

# September 2010

## Bowden

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Surrey, BC, V3S 9T1  
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For a copy of the newsletter it  
can be picked up at reception.  
For submissions drop by my  
office, call or email me.

SUN	MON	TUE	WED	THURS-	FRI	
			1 9:30 Sit Fit 10:30 News/Views	2 9:45 Music Appr 1:30 Board Games 2:30 Resident Council (D) 4:00 Dinner Out- Swiss Chalet	3 9:30 Sit Fit 10:30 Bingo	4 9:30 Tai Chi (D) 11:00 Crossword (D) 1:30 Digital Scrapbk. 3:30 Room Service
5 11:00 Market Open	6 STATUTORY HOLIDAY NO PROGRAMS	7 1:30 Choir 3:00 Word Games 6:30 Bible Study	8 10:00 Bingo 11:00 Gardening	9 9:45 Music Appr. 1:30 Garden Walks 3:00 Mobile Market 4:30 Dinner Out- ABC Restaurant	10 9:30 News/Views 10:30 Games 10:30Bingo 12:00 Dining In 3:00 Manicures	11 10:00 Mobile Donuts  2:00 Entertainer- Steve Warner
12 11:00 Market Open	13 1:30 Bingo	14 2:00 Alzheimers Coffee Break 3:30 Games 6:30 Bible Study	15 9:30 News/Views 10:00 Bowling and Lunch Out 11:00 Crossword 1:30 Sing-a-long 3:00 Walks	16 9:45 Music Appr. 1:30 Poems 3:00 Current Events  6:30 Pub-Doug S	17 9:30 Sit Fit 10:30 Bingo  2:00 B-day-Twice in a Blue Moon	18 Pastor Ken Visits 9:30 Tai Chi (D) 11:00 Reminisce 1:30 Movie Madness
19 11:00 Market Open 11:15 Dining In 12:15 RCAF Outing	22 1:30 Bingo	21 1:30 Choir 3:00 Picture Trivia  6:30 Bible Study	22 9:30 News/Views 12:00 Mens Lunch- Beer and Buns  2:30 Garden Club 3:00 Room Service	23 9:45 Music Appr. 1:30 Baking- Pumpkin Loaves  5:15 Dinner Thea- tre-sign up (CS)	24 9:30 News/Views 10:30 Bingo 1:30 Musical Bingo 3:00 Pet Visits	25 Pastor Ken Visits 10:00 Bowling in Dearden 1:30 Scenic Drive
26 11:00 Market Open  2:30 Memorial Service	27 1:30 Bingo	28 1:30 Choir 2:30 Baking Scones  6:30 Bible Study	29 11:30 Legion Lunch Out  3:00 Room Service	30 9:45 Music Appr.  1:30 Movie Out 1:30 Shuffleboard 3:00 Reminisce Group		