


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <h1 style="margin: 0;">Manoir Westmount September Calendar 2024</h1>						
<b>1</b>  2:15 PM MOVIE  3:30 PM TEA  8:00 PM MOVIE	<b>2</b> <i>Labour Day</i> *No Exercises today*  2:15 PM LECTURE: Bus Cross-Country US - Part 2 with Sherry Steinberg 3:30 PM TEA  8:00 PM MOVIE	<b>3</b>  10:30 AM EXERCISES  2:00 PM WATERCOLOR PAINTING 3:30 PM TEA  4:45 - 7 PM PIANO BAR 8:00 PM TABLE GAMES	<b>4</b> 9:30 AM B/B/STRETCH 10:30 AM SEATED QIGONG  11:30 AM BBQ WITH ROTARIANS (refreshments at 11:30 AM followed by lunch at 12:30 PM)  2:15 PM CH BOOK CLUB  7:45 PM BINGO	<b>5</b>  9:30 AM EXERCISES  2:15 PM PATIO CONCERT: GUITARIST/SINGER, GARY WHITE  3:30 PM TEA 4:45 - 7 PM HAPPY HOUR	<b>6</b>  * FIRE DRILL THIS MORNING (Details to follow)  2:15 PM HANDICRAFTS *Knitters only* 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>7</b>  10:00 - 3:00 BOUTIQUE 'CHAUSSURES RELAXE' 10:30 AM CHAIR PILATES  2:30 PM TEAM POOL 3:30 PM TEA 4:45 - 7 PM HAPPY HOUR 8:00 PM MOVIE
<b>8</b>  2:15 PM MOVIE  3:30 PM TEA  8:00 PM MOVIE	<b>9</b> *No Exercises today*  2:15 PM REPEAT LECTURE: Bus Cross-Country US - Part 1 with Sherry Steinberg 3:30 PM TEA 4:00 PM PARLER ET LIRE  8:00 PM MOVIE	<b>10</b> 10:30 AM EXERCISES  2:00 PM WRITING GROUP 3:30 PM TEA  4:45 - 7 PM PIANO BAR  8:00 PM TABLE GAMES	<b>11</b>  9:30 AM B/B/STRETCH 10:30 AM SEATED QIGONG  2:15 PM CHRISTIAN BOOK CLUB 3:30 PM TEA  7:45 PM BINGO	<b>12</b>  9:30 AM EXERCISES 10:15 AM RESIDENT COUNCIL MEETING  2:00 PM MANOIR SINGERS 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>13</b>  10:30 AM CHAIR PILATES  2:15 PM HANDICRAFTS  3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>14</b>  9:30 AM B/B/STRETCH 10:30 AM TAI CHI  2:15 PM MOVIE 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR 8:00 PM MOVIE
<b>15</b>  2:15 PM MOVIE  3:30 PM TEA  8:00 PM MOVIE	<b>16</b>  10:30 AM EXERCISES  2:00 PM ACTING FOR FUN  3:30 PM TEA  8:00 PM MOVIE	<b>17</b>  10:30 AM CHAIR PILATES  2:00 PM WATERCOLOR PAINTING 3:30 PM TEA 4:45 - 7 PM HAPPY HOUR 8:00 PM TABLE GAMES	<b>18</b> 9:30 AM B/B/STRETCH 10:30 AM SEATED QIGONG  2:15 PM CHRISTIAN BOOK CLUB 3:30 PM TEA  7:45 PM BINGO	<b>19</b> 9:30 AM EXERCISES  2:00 PM MANOIR SINGERS 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR 8:00 PM CONCERT: Pianist Alexandre Solopov	<b>20</b>  2:15 PM HANDICRAFTS  3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>21</b>  10:30 AM CHAIR PILATES  2:30 PM SUPER QUIZ 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR 8:00 PM MOVIE
<b>22</b> <i>Fall Begins</i>  2:15 PM MOVIE  3:30 PM TEA  8:00 PM MOVIE	<b>23</b>  10:30 AM EXERCISES  2:00 PM ACTING FOR FUN  3:30 PM TEA 4:00 PM PARLER ET LIRE  8:00 PM MOVIE	<b>24</b> 9:30 AM CHAIR PILATES 10:30 AM ANG EUCHARIST  2:00 PM WRITING GROUP 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR 8:00 PM TABLE GAMES	<b>25</b> 9:30 AM B/B/STRETCH 10:30 AM SEATED QIGONG  2:15 PM CHRISTIAN BOOK CLUB  3:00 PM SEPTEMBER BIRTHDAY TEA  7:45 PM BINGO	<b>26</b> 9:30 AM EXERCISES 10:30 AM LECTURE: Invitation to the MHI Museum of Fine Arts with Vera Bondy  2:00 PM MANOIR SINGERS 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>27</b>  10:30 AM SHUFFLEBOARD  2:15 PM HANDICRAFTS  3:30 PM TEA  4:45 - 7 PM HAPPY HOUR	<b>28</b>  9:30 AM B/B/STRETCH 10:30 AM TAI CHI  2:15 PM MOVIE 3:30 PM TEA  4:45 - 7 PM HAPPY HOUR 8:00 PM MOVIE
<b>29</b>  2:15 PM MOVIE  3:30 PM TEA  8:00 PM MOVIE	<b>30</b> <i>National Day for            Truth and Reconciliation</i>  9:30 AM EXERCISES  2:00 PM ACTING FOR FUN 3:30 PM TEA  8:00 PM MOVIE			<b>PLEASE NOTE:            *SPECIAL EVENT DETAILS            MAY BE FOUND IN YOUR            NEWSLETTER; ACTIVITY            LEADERS AND LOCATIONS            IN YOUR WEEKLY LEISURE            PROGRAM AS WELL AS            ADDITIONS/CHANGES</b>		Manoir Westmount Inc A project of The Rotary Club of Westmount <a href="http://www.manoirwestmount.ca">www.manoirwestmount.ca</a> 4646 Sherbrooke St. W. Westmount, QC H3Z 2Z8 Tel: (514) 937-3943  Leisure Department Supervisor: <i>Simona Buth</i> <a href="mailto:simonabuth@hotmail.com">simonabuth@hotmail.com</a>

