

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# September 2017

## Newport Harbour Recreation Calendar

**Program Locations**


Captains Galley (CG)  
 Chapel (CH)  
 Therapy Room (G)  
 Neighbourhood (NB)  
 Bayshore (BS)    Northside (NS)    Fountainview (FV)  
 Edgewater(EW)    Oakbay (OB)

10:00 Adult coloring  
 11:00 Ring Toss (FW)  
**1:30 Outing: Walk for floats to A&W**  
 2:00 Bible Stories (CH)  
 3:30 Manicures (BS)  
 6:30 Friday Night Cards



**3** Labour Day Classic  
 1:00pm on TSN  
 Calgary Stampeders  
 VS  
 Edmonton Eskimos  
  
**Labour Day**

**4** 10:00 Mixed Up Piano  
 11:00 Short Stories (FW)  
 12:00 Yum Cha Club  
**1:30 Outing: Walk around the Lake**  
 3:00 The Nutman (A)  
**6:30 Townhall Meeting**


**5** 10:00 Exercise  
 11:00 Ring Toss (FW)  
 2:00 Bingo  
 6:30 Noodle Hockey  


**6** 11:00 Catholic Mass  
 1:00 Manicures (EW)  
 2:00 Gentle Exercise  
 3:30 Short Stories  
 6:30 Armchair Travel  


**7** 10:00 Trivia  
 11:00 Sensory stimulation (FW)  
 1:00 Ring Toss (OB)  
 2:00 Netball  
 2:00 Bible Stories (CH)

**8** 10:00 Tai Chi  
 11:00 Exercise (FW)  
 1:00 Short Stories (PS)  
 2:00 Manicures (FV)  
 2:30 Northside Baptist Service  
 3:30 Manicures (HS)  
 6:30 Yoga

**10** 10:00 Chapel Hour  
 11:00 Short Stories FW  
 1:00 Card Games  
 2:00 TV Classics  
 2:00 Coffee & Chatter (NS)  
 3:30 Gardening  
 6:30 Fun & Fitness  
 Grandparent's Day

**11** 8:00 Breakfast (BS)  
 10:00 Letterbox  
**2:00 Entertainment with Dwayne Fettig**  
 6:15 Ismaili Prayers (CH)  
 6:30 Baking with Josie(G)  


**12** 10:00 Grandparents are a Hoot  
 11:00 Pet Visit (FW)  
 2:00 Elfrieda and Friends  


**13** 10:00 1,2,3,4 Try Again & Do Some More?  
 10:00 Short Stories (FV)  
 11:00 Manicures (FW)  
 11:00 Sing Along (EW)  
 2:00 Bingo  
 6:30 Balloon Toss

**14** 10:00 Net Ball  
 11:00 Target toss (FW)  
 1:00 Ring toss (PS)  
 2:00 TV Classics  
 2:00 Trivia (NS)  
 3:30 Short Stories  
 6:30 Family Feud

**15** **Outing: The Calgary Zoo**  
 2:00 Bible Stories (CH)  
 2:00 Noodle Hockey  
 3:30 Manicures (NS)  
 6:30 Card Bingo

**16** 10:00 Tai Chi  
 11:00 Sing Along (FW)  
 1:00 Balloon Toss (HS)  
 1:30 Afternoon at the Movies: "Eat, Pray, Love"  


**17** 10:00 Chapel Hour  
 11:00 Pet Visit (FW)  
 1:00 Badminton (EW)  
 2:00 Table Tennis  
**Therapy Week September 18-22**

**18** 8:00 Breakfast (EW)  
 10:00 Bowling for Bars  
**10:30 Resident and Family Council (CG)**  
 2:00 Anglican Service (CH)  
 2:00 Sunflower Social  
 3:30 Picture This (SP)  
 6:15 Ismaili Prayers (CH)  
 6:30 Baking with Josie(G)

**19** 10:00 September IQ  
 11:00 Short Stories (FW)  
 12:00 Yum Cha Club  
 2:00 Adult Coloring  
 2:00 Manicures (SP)  
 3:00 The Nutman (A)  
 6:30 Apple Cider Social (NB)  
 6:45 Card Bingo

**20** 10:00 Mixed Up Professions  
 10:00 Picture This (FW)  
 11:00 Exercise (BS)  
 11:00 Manicures (PS)  
 2:00 Bingo  
 6:30 Walking through the Jungle Exercise

**21** 10:00 Golf Workout  
 11:00 Catholic Mass  
 1:00 Pet Visit (HS)  
**2:00 Birthday Party with Dennis Toner**  
 3:30 Short Stories  
 6:30 Armchair Travel

**22** 10:00 Physio Group Exercise (Harbour Hall)  
 10:00 Picture This (NS)  
 11:00 Blurt (BS)  
 1:00 Short Stories (BS)  
 2:00 Spa Day  
 2:00 Bible Stories (CH)

**23** 10:00 Tai Chi  
 11:00 Balloon Toss (FW)  
 2:00 Coffee from Tim's and Conversation  
 3:30 Manicures (OB)  
 6:30 Yoga

**24** 10:00 Chapel Hour  
 11:00 Short Stories (FW)  
 1:00 Balloon Toss (NS)  
 2:00 TV Classics  
 2:00 Coffee & Chatter (SP)  
 3:30 Gardening  
 6:30 Fun & Fitness  


**25** 8:00 Breakfast (FW)  
 10:00 Word Scramble  
 11:00 Squabble (BS)  
 2:00 Gentle Exercise  
 2:00 Pet Visit (FW)  
 6:15 Ismaili Prayers (CH)  
 6:30 Baking with Josie(G)

**26** 10:00 Dancercise  
 11:00 Jokes (FW)  
 2:00 Elfrieda and Friends (FV)  
 2:00 Jokes and Stories (FV)  


**27** 10:00 Food for thought  
 10:00 Balloon Toss (FW)  
 11:00 Junk Drawer Detective (BS)  
 11:00 Short Stories (OB)  
 2:00 Jackpot Bingo  
 6:30 Pizza and Movie Night (sign up in Harbour Hall)

**28** 10:00 Table Tennis  
**12:00 Lunch at Woody's**  
 2:30 TV Classics  
 3:00 Short Stories (PS)  
 6:30 The Price is Right

**29** **Podiatrist FV,NS,OB**  
 10:00 Teacher Categories  
 11:00 Sing Along (HS)  
 1:00 Exercise (PS)  
 2:00 Bible Stories (CH)  
 2:00 Craft: Pinecone Owl  
 2:15 Balloon Toss (OB)  
 6:30 Card Bingo

**30** 10:00 Tai Chi  
 11:00 Sing Along (FW)  
 1:00 Badminton (BS)  
 1:30 Afternoon at the Movies: "Anna & The King"

\*Calendar Subject to change. Recreation Department 403-567-5100 ext.2227