



September 2023

Spruce Lodge Nursing Home



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
To contact Activities: 519-271-4090 ext: 2227 activity@sprucelodge.on.ca	September Outings Sep.5th Country Drive 6:30-8:00 Sep.22nd Stratford Fair 2:00-4:00 Sep.28th Country Drive 9:40-11:00					10:30 Word Games 1 2:00 September Crafty Corner Fun 3:00 Euchre/ Crokinole Cafe	10:00 Outdoor Strolls 2 2:00 Bingo <div style="text-align: center;"></div>
10:30 Hymn Sing 3 2:00 Labour Day Social	Labor Day Stat 4 <div style="text-align: center;"></div>	10:30 Fun & Fitness 5 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Book Club 6:30 Country Drive	10:30 Advance Exercise 6 10:30 Scrapbooking 2:00 Balloon Volleyball 3:00 Games Cafe 6:15 Evening Social	11:00 Church Service 7 2:00 Bingo 2:00 Therapy Music 3:00 S.L Cafe & Pub 6:15 Horse Betting Game	10:30 Word Games 8 12:30 Grandparents Day BBQ 2:00 Music with Conn Smyth 3:00 S.L Cafe & Pub	10:30 Fun & Fitness 9 2:00 Bingo 3:00 S.L Cafe & Pub <div style="text-align: center;"></div>	
Grandparents Day 10 10:30 Hymn Sing 2:00 Grandparents Day Social	10:30 DROM 11 Drumming 10:30 News and Events 2:00 Sing-a-Long with Karen 2:00 Manicure Cart	10:30 Fun & Fitness 12 Group 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Book Club 6:30 Paint Night Fun	10:30 RC Mass 13 10:30 Scrapbooking 11:15 Church Service 2:00 Bingo 5:00 Car Show <div style="text-align: center;"></div>	10:30 Fun & Fitness 14 2:00 Music with Leavin' Tracks 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:00 Resident 15 Council Meet and Greet- Coffee & Tea 3:00 Fall Fair Games and Apple Cider 4:00 Horse Visit	10:30 Bingo 16 <div style="text-align: center;"></div>	
2:00 Crafty Corner 17 Fun	10:30 DROM 18 Drumming 10:30 News and Events 2:00 Sing-a-Long with Karen 3:00 Manicure Cart	10:30 Fun & Fitness 19 Group 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Book Club 6:15 Meditation Group	10:00 Resident 20 Council 10:30 Scrapbooking 2:00 Music Henry Winter 3:00 Games Cafe 5:30 Women's Meal	11:00 Church Service 21 2:00 Bingo 2:00 Therapy Music 3:00 Alzheimer's Coffee Break 5:30 Men's Sign-Up Meal	10:30 Duet Bicycle 22 Rides 2:00 Trivia Fun 2:00 Stratford Fair - Outing 3:00 Alzheimer's Coffee Break	First Day of Fall! 23 10:30 Fun & Fitness 2:00 Bingo 3:00 S.L Cafe & Pub <div style="text-align: center;"></div>	
10:30 Hymn Sing 24 2:00 Fall Craft <div style="text-align: center;"></div>	10:30 DROM 25 Drumming 10:30 News and Events 2:00 Sing-a-Long with Karen 3:00 Manicure Cart	10:30 Fun & Fitness 26 Group 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Book Club 6:15 Meditation Group	10:30 Advance 27 Exercise 10:30 Scrapbooking 2:00 Karaoke Fun 3:00 Games Cafe 6:15 Trivia Night	9:40 Country Drive 28 11:00 Church Service 2:00 Bingo 2:00 Therapy Music 3:00 S.L Cafe & Pub 6:15 Friendship Group	10:30 Word Games 29 2:00 Carpet Bowling Fun 3:00 S.L Cafe & Pub	Orange Shirt Day 30 2:00 Bingo 3:00 S.L Cafe & Pub <div style="display: flex; justify-content: space-around;"> </div>	