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# Manoir Westmount Calendar 2024

**PLEASE NOTE:**  
\*SPECIAL EVENT DETAILS  
MAY BE FOUND IN YOUR  
NEWSLETTER; ACTIVITY  
LEADERS AND LOCATIONS  
IN YOUR WEEKLY LEISURE  
PROGRAM AS WELL AS  
ADDITIONS/CHANGES

**1** 9:30 AM EXERCISES  
10:30 AM RC EUCHARIST  
  
2:00 PM WATERCOLOR  
PAINTING  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR  
8:00 PM TABLE GAMES

**2** *Rosh Hashanah  
begins at sundown*  
9:30 AM B/B/STRETCH  
10:30 AM SEATED QIGONG  
  
2:00 PM THOMAS MORE  
DISCUSSION GROUP  
3:30 PM TEA  
7:45 PM BINGO

**3** *Rosh Hashanah*  
9:30 AM EXERCISES  
  
2:00 PM MANOIR SINGERS  
3:30 PM TEA  
4:00 PM ROSH HASHANAH  
SHOFAR BLOWING  
CEREMONY  
  
4:45 - 7 PM HAPPY HOUR

**4**  
  
2:15 PM HANDICRAFTS  
  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**5**  
  
10:30 AM EXERCISES  
  
2:30 PM SUPER QUIZ  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR  
8:00 PM MOVIE

**6**  
  
2:15 PM MOVIE  
  
3:30 PM TEA  
  
8:00 PM MOVIE

**7**  
  
10:30 AM EXERCISES  
  
2:00 PM ACTING FOR FUN  
3:30 PM TEA  
  
8:00 PM MOVIE

**8**  
  
9:30 AM EXERCISES  
  
2:00 PM WRITING GROUP  
3:30 PM TEA  
  
4:45 - 7 PM PIANO BAR  
8:00 PM TABLE GAMES

**9**  
  
9:30 AM B/B/STRETCH  
10:30 AM SEATED QIGONG  
  
2:00 PM THOMAS MORE  
DISCUSSION GROUP  
3:30 PM TEA  
  
7:45 PM BINGO

**10**  
  
9:30 AM EXERCISES  
10:15 AM RESIDENT  
COUNCIL MEETING  
  
2:00 PM MANOIR SINGERS  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**11** *Yom Kippur  
begins at sundown*  
10:30 AM SHUFFLEBOARD  
  
2:15 PM HANDICRAFTS  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**12**  
  
9:30 AM B/B/STRETCH  
10:30 AM TAI CHI  
  
2:15 PM MOVIE  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR  
8:00 PM MOVIE

**13**  
  
2:15 PM MOVIE  
  
3:30 PM TEA  
  
8:00 PM MOVIE

**14** *Thanksgiving*  
  
2:00 PM ACTING FOR FUN  
3:30 PM TEA  
  
8:00 PM MOVIE

**15** 9:30 AM EXERCISES  
10:30 AM RC EUCHARIST  
  
2:00 PM WATERCOLOR  
PAINTING  
3:30 PM TEA  
  
4:45 - 7 PM PIANO BAR  
8:00 PM TABLE GAMES

**16** 9:30 AM B/B/STRETCH  
10:30 AM SEATED QIGONG  
  
2:00 PM THOMAS MORE  
DISCUSSION GROUP  
3:30 PM TEA  
  
7:45 PM BINGO

**17**  
  
9:30 AM EXERCISES  
  
2:00 PM MANOIR SINGERS  
  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**18**  
  
