

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
	Please join us for a friendly walk on Wednesdays to improve your mobility, strength, stability, and overall health. All fitness levels welcome.	Scheduled baths Rachelle off	Walk & Wheel Wednesday 10:00 to 11:00 a.m. Meeting at the Waterfowl Park entrance beside the Drew	Tea & Talk 9:30 to 10:45 a.m. Scheduled meeting	Gentle Chair Fitness Session 10:30 to 11:30 a.m.	
6  All events take place at 165 Main Street in the Drew's Coates Lounge, unless otherwise noted.	7 Labour Day Office closed	8 Scheduled presentation and meeting	9 Walk & Wheel Wednesday 10:00 to 11:00 a.m. Meeting at the Waterfowl Park entrance beside the Drew Scheduled meeting	10 Tea & Talk 9:30 to 10:45 a.m. Scheduled enrolment and home visits	11 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled enrolment, home visit and meeting	12
13	14 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled administration and phone calls	15 Caregivers' Support Group 1:30 to 3:00 p.m. Sackville United Church 133 Main Street Scheduled enrolment and home visits	16 Walk & Wheel Wednesday 10:00 to 11:00 a.m. Meeting at the Waterfowl Park entrance beside the Drew Scheduled enrolment and visits	17 Tea & Talk 9:30 to 10:45 a.m.	18 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	19
20	21 Gentle Chair Fitness Session 10:30 to 11:30 a.m. Scheduled enrolment and home visit	22  Open office afternoon – drop by 165 Main Street's NHWW office to speak with Rachelle and/or Yara	23 Walk & Wheel Wednesday 10:00 to 11:00 a.m.	24 Tea & Talk 9:30 to 10:45 a.m. Seniors' Wellness Program 6 sessions on Thursday afternoons, except for Oct. 1 2:00 to 4:00 p.m. Parsons Lounge Call 506-688-4688 to register	25 Gentle Chair Fitness Session 10:30 to 11:30 a.m. NHWW Meeting in Saint-Antoine Rachelle and Yara not in office	26
27	28 Gentle Chair Fitness Session 10:30 to 11:30 a.m.	29 Scheduled enrolment and home visits	30 Walk & Wheel Wednesday 10:00 to 11:00 a.m. Errands Day RSVP: 506-364-4900 (ext. 6)	October 1 Spotlight on Seniors 11:00 a.m. to 3:00 p.m. Church by the Lake 14 Church St	Looking ahead: Pizza & Putt on Tuesday, October 20 12:00 to 2:30 p.m.	