



September 2026



 Sign Up Sheets You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.				Tuesday 1		Wednesday 2		Thursday 3		Friday 4		Saturday 5	
				9:30 Exercise Video: (AR) Stand and Fit		9:30  Riyanshi Deshwal (AR) 9:30AM - 10:30AM		9:30 Exercise Video: (AR) Strength & Stretch		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
				11:00 Summer Walk & Talk (FD)		Hillside Shopping Trip 						1:30 Armchair Travelers:  (L) "Wonders of Vietnam"	
				10:30 Residents Only Meeting (AR) All Residents Welcome!		2:00  <u>Wednesday Shuffle</u>  (AR)				1:30 Shuffleboard (AR)		7:00 Popcorn & Movie:  (L) "The Wonderful Country"	
				2:30 Veteran's Gathering (AR)		 <u>Prairie Inn Restaurant Outing</u> Meet in Lobby at 4:20PM				3:30 Happy Hour & Trivia (L)			
		6:30 Dessert & Documentary : (L) "Federer Twelve Final Days"		 Jasmine Foot Nurse 		4:30 Steak Night BBQ (DR)		7:00 Bingo (AR)					
Sunday 6		Monday 7		Tuesday 8		Wednesday 9		Thursday 10		Friday 11		Saturday 12	
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30  Riyanshi Deshwal (AR) 9:30AM - 10:30AM		9:30 Exercise Video: (AR) Weighted Exercise		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
10:00 Sunday Morning Songs (L)				2:30 Veteran's Gathering (AR)		2:00  <u>Wednesday Shuffle</u>  (AR)		1:00 Music Bingo! 60s (AR)		10:30 Canada Scooter  (AR)		1:30 National Geographic: (L) "The Lost Gospels" 	
1:30 Afternoon Movie: (L) "Lady in Lavender" 				6:30 Dessert & Documentary : (L) "I am Celine Dion"		5:20  Football Kick off!  (L)		5:15 Football Game! (L)		1:30 Shuffleboard (AR)		7:00 Popcorn & Movie: (L) "Back to the Future"	
6:30 Pool Challenge  (GR)		Trivia & Word Game Night At 7PM in the Lounge								3:30 Happy Hour & Trivia (L)			
Sunday 13		Monday 14		Tuesday 15		Wednesday 16		Thursday 17		Friday 18		Saturday 19	
Grandparents Day		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		9:30  Riyanshi Deshwal (AR) 9:30AM - 10:30AM		9:30 Exercise Video: (AR) Weighted Exercise		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
9:30 Exercise Video: (AR) Chair Yoga		2:00 Connie Jorsvik Presentation: (AR) "Under Covering the True Cost of Aging"		Luxcare Presentation by (AR)				1:00 Residents Culinary Meeting (AR)		1:30 Shuffleboard (AR)		1:30 Armchair Travelers:  (L) "Wonders of England"	
Grandparents Day Celebration Brunch				Victoria Immigrant and Refugee Centre Society at 1PM in the AR		2:30  <u>Wednesday Shuffle</u>  (AR)		1:00 Birthday Tea  Jesse Brown 2-3pm 		3:30 Happy Hour & Trivia (L)		2:00 G.R.I.T. Gardening Group Meet in the Garden	
10:00 Sunday Morning Songs (L)		Trivia & Word Game Night At 7PM in the Lounge		2:30 Veteran's Gathering (AR)				5:15 Football Game! (L)		7:00 Bingo (AR)		7:00 Popcorn & Movie:  (L) "The Mask of Zorro"	
1:30 Afternoon Movie: (L) "Nonna" 				6:30 Dessert & Documentary : (L) "The Real Sleeping Beauty"						3:30 Happy Hour & Trivia (L)			
6:30 Pool Challenge  (GR)													
Sunday 20		Monday 21		Tuesday 22		Wednesday 23		Thursday 24		Friday 25		Saturday 26	
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		First Day of Fall		9:30  Riyanshi Deshwal (AR) 9:30AM - 10:30AM		9:30 Exercise Video: (AR) Weighted Exercise		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Sit and Fit	
10:00 Sunday Morning Songs (L)		1:30  Afternoon Knitting  (AR)		Presentation on: How to Computer		1:00 Residents General Meeting (AR)		Brain Health Presentation: Sense of Smell by Johnathan Askholm		1:30 Shuffleboard (AR)		1:30 National Geographic: (L) "City of the Future"	
1:30 Afternoon Movie: (L) "Magic in the Moonlight" 				2:30 Veteran's Gathering (AR)		2:00  <u>Wednesday Shuffle</u>  (AR)		2:00pm In Activity Room 		3:30 Happy Hour & Trivia (L)		7:00 Popcorn & Movie:  (L) "Here"	
6:30 Pool Challenge  (GR)		Trivia & Word Game Night At 7PM in the Lounge		6:30 Dessert & Documentary : (L) "Diana and Meghan: Royal History Repeating"				5:15 Football Game! (L)		7:00 Bingo (AR)			
Sunday 27		Monday 28		Tuesday 29		Wednesday 30		Location Key AR- Activity Room L- Lounge DR- Dining Room PD- Private Dinning FD- Front Desk GR- Games Room 					
9:30 Exercise Video: (AR) Chair Yoga		9:30 Exercise Video: (AR) Full Body Stretch		9:30 Exercise Video: (AR) Stand and Fit		Orange Shirt Day							
10:00 Sunday Morning Songs (L)		2:00 Crossword & Treats Social (AR)		2:30 Veteran's Gathering (AR)		9:30  Riyanshi Deshwal (AR) 9:30AM - 10:30AM							
1:30 Afternoon Movie: (L) "How to Lose a Guy in 10 Days" 		Trivia & Word Game Night At 7PM in the Lounge		6:30 Dessert & Documentary : (L) "WaaPaKe (Tomorrow)"		2:00  <u>Wednesday Shuffle</u>  (AR)							
6:30 Pool Challenge  (GR)													