2:15 PM HANDICRAFTS  
  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**19**  
  
10:30 AM CHAIR PILATES  
  
2:30 PM SUPER QUIZ  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR  
8:00 PM MOVIE

**20**  
  
2:15 PM MOVIE  
  
3:30 PM TEA  
  
8:00 PM MOVIE

**21**  
  
9:30 AM EXERCISES  
  
2:00 PM ACTING FOR FUN  
3:30 PM TEA  
  
8:00 PM MOVIE

**22**  
  
9:30 AM CHAIR PILATES  
10:30 AM ANG EUCHARIST  
  
2:00 PM WRITING GROUP  
3:30 PM TEA  
  
4:45 - 7 PM PIANO BAR  
8:00 PM TABLE GAMES

**23** 9:30 AM B/B/STRETCH  
10:30 AM SEATED QIGONG  
  
2:00 PM THOMAS MORE  
DISCUSSION GROUP  
3:00 PM OCTOBER  
BIRTHDAY TEA  
  
7:45 PM BINGO

**24** 9:30 AM EXERCISES  
10:30 AM LECTURE:  
Invitation to the Mtl Museum  
of Fine Arts with Vera Bondy  
  
2:00 PM MANOIR SINGERS  
  
3:30 PM TEA  
4:45 - 7 PM HAPPY HOUR

**25**  
  
10:30 AM SHUFFLEBOARD  
  
2:15 PM HANDICRAFTS  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR

**26** 9:30 AM B/B/STRETCH  
10:30 AM TAI CHI  
  
2:15 PM MOVIE  
3:30 PM TEA  
  
4:45 - 7 PM HAPPY HOUR  
8:00 PM MOVIE

**27**  
  
2:15 PM MOVIE  
  
3:30 PM TEA  
  
8:00 PM MOVIE

**28**  
  
9:30 AM EXERCISES  
  
2:00 PM ACTING FOR FUN  
3:30 PM TEA  
  
8:00 PM MOVIE


**29**  
  
10:30 AM CHAIR PILATES  
  
2:00 PM WATERCOLOR  
PAINTING  
3:30 PM TEA  
  
4:45 - 7 PM PIANO BAR  
8:00 PM TABLE GAMES

**30**  
  
9:30 AM B/B/STRETCH  
10:30 AM SEATED QIGONG  
  
2:00 PM THOMAS MORE  
DISCUSSION GROUP  
3:30 PM TEA  
  
7:45 PM BINGO

**31** *Halloween*  
  
9:30 AM EXERCISES  
  
 4:45 PM HALLOWEEN  
PARTY  
6:15 PM 1-SITTING DINNER

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A project of The Rotary Club  
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Leisure Department  
Supervisor: Simona Buth



