



September 2024 Happenings

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30-10am Continental Breakfast 9:30am Church at PFV	2  HAPPY LABOR DAY ★ ★ ★	3 10am Seated Tai Chi 2pm Shopping @ IGA 1pm Bingo 4:30pm Piano Ken	4 10:30am Sit & Fit 11:30am Meditation 12pm Lunch Bunch 2pm Hymn Sing 2:30pm Bible Study	5 10:30am Walk PFV	6 10:30am Sit & Fit 1pm Bingo	7 8:30-10am Continental Breakfast 7:30pm GLCO @ BayView
8 8:30-10am Continental Breakfast	9 10:30am Sit & Fit 11:30am Meditation 1:30pm Menu Chat	10 10am Seated Tai Chi 2pm Shopping @ IGA 1pm Bingo 4:30pm Piano Ken	11 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study	12 10:30am Walk PFV	13 9am-12pm Foot Clinic 10:30am Sit & Fit 1pm Bingo	14 8:30-10am Continental Breakfast
15 8:30-10am Continental Breakfast 9:30am Church at PFV	16 10:30am Sit & Fit 11:30am Meditation 1pm Bus Ride for Ice Cream	17 10am Seated Tai Chi 2pm Shopping @ IGA 1pm Bingo 4:30pm Piano Ken	18  10:30am Sit & Fit 11:30am Meditation 2pm Hymn Sing 2:30pm Bible Study	19 10:30am Walk PFV 5pm Dinner Club @Grey Gables Chx	20 10:30am Sit & Fit 1pm Bingo	21 8:30-10am Continental Breakfast 9am -Alzheimer's Walk
22 8:30-10am Continental Breakfast	23 10:30am Sit & Fit 11:30am Meditation	24 10am Seated Tai Chi 2pm Shopping @ IGA 1pm Bingo 4:30pm Piano Ken	25 10:30am Sit & Fit 11:30am Meditation 2:30pm Bible Study	26  10:30am Walk PFV 4:30pm Mr. Tim Music	27 10:30am Sit & Fit 1pm Bingo	28 8:30-10am Continental Breakfast
29 8:30-10am Continental Breakfast 9:30am Church at PFV	30 10:30am Sit & Fit 11:30am Meditation				Special Happy Hour & Dinner Special Birthday Dinner 	Wellness Center Dining/Living Room Terrace Level Outing The Birches