

September 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Beauty Hour 1:30pm Bingo 3:00pm Musical Instrument Word Scramble 3:30pm 1-1 Companionship Visits	2 8:45am 1-1 Companionship Visits 9:30am Ball Pass Exercise 10:30am The Happiness Project 1:30pm Arts and Crafts 3:00pm Colour by Numbers 3:30pm 1-1 Companionship Visits	3 8:45am 1-1 Companionship Visits 9:30am Charades 10:30am Balloon Badminton 12:00pm BBQ Lunch (Residents) 1:30pm Happy Hour 3:00pm Trivia 3:30pm 1-1 Companionship Visits	4 8:45am 1-1 Companionship Visits 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Live Music with Eugene 3:00pm Jenga 3:30pm 1-1 Companionship Visits	5 8:30am 1-1 Companionship Visits 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits	6 8:30am 1-1 Companionship Visits 9:15am Balloon Badminton 10:30am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits
7 Labour Day! 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Live Music with Mark 3:00pm Trivia Time 3:30pm 1-1 Companionship Visits	8 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Walking Group 1:30pm Bingo 3:00pm Light Therapy 3:30pm 1-1 Companionship Visits	9 8:45am 1-1 Companionship Visits 9:30am A Moment of Mindfulness 10:30am The Happiness Project 1:30pm Arts and Crafts 3:00pm Tongue Twister Challenge 3:30pm 1-1 Companionship Visits	10 8:45am 1-1 Companionship Visits 9:30am Reading Group 10:30am Armchair Basketball 1:30pm Live Music with Ian 3:00pm Mindful Coloring 3:30pm 1-1 Companionship Visits	11 8:45am 1-1 Companionship Visits 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Happy Hour with Sing Along 3:00pm Finish the Phrase 3:30pm 1-1 Companionship Visits	12 8:30am 1-1 Companionship Visits 10:15am Ball Toss 11:00am Bowling 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits	13 8:30am 1-1 Companionship Visits 9:15am Balloon Badminton 10:30am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits
14 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Arts and Crafts 3:00pm Words That Start with S Quiz 3:30pm 1-1 Companionship Visits	15 8:45am 1-1 Companionship Visits 9:30am Beauty Hour 10:30am Active Games 1:30pm Bingo 3:00pm Afternoon Tea 3:30pm 1-1 Companionship Visits	16 8:45am 1-1 Companionship Visits 9:30am Football Toss Game 10:30am The Happiness Project 1:30pm The Beatles Music Bingo 3:00pm Movie Matinee 3:30pm 1-1 Companionship Visits	17 8:45am 1-1 Companionship Visits 9:30am Sensory Hour 10:30am Balloon Badminton 12:00pm BBQ Lunch 2:00pm Fresh Flower Arranging 3:30pm 1-1 Companionship Visits	18 8:45am 1-1 Companionship Visits 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Live Music with Eugene 3:00pm Jenga 3:30pm 1-1 Companionship Visits	19 Oktoberfest 8:30am 1-1 Companionship Visits 10:15am Ball Toss 11:00am Board Games 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits	20 8:30am 1-1 Companionship Visits 9:15am Balloon Badminton 10:30am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits
21 International Peace Day! 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Dog Therapy 3:00pm Peace Dove Wreath 3:30pm 1-1 Companionship Visits	22 Autumn! 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Beauty Hour 1:30pm Bingo 3:00pm Autumn Word Scramble 3:30pm 1-1 Companionship Visits	23 8:45am 1-1 Companionship Visits 9:30am Bean toss 10:30am The Happiness Project 1:30pm Song Pictionary 3:00pm Jigsaw Puzzles 3:30pm 1-1 Companionship Visits	24 8:45am 1-1 Companionship Visits 9:30am Reading Group 10:30am Balloon Badminton 1:30pm Live Music with Ian 3:00pm Birthday Cake Celebration 3:30pm 1-1 Companionship Visits	25 8:45am 1-1 Companionship Visits 9:30am Board Game Cafe 10:30am Seated Yoga With Anna 1:30pm Cupcake Decorating 3:00pm Missing Letter Visual Quiz 3:30pm 1-1 Companionship Visits	26 8:30am 1-1 Companionship Visits 10:15am Ball toss 11:00am Bowling 1:00pm Balloon Badminton 2:00pm Mens Club 3:30pm 1-1 Companionship Visits	27 8:30am 1-1 Companionship Visits 9:15am Balloon Badminton 10:30am Spiritual Service 11:00am Board Games 1:30pm Bingo 3:30pm 1-1 Companionship Visits
28 8:45am 1-1 Companionship Visits 9:15am Seated Yoga With Anna 10:30am Nail Care & Hand Massages 1:30pm Live Music with Mark 3:00pm Movie Matinee 3:30pm 1-1 Companionship Visits	29 8:45am 1-1 Companionship Visits 9:30am Small Group Walk 10:30am Active Games 2:00pm Bingo 3:00pm Light Therapy 3:30pm 1-1 Companionship Visits	30 National Day for Truth and Reconcilliation 8:45am 1-1 Companionship Visits 9:30am Bowling 10:30am The Happiness Project 1:30pm Word Games and Puzzles 3:00pm Patio Socials 3:30pm 1-1 Companionship Visits				