

September

Seniors Drop-In

 *Let's make it a September to remember....*

Monday	Wednesday	Friday
3 Labor Day Holiday	5 09:00  10:00 Paramedic Drop-In 12:00 Lunch	7 10:00 Brain Games 12:00 Lunch
10 10:00 Knitting Circle  12:00 Lunch	12 09:00  10:30 Craft Faux leaf wreath  12:00 Lunch	14 10:30 Music with Vinnie 12:00 Lunch
17 10:00 Knitting Circle  12:00 Lunch	19 09:00  10:00 Wellness Presenter: Paramedic Lisa Topic: What to do in a Medical Emergency 12:00 Lunch	21 10:30 Music with Stu 12:00 Lunch
24 10:00 Knitting Circle  12:00 Lunch	26 09:00  12:00 Lunch	28 10:30 Music with Vinnie 12:00 Lunch

Seniors Drop-In is at the Dogwood Lounge at Saddlemountain Place.

Lunch is served between 12:00 and 12:15 and costs \$6.00.