

# September 2020 Harmony Hill Retirement Community

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Not sure where you are going?  
Use this guide to find your way around.

Second Floor  
AR—Activity Room  
C/TH—Chapel/Theatre  
B/L—Bar Lounge  
BR—Billiards Room  
GH—Green House

Main Floor  
B—Bistro  
L—Library  
LB—Lobby  
DR—Dining Room  
P—Pool

Harmony Square is (HSq)  
the area around the  
main staircase  
on the first and second  
floor

We Fix U  
Invites You to Participate in their  
Foot Health Week  
September 21st till September 25th.  
Book an appointment with the staff at We Fix U to  
receive 50% off during  
Foot Health Week.  
Call 902-433-7675



**1**  
11:00 Aerobics B/L  
11:00 Seated Fitness AR  
  
2:00 Disney Wild Japan  
Snow Monkeys C/TH  
2:15 Bingo HSq  
3:30 You Be the Judge AR  
  
7:00 Chair Yoga **SU** AR  
7:30 Movie C/TH

**2**  
9:30/10:30 ComboFit AR  
  
1:30 Matinee C/TH  
Anne of Green Gables  
2:15 Bingo HSq  
3:30 Java Music Club C/TH  
  
7:30 Movie C/TH

**3**  
11:00 Aerobics B/L  
11:00 Seated Fitness AR  
  
1:30 Matinee C/TH  
Anne of Green Gables~  
Sequel  
2:30 FitMinds GH  
4:00 Social Time B/L  
  
7:30 Movie C/TH  
7:30 Bingo HSq

**4**  
9:30/10:30 ComboFit AR  
  
1:30 Matinee C/TH  
Anne of Green Gables~  
The Continuing Story  
2:15 Bingo HSq  
3:30 Sing Along with Shirl  
HSq  
4:00 Social Time B/L  
7:30 Movie C/TH

**5**  
10:00 Billiards BR

**6**  
2:15 Movie Matinee C/TH  
7:30 Movie C/TH

**7**  
**Labour Day**  
Pick Up Puzzles at the table  
near Reception  
2:30 Downton Abbey C/TH  
7:30 Movie C/TH

**8**  
11:00 Aerobics B/L  
11:00 Seated Fitness AR  
2:00 Catholic Mass C/T  
3:15 Catholic Mass  
3:30 Alzheimer's Coffee  
Break \$5. **SU** B/L  
**Cherry Cheese Cake &  
Coffee**  
**Limited Numbers**  
7:00 Chair Yoga **SU** AR  
7:30 Movie C/TH

**9**  
9:30/10:30 ComboFit AR  
1:30 New Resident  
Orientation & Tea GH  
**Forest**  
1:30 Matinee C/TH  
Sherlock Holmes  
2:15 Bingo HSq  
3:30 Line Dance Fun AR  
Limited Space. **SU** with  
payment at the Activity  
Office only  
7:30 Movie C/TH

**10**  
11:00 Aerobics B/L  
11:00 Seated Fitness AR  
2:00 Entertainment with  
Darlene & Brenda **SU**  
4:00 Social Time B/L  
7:30 Movie C/TH  
7:30 Bingo HSq

**Applefest Day 11**  
9:30/10:30 ComboFit AR  
1:30 Matinee C/TH  
Sherlock Holmes  
2:00 Applefest Social  
**Orchard SU** B/L  
2:45 Applefest Social  
**Grove SU** B/L  
3:30 Applefest Social  
**Forest SU** B/L  
4:00 Social Time B/L  
7:30 Movie C/TH  
7:30 Bingo HSq

