

Legend: R = Riga Room
 B = basement 1 = 1st floor
 V = Various areas G = garden
 RA = Reading Area

St. John's Therapy Dog Visits (V) & (1)
Wednesdays from 11am-12pm
Snoezelen Room: (R)
Every Wednesday at 1"15pm



Activities Program Calendar: September 2023

Tuck Shop: Front Foyer **Hair Dresser: B** **Exercise: (1/B)** **Movie: (1)** **Latvian Centre Zoom: (1)** **Panorama News:(B) or 1st** **Music with Craig: (1)**
Weekly 11:30am **Fridays (please sign up) Monday-Friday at 10:00am** **Daily at 1:00pm** **Thursdays at 1:00pm** **Fridays at 3:30pm** **Monday & Saturday's at 11:15am**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Residents Council Week: Sept. 11 th to 17 th OKTOBER FEST: Sept. 16 th to Oct. 3 rd Armchair Travel Week: September 18 th to 22 nd		1 11:00 Walking W/ Folk Music- 1 2:30 Hand Spa w/Sarah-1 6:00 Movie: The Thorn Birds	2 2:30 Lemonade in the Shade with Dace-G
3 10:00 Reading Club w/Dace-RA 2:00 Movie Matinee: Residents Choice- 1	4 LABOUR DAY 1:40 Aroma Therapy & Eye Glass Cleaning w/Kevin-1 2:30 Fruit, Tea & Current Events w/Sarah - 1 6:00 Bedside Activities – V	5 10:45 Latvian Sing-a-long-1 2:30 Back to School Reminiscing w/ Sarah-1	6 10:40 Program Planning w/Nelusha: October- B 1:45-3:45 OUTING: Walmart 2:30 Puzzles & Games-1 6:00 One to One Visits-V	7 BEER LOVERS DAY 10:40 Latvian Newspaper Reading & Discussion w/Dace-B 2:30 Happy Hour w/Jess- 1 6:00 Resident Choice TV -1	8 11:00 Walking w/Rock n' Roll Music-1 2:30 Residents' Council Meeting – 1 6:00 Movie: The Thorn Birds	9 10:00 Colouring Group: Summer Theme -1 2:30 Chill Out in the Garden-G 6:00 Wine, Juice & TV - 1
10 GRANDPARENTS DAY 10-2 OUTING: York Cemetery 2:30 Ice Cream Social w/ Sarah & Abina-1 6:00 Sunday Evening TV-1	11 1:40 Aroma Therapy & Eye Glass Cleaning w/Jessica-1 2:30 Fruit, Tea & Current Events w/Dace – 1 6:00 Bedside Activities – V	12 10:45 Latvian Sing-a-long-1 2:00 Reminiscing, Laughter, Hope w/ Anita Gaide – 1 2:15 Horticulture care w/Jessica-V 6:00 Montessori Program-1	13 10:40 Reading w/Dace- RA 2:30 Bingo with Jessica-1 6:00 One to One Visits-V	14 10:40 Latvian Newspaper Reading & Discussion w/Larisa-B 2:30 Happy Hour w/Abina-1 6:00 TV Game Shows - 1	15 11:00 Walking W/ German Dance Music- 1 2:30 Table Topics w/Larisa-1	16 OKTOBER FEST BEGINS! 10:00 Outside Strolls 2:30 Chill Out in the Garden-1
17 10:00 Reading Club w/Dace-RA 2:00 Movie Matinee: Residents Choice- 1 6:00 Sunday Evening TV-1	18 ARMCHAIR TRAVEL WEEK 1:40 Aroma Therapy & Eye Glass Cleaning w/Jessica-1 2:30 Apfelstrudel, Tea & Current Events w/Jess– 1 6:00 Bedside Activities – V	19 10:45 Latvian Sing-a-long-1 2:30 Oktober Fest at KD w/Dace & Sarah-1 6:00 Hand Massages-1	20 10:40 Reading w/Dace- RA 12:00 Resident BBQ-1 2:30 Apple Tasting w/Sarah-1 6:00 One to One Visits-V	21 WORLD ALZHEIMER'S DAY Coffee Break: 10am-12am 10:40 Latvian Newspaper Reading & Discussion w/Dace -B 2:30 Happy Hour: Oktoberfest Sausage & Beer w/Sarah -1 6:00 Resident Choice TV -1	22 10:30 Church Service with Ilze - 1 2:30 Armchair Travel to Germany w/Dace & Larisa-1 6:00 Movie: The Thorn Birds	23 AUTUMN BEGINS 10:00 Art Therapy-1 2:00 Afternoon at the Opera at KD - 1 6:00 Wine, Juice & TV - 1
24 10:30 Church Service with Anita Gaide -1 2:30 Movie Matinee: Residents Choice-1 6:00 Sunday Evening TV-1	25 1:40 Aroma Therapy & Eye Glass Cleaning w/Jessica-1 2:30 Fruit, Tea & Current Events w/Dace – 1 6:00 Bedside Activities – V	26 10:45 Latvian Sing-a-long-1 2:00 Reminiscing, Laughter, Hope w/ Anita Gaide – 1 2:15 Horticulture care w/Jess-V 6:00 Montessori Program-1	27 OUTING: MacMichael's Art Gallery (time TBA) 2:30 Bingo w/Jessica-1 6:00 One to One Visits-V	28 10:40 Latvian Newspaper Reading & Discussion w/ 2:30 Happy Hour w/Abina-1 2:45 Calendar Delivery - V 6:00 TV Game Shows - 1	29 11:00 Walking W/Latvian Music - 1 2:30 September Birthday Celebration w/Sarah & Larisa - 1 6:00 Movie: The Thorn Birds	30 10:00 Outside Strolls -1 2:30 Balloon Toss-1

