2pm

Thursday, Sept. 7 10am to 2pm

50% of cash goes to the lucky winner

50% of cash will support Residents Council

Thank you for your participation!



EVENTS TO NOTE



- FRIDAY SEPT. 1 **SMOOTHIE MAKING DEMONSTRATION**
2:30PM (SC)
- WEDNESDAY SEPT. 6 **PESTO MAKING DEMONSTRATION WITH SEAN** 2PM (SC)
- MONDAY SEPT. 11 **FLOWER ARRANGING WITH PAT FLINT** 2PM (SC)
- WEDNESDAY SEPT. 13 **HAWAIIAN CHAIR LINE DANCING WITH KHAREN** 2PM (MF)
- FRIDAY SEPT. 15 **GUEST SPEAKER: THE ALZHEIMER'S SOCIETY OF TORONTO** 2:30PM (SC)
- TUESDAY SEPT. 19 **AUGUST & SEPTEMBER BIRTHDAY PARTY** 2PM (VDR) BY INVITATION ONLY
- FRIDAY SEPT. 22 **GUIDED MEDITATION WITH PAT** 2:30PM (SC)
- WEDNESDAY SEPT. 27 **APPLE FESTIVAL WITH TOM HOCKING** 2PM (MF)
- THURSDAY SEPT. 28 **GENERAL MEETING OF THE RESIDENTS** 2PM (VDR) SPEAKER: RHRA
- FRIDAY SEPT. 29 **SEND IN THE CLOWNS** 2PM (MF)
- SATURDAY SEPT. 30 **NATIONAL SENIORS DAY CRAFT PROJECT** 2PM (CW)



NO SOLICITATION

Soliciting, including door to door, is not permitted in St. Towers. No person, organization or agency may engage in commercial or non-commercial solicitation, including flyers placed at your door.

For your personal security & safety of all, do not open the door for unknown visitors. Visitors can contact the resident they wish to see for admittance.

Report unwanted visitors to the Wellness Centre promptly.

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