

September 2025



WEST SHORE VILLAGE											WEST SHORE VILLAGE	i .
	Monday	1	Tuesday	2	Wednesday 3		Thursday	4	Friday .	5	Saturday	6
	10:00 Chair Zumba (Livia)	(MR)	10:00 Stand & Fit - Josh (Video)	(MR)	8:55 Java Group (L	(L)	Walmart/Westshore Mall	\leftarrow	10:00 Chair Weights - Lauren (Vide (I	MR)	10:00 Exercise with Esther	(MR)
	1:00 Tuck Shop Open	(TS)	2:00 TED Talk:	(TH)	10:00 Weighted Exercises (Livia) (MR	R)	9:30am - 11:30am	\bowtie	10:30 Brain Game (I	MR)	Nail Technician Bushra 10:00am -	3:00pm
	1:00 Jacko	(MR)	"The Formula for Successful aging	"	1:00 Tuck Shop Open (TS	S) 1	10:00 Chair Exercises (Bailey)	(MR)	1:00 Tuck Shop Open	(TS)	2:00pm-4:00pm Pub Happy Hou	ır (VP)
	Labour Day Concert with Jesse Thomas B	rown	By Gery Small		1:00 Bingo (MR	R)	1:00 Rummikub	(L)	1:00 Knitting Crew (I	MR)	2:00 Movie Matinee:	(TH)
	2:00pm in the Dining Room		2:00 Bocce Ball	(VL)	1:00 Bible Study (L	(L)	1:00 Pet Therapy with Miller	(MR)	2:45 Exercise with Esther (I	MR)	"The Duchess"	
	6:00 Board Games	(MR)	6:00 Board Games	(MR)	Burger and Brew		Resident Calendar Planning Meet	ing	3:30 Garden Club Meeting	(P)	2:00 Line Dancing with Donna	(MR)
					4:00pm - 6:00pm in the Village Pub		2:00pm in the Multi-Purpose Roo	m	3:30pm-5:30pm Pub Happy Hour (VI	P)	6:00 Board Games	(MR)
					6:00 Board Games (MR	R)	6:00 Board Games	(MR)		MR)		
									6:30 Movie Night:	(TH)		
	Labour Day						Monthly Fire Alarm Testing		"The Duchess"	-		
Sunday 7	Monday	8	Tuesday	9	Wednesday 10	0	Thursday	11	Friday 1	12	Saturday	13
10:00 Mobility Exercises (Livia) (MR)	10:00 Ball & Band Exercises (Livia)	(MR)	10:00 SAIL Exercises (Livia)	(MR)	8:55 Java Group (L	(L) 1	10:00 Stand & Fit - Josh (Video)	(MR)	Ed Nixon Trail Walk Outing	^_	10:00 Exercise with Esther	(MR)
Grandparents Day Brunch	1:00 Tuck Shop Open	(TS)	Lunch at Olympic View Golf Cours	se	10:00 Chair Yoga (Livia) (MR	R)	1:00 Rummikub	(MR)	10:00am - 11:00am	~	Nail Technician Bushra 10:00am -	3:00pm
During Regular Lunch Seatings	1:00 Jacko	(MR)	11:00am - 1:00pm	<u>\</u>	1:00 Tuck Shop Open (TS	S)	Summer Carnival		10:00 Stand & Fit - Josh (Video) (I	MR)	2:00pm-4:00pm Pub Happy Hou	ır (VP)
2:00 Movie Matinee: (TH)	Poetry Readings - Bring a Poem		2:00 Ted Talk:	(TH)	1:00 Bingo (MR	R)	with Entertainment by Rewind			(TS)	2:00 Movie Matinee:	(TH)
"The Duchess"	3:00pm in the Fireside Lounge		"The brain-changing benefits of exer	cise"	2:30 Darts with Jojan (VP		Victoria Hospitals Foundation Fund	3.7	1:00 Knitting Crew (I	MR)	"Dead Poets Society"	
2:00 Music with Mervin (MR)		(MR)	0 0		6:00 Board Games (MR		1:30pm - 4:00pm in the Village Cour			MR)	•	(MR)
2:00pm-4:00pm Pub Happy Hour (VP)	5.55 25a. a 5a65	(,		(MR)	(,	6:00 Board Games	(MR)	3:30pm-5:30pm Pub Happy Hour (VI	- 1	6:00 Board Games	(MR)
6:00 Board Games (MR)				(MR)			5.55 Board Games	(,		MR)	5.55 Board Games	(14111)
Terry Fox Run Steps Challenge Start			o.oo board dames	(,					•	(TH)		
Grandparents Day	World Literacy Day								"Dead Poets Society"	,,		
Sunday 14		15	Tuesday	16	Wednesday 17	7	Thursday	18	*	19	Saturday	20
•	•		•		8:55 Java Group (L		10:00 Chair Exercises (Bailey)				10:00 Exercise with Esther	(MR)
, , , ,		(IVIK)	2:00 TED Talk:	٠ ،	·	٠.,	, ,,	(IVIK)	<u> </u>			
2:00 Movie Matinee: (TH)	, , , , , , , , , , , , , , , , , , ,	,			10:00 Weighted Exercises (Livia) (MR	- 1	1:00 Rummikub	(L)	•	(TS)	Nail Technician Bushra 10:00am -	•
