



Monday, Sept 7th

LABOUR DAY

7:00  **Travel Series: "The Island Diaries: Channel Islands"**
Episode 5 (Auditorium)

Tuesday, Sept 8th

9:30  **Champlain Shuttle (Essential Appt's & Shopping Only)**

10:30 Prayer Group (Spa & Wellness Room)



2:00 Cardio Tone (Auditorium)


7:00 Billiards (Billiards Room)

7:00  **Resident's Choice: "The Pelican Brief" (Auditorium)**

Wednesday, Sept 9th

9:15 Stretch & Strength (Auditorium) 


10:30 Chapel: Video on Philemon (Auditorium)

7:00  **Nature Night: "Hope For Wildlife: Bears"**
Season 3, Ep. 2 (Auditorium)



Thursday, Sept 10th

3:15 Conversation Café: Topic—"Community" (Library)

7:00  **Chaplain's Choice: "In Search of Francis Assisi"**
(Auditorium)

Friday, Sept 11th

No Bingo Today

9:15 Balance & Relaxation (Auditorium) 

2:00 Mobile Library Returns! (Library)

7:00  **Hallmark Movie: "Sunrise in Heaven" (Auditorium)**


Saturday, Sept 12th

2:00 Gentle Fit (Auditorium) 

3:15 Golf Tournament #2 (Putting Green) 
**Weather Dependant*

7:00  **Movie Night: "The King's Speech" (Auditorium)**

Sunday, Sept 13th

7:00  **Chaplain's Choice: "Gaither Gospel Video" V. 2**
(Auditorium)

SAVE THE DATE

Our next **Resident Meeting** will be taking place on **Tuesday, September 15th at 2:00pm** in the Auditorium or Live on your TV on Channel 10. *Attendance will be by Sign Up Only.* Limited Seating with Social Distancing. **30 Residents Max.**

Please Sign Up Outside the Activities Office.

Sign Up Sheet will be out September 8th at Noon.

Week of Monday, Sept. 7th—Sunday, Sept. 13th, 2020

Monday Join us this evening for our **Travel Series: "The Island Diaries: Channel Islands"** at **7:00** in the Auditorium. Discover the Channel Islands in all their abundant natural glory, each with its own personality and living conditions and each inspired one way or another by British history and French culture. —*Running Time: 48 min*

Tuesday Tonight we will be showing our **Resident's Choice Movie: "The Pelican Brief"** at **7:00** in the Auditorium. Taut thriller about a young law student whose legal brief about the assassination of two Supreme Court justices causes her to be targeted by killers. Forced to go on the run in New Orleans, she is aided by a journalist who helps her unravel a conspiracy involving senior government figures.

—*Rated: PG-13, Running Time: 2 hr 21 min*

Wednesday Tonight is our **Nature Night: "Hope for Wildlife: Season 3, Ep 2—Bears"** in the Auditorium at **7:00**. Hope and Dr. Barry travel across the continent to learn about rehabilitating bears. They've soon got their hands full wrangling five baby black bears. —*Running Time: 50 min*

Thursday Tonight we will be watching our **Chaplain's Choice: "In Search of Francis Assisi"** in the Auditorium at **7:00**. This inspiring biographical chronicle portrays the remarkable life, struggles, achievements and legacy of Saint Francis of Assisi, who revolutionized Catholicism in the 13th century. —*Running Time: 1 hr*

Friday Mobile Library is up and running again on Friday's at **2:00** in the Library. The Vancouver Public Library has put in place a safe pick up and drop off system for us, and Olive Fera will be continuing to Volunteer to run this outreach. Thank you Olive! Join us this evening for our **Hallmark Movie: "Sunrise in Heaven"** in the Auditorium at **7:00**. A true love story that spans a lifetime but eventually results in a painful loss of love. Jan is the daughter of an overly protective militant father, but that doesn't stop her from falling love with Steve, a young GI in the Air Force.

—*Rated: PG, Running Time: 1 hr 25 min*


Saturday Join us this evening to watching the **Movie Night: "The King's Speech"** in the Auditorium at **7:00**. The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer. —*(Language Warning) Running Time: 1 hr 58 min*


Sunday Tonight we will be watching **"Gaither Gospel Video, Volume 2"** at **7:00** in the Auditorium.


BUS TRIPS:



• **Tuesday, September 8th**
9:30—Champlain Square Shuttle
(Appointments & Essential Shopping Only)
Sign Up Sheet Out

• **Tuesday, September 15th** 
9:00—Champlain Square Shuttle
(Appointments & Essential Shopping Only)
Sign Up Sheet Out Sept 8th

• **Thursday, September 17th** 
1:30 — Scenic Drive: Rocky Point Park II
Sign Up Sheet Out *Sept 10th

• **Tuesday, September 22nd** 
9:00—Champlain Square Shuttle
(Appointments & Essential Shopping Only)
Sign Up Sheet Out Sept 15th

SHANNON OAKS
VANCOUVER

FITNESS ROOM IS OPEN!

Re-Opening Guidelines have been posted on the Fitness Room Windows. Please Read These guidelines fully before entering and using Equipment. Thank you and Enjoy!

Chaplain's Thought of the Week

"Worry does not empty tomorrow of its sorrows it empties today of its strength"

Our Chaplain
happy to meet
contact

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