

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Refreshments 1 12:30pm Move Your Bodies	9:00am Refreshments 2 12:30pm Move Your Bodies	9:00am Refreshments 3 9:30am Daily visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 4 12:30pm Move Your Bodies	9:00am Refreshments 5 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 6 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies 3:00pm LADIES SUPPORT GROUP(BC)	9:00am Refreshments 7 12:30pm Move Your Bodies
9:00am Refreshments 8 12:30pm Move Your Bodies	9:00am Refreshments 9 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 10 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 11 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 12 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 13 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 14 12:30pm Move Your Bodies
9:00am Refreshments 15 12:30pm Move Your Bodies	9:00am Refreshments 16 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 17 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 18 2:30pm Strength Circuit	9:00am Refreshments 19 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 20 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 21 12:30pm Move Your Bodies
9:00am Refreshments 22 12:30pm Move Your Bodies	9:00am Refreshments 23 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 24 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 25 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 26 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 27 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies	9:00am Refreshments 28 12:30pm Move Your Bodies
9:00am Refreshments 29 12:30pm Move Your Bodies	9:00am Refreshments 30 9:30am Daily Visit from Activities Director 12:30pm Move Your Bodies					

September 2024

MEMORY CARE-ASPEN VILLAGE