"Dead Poets Society"	Winner Announcement 11:00am (FL	•	"Aging is My Super Power" By Rita M	oore	1:00 Tuck Shop Open (TS	-	1:00 Pet Therapy with Miller	(MR)		` . [2:00pm-4:00pm Pub Happy Hou	
2:00pm-4:00pm Pub Happy Hour (VP)	1:00 Tuck Shop Open	(TS)	_	<mark>^</mark> >∣	1:00 Bingo (MR		September Birthday Tea			MR)	2:00 Movie Matinee:	(TH)
6:00 Board Games (MR)		(MR)	2:00pm - 4:00pm	∼	,	(L)	2:00pm in The Dining Room	1	·	MR)	"The Thursday Murder Club	
Terry Fox Run Steps Challenge End	3:00 Shuffleboard with Livia	(MR)	6:00 Board Games	(MR)	3:30pm-5:30pm Pub Happy Hour (VP)	À	With Fred Chester Performing		3:30pm-5:30pm Pub Happy Hour (VI		2:00 Line Dancing with Donna	(MR)
	6:00 Board Games	(MR)		(Wing Wednesday		6:00 Board Games	(MR)	•	MR)	6:00 Board Games	(MR)
					4:00pm - 6:00pm in the Village Pub	_,			· ·	(TH)		
			- 11 - 11 - 11 - 11 - 11 - 11		6:00 Board Games (MR	K)			"The Thursday Murder Club"			
Terry Fox Run Sunday 21	Monday	22	Full Evacuation Drill - Wildfire Tuesday	23	Wednesday 24	1	Thursday	25	Talk Like a Pirate Day Friday 2	26	Saturday	27
	•		•		•		•				•	
	10:00 Ball & Band Exercises (Livia)		10:00 Chair Pilates - Lauren (Video)				10:00 Chair Exercises (Bailey)	(MR)	Walmart/Westshore Mall	7	10:00 Exercise with Esther	(MR)
,	1:00 Tuck Shop Open	(TS)	Gorge Walk Outing	\ <u></u>	10:00 Chair Yoga (Livia) (MR	-	1:00 Rummikub	(L)	9:30am - 11:30am	-	Nail Technician Bushra 10:00am -	•
2:00 Movie Matinee: (TH)		(MR)		1	1:00 Tuck Shop Open (TS		1:00 Pet Therapy with Miller	(IVIR)	-	MR)	2:00pm-4:00pm Pub Happy Hou	
"The Thursday Murder Club"	•	(MR)	•	(DR)	1:00 Bingo (MR	R) ş	Sunflower Coaster Craft	57	• •	(TS)	2:00 Movie Matinee:	(TH)
2:00pm-4:00pm Pub Happy Hour (VP)	6:00 Board Games	(MR)		(TH)	Presentation with Dr. Taylor Trotter		2:00pm in the Multi-Purpose Roc			MR)	"Radio"	
6:00 Board Games (MR)			"Growing Old Is A Blessing"		with Comfort Keepers		3:30 Karaoke with Cheryl	(MR)	Classical Music by Doug Hensley		6:00 Board Games	(MR)
			By Maria Alejandro	<i>(</i> \	3:00pm in the Multi-Purpose Room		6:00 Board Games	(MR)	2:30pm in the Fireside Lounge			
			6:00 Board Games	(MR)	3:30pm-5:30pm Pub Happy Hour (VP)				3:30pm-5:30pm Pub Happy Hour (VI			
					6:00 Board Games (MR	R)			•	MR)		
Day of Peace									-	(TH)		
World Gratitude Day	First Day of Fall	00	T 1	90					"Radio"			
Sunday 28	Monday	29	Tuesday	30			A			Th	o Villaga Dub	
10:00 Mobility Exercises (Livia) (MR)	, ,	(MR)		(MR)	<u>Location Key</u>		Sigi	ո-Up	<u>Sheets</u>		e Village Pub	
Hearing Aid Clinic & Seminar with Ajit	1:00 Tuck Shop Open	(TS)	South Island Powwow Outing 5	$\langle \rangle$			\sim			<u> </u>	lappy Hour	
2:00pm in the Multi-Purpose Room	1:00 Jacko	(MR)	11:00am - 3:30pm		MR - Multipurpose Room TH - Theatre				an activity or			
2:00 Movie Matinee: (TH)	2:30 Galloping Goose Walk	(VL)	2:00 Documentary:	(TH)	DR - Dining Room TS - Tuck Sho				endar indicates	Eu: al	2v 2·20nm E·20nm	
"Radio"	6:00 Board Games	(MR)	"For Love"		FL - Fireside Lounge VL - Village I P - Back Patio LL - Lodge L				_		ay 3:30pm-5:30pm	
6:00 Board Games (MR)			6:00 Board Games	(MR)	VP - Village Pub VC - Village (, billaci i		ed by Village main building.	ound	ays 2:00pm-4:00pm	
					CF - Cafe L - Library		. Elevator		nam banang.			
			Orange Shirt Day									
			<u> </u>									