

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	2 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Bingo 2:30 Build your own Sundae 3:00 Movie & Popcorn	3 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	4 10:00 Music Memory 11:00 Jive to Thrive 1:30 Word Games 3:00 Darts	5 2:30 Ice Cream Saturday
6 11:00 Utube Church Service	7 10:00 Make-over Monday 11:00 Tai Chi 1:30 Hymn Sing 3:00 Bowling Labour Day	8 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	9 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Bingo 2:30 Build your own Sundae 3:00 Movie & Popcorn	10 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	11 10:00 Music Memory 11:00 Jive to Thrive 1:30 Word Games 3:00 Darts	12 2:30 Ice Cream Saturday
13 11:00 Utube Church Service	14 10:00 Make-over Monday 11:00 Tai Chi 1:30 Hymn Sing 3:00 Bowling	15 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	16 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Bingo 2:30 Build your own Sundae 3:00 Movie & Popcorn	17 10:00 Relax with Chair Massage 11:00 Workout with Weights End of Summer BBQ 1:30 Terry Fox Tribute 2:30 Happy Hour Happy Birthday David	18 10:00 Music Memory 11:00 Jive to Thrive 1:30 Word Games 3:00 Darts	19 2:30 Ice Cream Saturday
20 11:00 Utube Church Service Terry Fox Day Happy Birthday Alice	21 10:00 Make-over Monday 11:00 Tai Chi 1:30 Hymn Sing 3:00 Bowling	22 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 3:00 Walks	23 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Bingo 2:30 Build your own Sundae 3:00 Movie & Popcorn	24 10:00 Relax with Chair Massage 11:00 Workout with Weights 1:30 Sing-a-long 2:30 Happy Hour 3:15 Walks	25 10:00 Music Memory 11:00 Jive to Thrive 1:30 Word Games 3:00 Darts Happy Birthday Ellen	26 2:30 Ice Cream Saturday Happy Birthday Ana
27 11:00 Utube Church Service	28 10:00 Make-over Monday 11:00 Tai Chi 1:30 Hymn Sing 3:00 Bowling	29 10:00 Puppet Therapy 11:00 Yoga Stretch 1:30 Entertainment 2:30 Birthday Party - AR 3:00 Walks	30 10:00 Happy Hearts Club 11:00 Zumba fun - AR 1:30 Bingo 2:30 Build your own Sundae 3:00 Famous Native Carvers Truth & Reconciliation Day			