


"Autumn shows us how beautiful it is to let things go."

SEPTEMBER 2025

SUNDAY	MON	TUESD	WEDNESD	THUR	FRIDAY	SATURDAY
 <p><i>Bouquet de fleurs</i> <i>Je te souhaite</i> <i>Paix, Bonheur et Santé</i></p>	9:15 a.m. Library 10:30 a.m. Charades 1:30 p.m. 500 cards 2:00 p.m. Discussion 2:00 p.m. Opening	9:30 a.m. Aqua fitness 10:30 a.m. Singing 1:30 p.m. Military whist 2:45 p.m. Bolla	9:00 a.m. Mass 10:30 a.m. Memorial 1:30 p.m. Bingo	9:30 a.m. Aqua fitness 10:30 a.m. Music 1:30 p.m. Pocket Baseball 6:00 p.m. Military whist	9:30 a.m. Active Life 10:30 a.m. Active Life 1:30 p.m. Music with Jacky and Manon	1:30 p.m. Movie: Our world to rebuild
Have a nice Sunday	9:15 a.m. Library 9:30 a.m. Yoga 10:30 a.m. Riddles 1:30 p.m. 500 Cards 2:45 p.m. Billiards for women	9:30 a.m. Aqua fitness 10:30 a.m. Music 10:30 a.m. Walking 1:30 p.m. Military Whist 2:45 p.m. Coffee Discussion	9:00 a.m. Mass 10:30 a.m. Remembrance 1:30 p.m. Bingo	9:30 a.m. Aqua fitness 10:30 a.m. Songs 1:30 p.m. Committee Meeting 6:00 p.m. Military Whist	9:30 a.m. Active Life 10:30 a.m. Active Living 1:30 p.m. Surprise games	1:30 p.m. Animal therapy
Have a nice Sunday	9:15 a.m. Library 10:30 a.m. Observation 1:30 p.m. 500 cards 2:45 p.m. Pétanque Atout La Jouvence shop	9:30 a.m. Aqua fitness 10:30 a.m. Singing 10:30 a.m. Walk 1:30 p.m. Military Whist 2:45 p.m. Dance class	9:00 a.m. Mass 10:30 a.m. Charades 1:30 p.m. Bingo	9:30 a.m. Aqua fitness 10:30 a.m. Music 2:00 p.m. Golden Goose 6:00 p.m. Military whist	9:00 a.m. Beauty session / models 10:30 a.m. Activity 1:00 p.m. Fashion show	1:30 p.m. Movie Movie: Dad Doesn't Understand
Have a nice Sunday	9:15 a.m. Library 9:30 a.m. Yoga 10:30 a.m. Riddles 1:30 p.m. 500 cards 2:45 p.m. Billiards/women Foot care	9:30 a.m. Aqua fitness 10:30 a.m. Singing 10:30 a.m. Walking 1:30 p.m. Military whist Foot care	9:00 a.m. Mass 10:30 a.m. Remembrance 1:30 p.m. Bingo Foot care	9:30 a.m. Aqua Fitness 10:30 a.m. Music 1:30 p.m. Shuffleboard 6:00 p.m. Military whist	9:30 a.m. Active Life 10:30 a.m. Active Life 1:30 p.m. Music with Yvon Pépin	10:30 a.m. Collection Normandin 1:30 p.m. Animal Therapy
Have a nice Sunday	9:15 a.m. Library 10:30 a.m. Charades 10:30 a.m. Walk 10:00 a.m. Reception Casino outing 1:30 p.m. SL Cards 500	9:30 a.m. Aqua Fitness 10:30 a.m. Singing 1:30 p.m. Military whist 2:45 p.m. Dance class Barber with Hugo		Barber Sept. 30 with Hugo Foot care with Ms. Michèle Coté, RN 819-293-3168 September 22-23-24		
				Singing-Music Shop Monthly Activity Special Activity Special Outing	Opening of the Bistro du Bonheur at 2:00 p.m. in the recreation room September 1 Free coffee, wine, chips, and popcorn	