

# September 2010 Colingdale

Key: **FG**-Fun & Games main activity room **CY**-Courtyard **A** is in the Art Studio and **SC** Spiritual Center all are located on the main level

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4 1:30 Tai chi 2:00 Social hour <b>FG</b> 4:00 Room Service
5 1:15 Sikh Service <b>SC</b>  2:30 Worship <b>FG</b>	6  Labour Day	7  1:00 spiritual Healing  1:30 Movie & popcorn	8	9  6:30 Pub Social In F&G	10	11 1:30 Tai chi  2:00 Social hour <b>FG</b>  4:00 Room Service
12  2:30 Worship <b>FG</b>  3:30 Sikh service <b>SC</b>	13 9:30 Walk fit 10 Doll Therapy 1:00 Musical Memories  2:00 Zen Massages	14  1:00 Spiritual Healing	15 9:30 Bird talk 10:00 RC Mass  2:30 Vaudvil- lians	16  6:30 Pub Social In F&G	17	18 1:30 Tai chi  2:00 Birthday party <b>FG</b>  4:00 Room Service
19  1:15 Sikh Service <b>SC</b>  2:30 Worship <b>FG</b>	20  10:00 Bowling 1:00 Musical Memories  2:00 Zen Massage	21 9:30 Walk fit 10: Manicures 1:00 Spiritual Healing	22  10:30 RC mass  2:30 Bowling <b>FG</b>	23  6:30 Pub Social In F&G	24	25 1:30 Tai chi  Donut Day 2:00 Social hour <b>FG</b> 4:00 Room Service
26  1:15 Sikh Service <b>SC</b>  2:30 Worship <b>FG</b>	27  1:00 Musical Memories  2:00 Room service	28 10:00 Rosary <b>SC</b>  1:00 Spiritual Healing  1:30 Ice Cream Social	29  Bus in-service staff	30  2:30 Kennedy Choir in F&G  6:30 Pub Social In F&G		