



September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00am News & Views 10:30am Yoga Exercise w/ Anna 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	2 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:30pm Pong game 2:30pm Tea Time Social 3:00pm 1-1 Visits	3 9:00am News & Views 10:00am Balloon Toss 2:00pm Pet Therapy 2:30pm Tea Time Social 3:00pm 1-1 Visits	4 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:30pm Trivia/ Word game 2:30pm Tea Time Social 3:00pm 1-1 Visits	5 9:00am News & Views 10:00am 1-1 Visits 1:30pm Movie Matinee 2:30pm Tea Time Social
6 9:00am News & Views 10:30am Music w/ Bart & Carol 1:30pm Movie Matinee 2:30pm Tea Time Social	7 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Visits <i>Labour Day</i>	8 9:00am News & Views 10:30am Yoga Exercise w/ Anna 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	9 9:00am News & Views 10:00am Seated Exercise 10:30am Trivia/ Word game 1:30pm Arts & Crafts 2:30pm Tea Time Social 3:00pm 1-1 Visits	10 9:00am News & Views 10:30am Zumba Exercise w/ Colleen 2:00pm Pet Therapy 2:30pm Tea Time Social 3:00pm 1-1 Visits	11 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:30pm Music Therapy w/ Alyssa 2:30pm Tea Time Social 3:00pm 1-1 Visits	12 9:00am News & Views 10:00am 1-1 Visits 1:30pm Movie Matinee 2:30pm Tea Time Social
13 9:00am News & Views 10:30am Music w/ Bart & Carol 1:30pm Movie Matinee 2:30pm Tea Time Social <i>Grandparents Day</i>	14 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Visits	15 9:00am News & Views 10:30am Yoga Exercise w/ Anna 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	16 9:00am News & Views 10:00am Seated Exercise 10:30am Bowling 1:15pm Bus Outing 2:30pm Tea Time Social 3:00pm 1-1 Visits	17 9:00am News & Views 10:00am Balloon Toss 10:30am Trivia/ Word game 2:00pm Pet Therapy 2:30pm Tea Time Social 3:00pm 1-1 Visits	18 9:00am News & Views 10:00am Seated Exercise 10:30am Piano Concert with Jesse 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	19 9:00am News & Views 10:00am 1-1 Visits 1:30pm Movie Matinee 2:30pm Tea Time Social
20 9:00am News & Views 10:30am Music w/ Bart & Carol 1:30pm Movie Matinee 2:30pm Tea Time Social	21 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	22 9:00am News & Views 10:30am Yoga Exercise w/ Anna 1:00pm Hair Salon Open 2:30pm Tea Time Social 3:00pm 1-1 Visits <i>First Day of Autumn</i>	23 9:00am News & Views 10:00am Seated Exercise 10:30am Ball Toss 1:30pm Arts & Crafts 2:30pm Tea Time Social 3:00pm 1-1 Visits	24 9:00am News & Views 10:30am Zumba Exercise w/ Colleen 2:00pm Pet Therapy 2:30pm Tea Time Social 3:00pm 1-1 Visits	25 9:00am News & Views 10:00am Seated Exercise 10:30am BINGO 1:15pm Bus Outing 2:30pm Tea Time Social 3:00pm 1-1 Visits	26 9:00am News & Views 10:00am 1-1 Visits 1:30pm Movie Matinee 2:30pm Tea Time Social
27 9:00am News & Views 10:30am Music w/ Bart & Carol 1:30pm Movie Matinee 2:30pm Tea Time Social	28 9:00am News & Views 10:00am Seated Exercise 10:30am Music w/ Jack 1:30pm Hand Spa 2:30pm Tea Time Social 3:00pm 1-1 Visits	29 9:00am News & Views 10:30am Yoga Exercise w/ Anna 1:30pm BINGO 2:30pm Tea Time Social 3:00pm 1-1 Visits	30 9:00am News & Views 10:30am Balloon Toss 1:30pm Movie Matinee 2:30pm Tea Time Social 3:00pm 1-1 Visits <i>National Day for Truth and Reconciliation</i>			