Dimanche	Lundi	Mardi	Mercredi	Jeudi	Vendredi	Samedi
<h1>Manoir Westmount CALENDRIER D'OCTOBRE 2024</h1>						
		<b>1</b> 9:30 AM CHAISE PILATES 10:30 AM RC EUCHARISTIE  2:00 PM PEINTURE À L'AQUARELLE 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM JEUX DE TABLE	<b>2</b> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉTIREMENT 10:00 AM VISITE AVEC WINNIE ET DIANA 10:30 AM QIGONG ASSIS 2:00 PM GROUPE DE DISCUSSION THO MORE 3:30 PM THÉ 7:45 PM BINGO	<b>3</b> <i>Nouvel An juif</i> 9:30 AM EXERCICE  2:00 PM CHANTEURS DU MANOIR 3:30 PM THÉ 4:00 PM CÉRÉMONIE DE SOUFFLAGE SHOFAR  4:45 - 7 PM 5 À 7	<b>4</b> 10:30 AM CLUB DE LECTURE CHRÉTIEN  2:15 PM ARTISANAT 3:30 PM THÉ  4:45 - 7 PM 5 À 7	<b>5</b> 10:30 AM CHAISE PILATES  2:30 PM SUPER QUIZ 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM FILM
<b>6</b> 2:15 PM FILM 3:30 PM THÉ 8:00 PM FILM	<b>7</b> 10:30 AM EXERCICE  2:00 PM THÉÂTRE POUR LE PLAISIR 3:30 PM THÉ 8:00 PM FILM	<b>8</b> 10:30 AM CHAISE PILATES  2:00 PM GROUPE D'ÉCRITURE 3:30 PM THÉ 4:45 - 7 PM 5 À 7 8:00 PM JEUX DE TABLE	<b>9</b> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉTIREMENT 10:00 AM VISITE AVEC WINNIE ET DIANA 10:30 AM QIGONG ASSIS 2:00 PM GROUPE DE DISCUSSION THO MORE 3:30 PM THÉ	<b>10</b> 9:30 AM EXERCICE 10:15 AM RÉUNION DU CONSEIL DES RÉSIDENTS  2:00 PM CHANTEURS DU MANOIR 3:30 PM THÉ  4:45 - 7 PM 5 À 7	<b>11</b> 10:30 AM PALETS  2:15 PM ARTISANAT 3:30 PM THÉ  4:45 - 7 PM 5 À 7	<b>12</b> <i>Yom Kippur</i> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉTIREMENT 10:30 AM TAI CHI  2:15 PM FILM 3:30 PM THÉ 4:45 - 7 PM 5 À 7 8:00 PM FILM
<b>13</b> 2:15 PM FILM 3:30 PM THÉ 8:00 PM FILM	<b>14</b> <i>Action de grâce</i> 2:00 PM THÉÂTRE POUR LE PLAISIR 3:30 PM THÉ 8:00 PM FILM	<b>15</b> 9:30 AM EXERCICE 10:30 AM RC EUCHARISTIE  2:00 PM PEINTURE À L'AQUARELLE 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM JEUX DE TABLE	<b>16</b> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉIREMENT 10:00 AM VISITE AVEC WINNIE ET DIANA 10:30 AM QIGONG ASSIS 2:00 PM GROUPE DE DISCUSSION THO MORE 3:30 PM THÉ 7:45 PM BINGO	<b>17</b> 9:30 AM EXERCISE  2:00 PM CHANTEURS DU MANOIR 3:30 PM THÉ 4:45 - 7 PM 5 À 7 8:00 PM CONCERT: Chanteur/guitarist, Mitchel Field	<b>18</b> 10:30 AM CLUB DE LECTURE CHRÉTIEN  2:15 PM ARTISANAT 3:30 PM THÉ  4:45 - 7 PM 5 À 7	<b>19</b> 10:30 AM CHAIR PILATES 11:00 - 3:00 BOUTIQUE 'LA BELLA' 2:30 PM SUPER QUIZ 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM FILM
<b>20</b> 2:15 PM FILM 3:30 PM THÉ 8:00 PM FILM	<b>21</b> 10:30 AM EXERCICE  2:00 PM THÉÂTRE POUR LE PLAISIR 3:30 PM THÉ 8:00 PM FILM	<b>22</b> 9:30 AM CHAISE PILATES 10:30 AM ANG EUCHARISTIE  2:00 PM GROUPE D'ÉCRITURE 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM JEUX DE TABLE	<b>23</b> 9:30 AM E/R/E 10:00 AM VISITE AVEC WINNIE ET DIANA 10:30 AM QIGONG ASSIS 2:00 PM GROUPE THO M 3:00 PM THÉ D'ANNIVERSAIRE D'OCTOBRE 7:45 PM BINGO	<b>24</b> 9:30 AM EXERCISE 10:30 AM CONFÉRENCE : Invitation au Musée des beaux-arts de Mtl avec Vera Bondy 2:00 PM CHANTEURS DU MANOIR 3:30 PM THÉ 4:45 - 7 PM 5 À 7	<b>25</b> 10:30 AM PALETS  2:15 PM ARTISANAT 3:30 PM THÉ  4:45 - 7 PM 5 À 7	<b>26</b> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉTIREMENT 10:30 AM TAI CHI  2:15 PM FILM 3:30 PM THÉ 4:45 - 7 PM 5 À 7 8:00 PM FILM
<b>27</b> 2:15 PM FILM 3:30 PM THÉ 8:00 PM FILM	<b>28</b> 10:30 AM EXERCICE  2:00 PM THÉÂTRE POUR LE PLAISIR 3:30 PM THÉ 8:00 PM FILM	<b>29</b> 10:30 AM CHAISE PILATES  2:00 PM PEINTURE À L'AQUARELLE 3:30 PM THÉ  4:45 - 7 PM 5 À 7 8:00 PM JEUX DE TABLE	<b>30</b> 9:30 AM ÉQUILIBRE/ RESPIRATION/ÉTIREMENT 10:00 AM VISITE AVEC WINNIE ET DIANA 10:30 AM QIGONG ASSIS 2:00 PM GROUPE DE DISCUSSION THO MORE 3:30 PM THÉ 7:45 PM BINGO	<b>31</b> <i>Halloween</i> 9:30 AM EXERCICE  4:45 PM FÊTE D'HALLOWEEN 6:15 PM 1-DÎNER ASSIS	Manoir Westmount Inc  <a href="http://www.manoirwestmount.ca">www.manoirwestmount.ca</a> 4646 Sherbrooke St. W. Westmount, QC H3Z 2Z8 Tel: (514) 937-3943  Superviseur du département loisirs: Simona Buth <a href="mailto:simonabuth@hotmail.com">simonabuth@hotmail.com</a>	