**12**  
10:00 Billiards BR  
10:30 Scattergories B/L

2:15 Movie Matinee C/TH  
2:30 Bingo HSq

7:30 Movie C/TH

# September 2020 Harmony Hill Retirement Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;"><b>13</b></p> <p>Happy Grandparents Day</p> <p>3:00 Virtual Sing Along with Dr J C/TH</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>14</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:15 Bingo B/L</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Alzheimer's Coffee Break \$5. <b>SU</b> B/L</p> <p><b>Black Forest Cake &amp; Coffee Limited Numbers</b></p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>15</b></p> <p>11:00 Aerobics B/L</p> <p>11:00 Seated Fitness AR</p> <p>2:00 Disney Dolphin Reef C/TH</p> <p>3:15 Trivia AR</p> <p>7:00 Chair Yoga <b>SU</b> AR</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>16</b></p> <p>9:30/10:30 ComboFit AR</p> <p>1:30 New Resident Orientation &amp; Tea GH</p> <p><b>Orchard and Grove</b></p> <p>2:00 Matinee C/TH</p> <p>2:15 Bingo HSq</p> <p>3:30 Line Dance Fun HSq</p> <p>Limited Space. <b>SU</b> with payment at the Activity Office only</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>17</b></p> <p>11:00 Aerobics B/L</p> <p>11:00 Seated Fitness AR</p> <p>2:00 Matinee C/TH</p> <p>2:30 FitMinds GH</p> <p>4:00 Social Time B/L</p> <p>7:30 Movie C/TH</p> <p>7:30 Bingo HSq</p>	<p style="text-align: right;"><b>18</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:00 Matinee C/TH</p> <p>2:15 Bingo HSq</p> <p>3:30 Music Trivia B/L</p> <p>4:00 Social Time B/L</p> <p>7:30 Jeopardy C/TH</p>	<p style="text-align: right;"><b>19</b></p> <p>10:00 Billiards BR</p> <p>10:30 Scattergories B/L</p> <p>2:15 Movie Matinee C/TH</p> <p>2:30 Bingo HSq</p> <p>7:30 Movie C/TH</p>
<p style="text-align: right;"><b>20</b></p> <p>2:30 Hymn Sing with Ruth, Leona and Shirl</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>21</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:15 Bingo HSq</p> <p>2:30 Downton Abbey</p> <p>3:30 Alzheimer's Coffee Break \$5. <b>SU</b> B/L</p> <p><b>English Trifle &amp; Tea Limited Numbers</b></p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>22</b></p> <p>11:00 Aerobics B/L</p> <p>11:00 Seated Fitness AR</p> <p>2:00 Disney Penguins C/TH</p> <p>3:30 Scattergories B/L</p> <p>7:00 Chair Yoga <b>SU</b> AR</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>23</b></p> <p><b>Farewell Tea for Cydney</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:00 Tea with Cydney <b>Orchard</b> HSq</p> <p>2:45 Tea with Cydney <b>Grove</b> HSq</p> <p>3:30 Tea with Cydney <b>Forest</b> HSq</p> <p>3:30 Line Dance Fun AR</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>24</b></p> <p><b>Peter Mennie Magic &amp; Comedy Sign Up for One Show</b></p> <p>11:00 Aerobics B/L</p> <p>11:00 Seated Fitness AR</p> <p>1:30 Magic Show C/TH</p> <p>2:15 Magic Show C/TH</p> <p>3:00 Magic Show C/TH</p> <p>3:45 Magic Show C/TH</p> <p>4:00 Social Time B/L</p> <p>7:30 Movie C/TH</p> <p>7:30 Bingo HSq</p>	<p style="text-align: right;"><b>25</b></p> <p><b>Apple Cider Social</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:00 Matinee C/TH</p> <p>2:00 Cider Social <b>Orchard</b> <b>SU</b> HSq</p> <p>2:45 Cider Social <b>Grove</b> <b>SU</b> HSq</p> <p>3:30 Cider Social <b>Forest</b> <b>SU</b> HSq</p> <p>7:30 Movie C/TH</p> <p>7:30 Bingo HSq</p>	<p style="text-align: right;"><b>26</b></p> <p>10:00 Billiards BR</p> <p>10:30 Scattergories B/L</p> <p>2:15 Movie Matinee C/TH</p> <p>2:30 Bingo HSq</p> <p>7:30 Movie C/TH</p>
<p style="text-align: right;"><b>27</b></p> <p>3:00 Virtual Sing Along with Dr J C/TH</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>28</b></p> <p>9:30/10:30 ComboFit AR</p> <p>2:15 Bingo HSq</p> <p>2:30 Downton Abbey C/TH</p> <p>3:30 Sing Along with Ivan &amp; Ruth HSq</p> <p>7:30 Movie C/TH</p>	<p style="text-align: right;"><b>29</b></p> <p>11:00 Aerobics B/L</p> <p>11:00 Seated Fitness AR</p> <p>2:00 Andre Rieu, Romantic Paradise in Italy C/TH</p> <p>3:30 Alzheimer's Coffee Break \$5. <b>SU</b> B/L</p> <p><b>Caramel Cheese Cake &amp; Coffee Limited Numbers</b></p> <p>7:30 Movie C/TH</p> <p>7:00 Chair Yoga <b>SU</b> AR</p>	<p style="text-align: right;"><b>30</b></p> <p>9:30/10:30 ComboFit AR</p> <p>1:30 New Resident Orientation &amp; Tea GH</p> <p><b>Forest</b></p> <p>2:15 Bingo HSq</p> <p>3:30 Line Dance Fun AR</p> <p>Limited Space</p> <p>7:30 Movie C/TH</p>	<p style="text-align: center;"><b>Please note that due to Covid 19, numbers are still limited for all programs. SU or Sign UP means look for the Sign UP binder in the Activity Room You will need to Sign Up for several programs. Read the Calendar Carefully.</b></p> <p>The Alzheimer Coffee Break is an annual fundraiser for the Alzheimer Society of Durham Region. Due to Covid 19, we are running four smaller events instead of one big one. There are four different desserts so choose the one that is your favourite. To make sure everyone has a chance to attend at least one, choose only one. If there is space available closer to each date, you will be able to sign up for a second date. Each Alzheimer Coffee Break is \$5.00 per person. There will be specialty tea or coffee served with each dessert.</p>		