

SEE BACK FOR PROGRAM DETAILS

MON	TUE	WEDNESDAY	THU	FRI	
	1	2 Mexican Train Word Association Games Block Walk	3	4	
7	8	9 Guided Art Therapy: Clay Stone Meditation Diner's Club – Taco Bowls Block Walk	10	11	
14	15	16 Guided Art Therapy: Clay Stone Painting Education - Stress Reduction Strategies Stress Bingo	17	18	
21	22	23 Splatter Paint Monopoly Deal Armchair Travel to Brazil	24	25	
28	29	30 Spotlight Series: Elaine Orange Shirt Day & Dreamcatchers			

Program Descriptions:	
September 2	Challenge your brain with Word Association games! These fun activities will help strengthen word-finding, memory, and communication skills.
September 9	Today we'll participate in Clay Stone Meditation - a guided art therapy activity to help you find your calm. Also, no need to bring a lunch today as we'll be making Taco Bowls together for Diner's Club!
September 16	Join us today for Stress Bingo! This activity combines the fun of bingo with the benefit of learning different practical tips and strategies for reducing the everyday stresses we experience.
September 23	Join us as we "travel" to Brazil in our new Armchair Travel series! We'll enjoy various fun and educational activities that will increase our knowledge of this beautiful country!
September 30	Today's Spotlight Series is presented to you by Elaine! Today is National Day for Truth and Reconciliation and Orange Shirt Day - Elaine will be giving us an informative presentation on the importance of recognition and the beauty of Indigenous cultures. Elaine will also guide us through making our own dreamcatchers!