


The Hamlet September 2024 954 742-2299

		Monday			Tuesday			Wednesday			Friday
	2		3	9:00 – 9:45	Coffee & Chit Chat	4	9:00 – 9:45	Coffee & Chit Chat	6	9:00 – 9:45	Coffee & Chit Chat
				9:45 – 10:20	Brain Games		9:45 – 10:15	Yoga & meditation		9:45 – 10:15	Sit & Be Fit
				10:30-11:30	Music with Jamie D.		10:15-11:30	Bingo		10:15-11:30	Shabbat / Entertainment Tessy Porter
				11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch
				12:30-1:45	Potpourri with Jodi		12:30-1:45	Trivia		12:30-1:45	Visit with Viv
9	9:00 – 9:45	Coffee & Chit Chat	10	9:00 – 9:45	Coffee & Chit Chat	11	9:00 – 9:45	Coffee & Chit Chat	13	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:25	Movin & Groovin'		9:45 – 10:20	Brain Games		9:45 – 10:15	Yoga & meditation		9:45 – 10:15	Sit & Be Fit
	10:30-11:30	Art with Jasmine		10:30-11:30	Games & Giveaways with Tamika from Amethyst Care		10:15-11:30	Bingo		10:15-11:30	Shabbat / Entertainment Barbra Evans
	11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch
	12:30-1:45	Bingo		12:30-1:45	Potpourri with Jodi		12:30-1:45	Mexican Train		12:30-1:45	Visit with Viv & Mens Group with Mark
16	9:00 – 9:45	Coffee & Chit Chat	17	9:00 – 9:45	Coffee & Chit Chat	18	9:00 – 9:45	Coffee & Chit Chat	20	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:25	Movin & Groovin'		9:45 – 10:20	Brain Games		9:45 – 10:15	Yoga & meditation		9:45 – 10:15	Sit & Be Fit
	10:30-11:30	Art with Jasmine		10:30-11:30	Steven Jay the Guitarist		10:15-11:30	Bingo		10:15-11:30	Shabbat / Entertainment Noreena
	11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch

	12:30-1:45	Bingo		12:30-1:45	Potpourri with Jodi		12:30-1:45	Trivia		12:30-1:45	Visit with Viv
23	9:00 – 9:45	Coffee & Chit Chat	24	9:00 – 9:45	Coffee & Chit Chat	25	9:00 – 9:45	Coffee & Chit Chat	27	9:00 – 9:45	Coffee & Chit Chat
	9:45 – 10:25	Movin & Groovin'		9:45 – 10:20	Chicken Soup with Gail		9:45 – 10:15	Yoga & meditation		9:45 – 10:15	Sit & Be Fit
	10:30-11:30	Art with Jasmine		10:30-11:30	Slowburn Theatre Workshop- Witches of Eastwick		10:15-11:30	Bingo		10:15-11:30	Shabbat / Entertainment Bea Loo
	11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch		11:30-12:30	Lunch
	12:30-1:45	Bingo		12:30-1:45	Potpourri with Jodi		12:30-1:45	Mexican Train		12:30-1:45	Visit with Viv & Mens Group with Mark
30	9:00 – 9:45	Coffee & Chit Chat									
	9:45 – 10:25	Movin & Groovin'									
	10:30-11:30	Art with Jasmine									
	11:30-12:30	Lunch									
	12:30-1:45	Bingo									