OUTINGS Information:

There are 4 proposed outings planned for September – listed on the front of this calendar. Sign up is required and there are limited seats available. Outing can only take place if there are 3 or more residents signed up to go

BBQ Information

We have our final Resident BBQ on Wednesday, September 20th at 12:00pm. Sign up is required. The Cost is \$5.00.

NOTE: All signup sheets are on the Programs Information Board located on the 1st floor common area.

We welcome everyone who moved to KD in August



- Evgenija Silis
- Trevor Jones
- Evonia Verspaandonk
- Basilisa Pereira

In Memory of those we have lost..



Marion Montgomery
Rest in Peace



- Eliana Juarez
- Valija Briksnis
- Ivars Austrins
- Ilmar Lejniaks
- Vladlena Kur
- Zanis Gertners
- Veronica Lejniaks
- Manoran Thangarajah
- Chanh Huynh
- Velta Flaums
- Livija Pope
- Konrad Martinec



Upcoming
EVENTS

EVENTS

Programs Planning with Nelusha: Wednesday, September 6th at 1-:40am-B

Residents 'Council Meeting: Friday, September 8th at 2:00pm-1

Grandparents Day Ice Cream Social: Sunday, September 10th at 2:30pm-1

Armchair Travel Week to Germany is September 18th to 22nd

Oktoberfest at KD: Tuesday, September 19th at 2:30pm-1

Apple Tasting with Sarah: Wednesday, September 20th at 2:30pm

Resident BBQ: Wednesday, September 20th at 12:00pm ***sign up required**

Alzheimer's Coffee Break: Thursday, September 21st from 10am-12pm

Happy Hour: Oktoberfest Sausages and Beer with Jessica: Thursday, September 21st at 2:30pm-1

Armchair Travel to Germany with Dace: Friday, September 22nd at 2:30pm

Afternoon at the Opera at KD: Saturday, September 23rd at 2:00pm-1

Church Service with Anita: Sunday, September 24th at 10:30am-1

SEPTEMBER OUTINGS

(sign up is required, Minimum 3 Residents to attend for outing to take place)

York Cemetery: Sunday, September 10th

Latvian Centre: Thursday, September 14th

Walmart: Wednesday, September 6th

MacMichael's Gallery: Wednesday, September 27th

SOME NATIONAL DAYS WE CELEBRATE THIS MONTH

Labor Day - September 4th

Beer Lovers Day - September 7th

Grandparents Day - September 10th

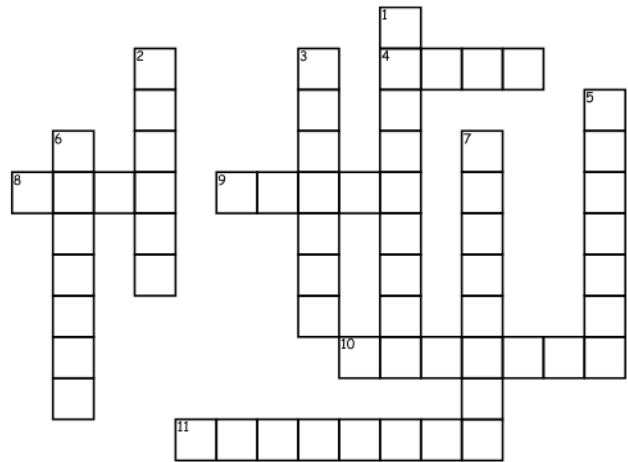
Residents Council Week - September 11th to 17th

Oktober Fest - September 16th to October 3rd

World Alzheimer's Day - September 21st

Autumn Begins - September 23rd

Autumn Crossword Puzzle



autumn

Across

- 4. A tasty yellow vegetable with kernels.
- 8. Another word for autumn.
- 9. A crisp, red fruit.
- 10. Something people wear during the autumn.
- 11. The way trees look during the autumn.

Down

- 1. Used to scare birds away from the corn.
- 2. One of the colors leaves turn in autumn.
- 3. A large orange squash that people carve faces into.
- 5. The middle month of autumn.
- 6. Another word for gathering crops before winter.
- 7. A sport that starts in autumn.

What's the Answer ? - Math Logic Question

	+		+		=	60
	+		+		=	20
	+		+		=	16
	x		+		=	?

Alzheimer's Coffee Break

Join us on September 21st between 10am-12pm in the front foyer for a cup of coffee and refreshments. Proceeds will go to the Wellness Committee and a portion in donation to the Alzheimer's Society

