

September 2023

Monday – Friday Daily Events

Newspaper & Mail Delivery

Coffee & Chat

Bird Care and Fish Care

Midday Bingo Draw

One-to-One & Room Visits

Celebrating This Month:

Lois Macintosh – September 9 (76)
Doris Mersereau – September 9 (96)
Douglas Whittaker – September 11 (77)
Carol Charters – September 19 (90)



Any calendar changes will be posted on the bulletin boards. For more information contact **Emily** at 368-6509 or activity@whiterapidsmanor.nb.ca

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p><u>1</u></p> <ul style="list-style-type: none"> 🕒 10:30 Game show & special treat 🍿 2:30 Movie & popcorn 	
<p><u>3</u></p> <p>2:30 pm In-person New Maryland Faith Baptist</p>	<p><u>4</u></p> <p>HAPPY LABOR DAY</p>	<p><u>5</u></p> <ul style="list-style-type: none"> 🕒 10:30 Exercises 🕒 1:45 Bingo 3:00 Outdoor fun 	<p><u>6</u></p> <ul style="list-style-type: none"> 🕒 10:30 Salt painting 🐾 1:30 furry friend visit with Mary & Joy 🍿 2:30 Movie & popcorn 	<p><u>7</u></p> <ul style="list-style-type: none"> 🕒 10:30 Individual visits 🕒 2:00 Bible reading with John Entz 🕒 3:30 Outdoor fun 	<p><u>8</u></p> <ul style="list-style-type: none"> 🕒 10:30 gratitude wreath touch-up 🕒 2:00 Bus Outing 	
<p><u>10</u></p> <p>2:30 YouTube church service</p>	<p><u>11</u></p> <ul style="list-style-type: none"> 🕒 10:00 Move Monday 🍞 10:30 baking with Jill: mustard pickles 🍿 2:30 Movie & popcorn 	<p><u>12</u></p> <ul style="list-style-type: none"> 🕒 10:30 Exercises 🕒 1:45 Bingo 3:00 Outdoor fun 	<p><u>13</u></p> <ul style="list-style-type: none"> 10:30 Outdoor fun 1:30 pm Shell painting Craft 🕒 6:30 Men's night 	<p><u>14</u></p> <ul style="list-style-type: none"> 🕒 10:30 Individual visits 🕒 2:00 Bible reading with John Entz 🕒 3:30 Outdoor fun 	<p><u>15</u></p> <ul style="list-style-type: none"> 🕒 10:30 making snails 2:00 Balloon Rocket Contest 	
<p><u>17</u></p> <p>2:30 YouTube church service</p>	<p><u>18</u></p> <ul style="list-style-type: none"> 🕒 10:00 Move Monday 🕒 2:00 Bus outing 	<p><u>19</u></p> <ul style="list-style-type: none"> 🕒 1:45 Bingo 	<p><u>20</u></p> <ul style="list-style-type: none"> 🐾 1:30 furry friend visit with Mary & Joy 	<p><u>21</u></p> <ul style="list-style-type: none"> 🕒 2:00 Bible reading with John Entz 	<p><u>22</u></p>	
<p><u>24</u></p> <ul style="list-style-type: none"> 🕒 In-person Anglican Church Fredericton Jct 	<p><u>25</u></p> <ul style="list-style-type: none"> 🕒 10:00 Move Monday 2:00 Bus outing: Apple orchard 	<p><u>26</u></p> <ul style="list-style-type: none"> 🕒 1:45 Bingo 	<p><u>27</u></p>	<p><u>28</u></p> <ul style="list-style-type: none"> 🕒 2:00 Bible reading with: John Entz 	<p><u>29</u></p>	

7 PILLARS OF WELLNESS:

🌿 Environmental

👤 Physical

💡 Intellectual

🏠 Vocational

🌱 Emotional

👥 Social

🕊️ Spiritual