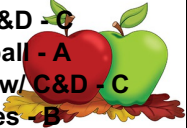


Recreation Calendar

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9:45am Physio Fitness in A ,C &D - 10:00am Balloon Toss - B 10:15am Music Therapy w/ Brian - C 11:00am Friendly Visits in C - 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC	9:45am Physio Fitness in A &D - 10:00am Ring Toss - B 10:15am Leisure Games - 10:30am Catholic Mass - SUN 2:00pm Boardgames in A,C,D 2:00pm Leisure Games - B	9:45am Physio Fitness in A ,C &D - 10:00am Table Games - B 10:15am Active Game w/ C&D - C 2:00pm Bocce - A 2:00pm Hand Massages - B 2:00pm Songs That Make You Smile Sing-Along - A	10:00am Fit and Fun - A 10:15am Music Therapy w/ Brian - D 11:00am Garden Walks C&D - CY 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	10:00am Active Game - B 2:00pm Labour Day Program - C 
6	7	8	9	10	11	12
2:15pm Sunday Church Service	Labour Day No Recreation No Rehab 	9:45am Physio Fitness in A ,C &D - 10:00am Active Game - A 10:00am Balloon Toss - B 10:00am Courtyard Walks- B 10:15am Music Therapy N Trivia - C 11:00am Friendly Visits in C - 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC	9:45am Physio Fitness in A &D - 10:00am Ring Toss - B 10:15am Leisure Games - 10:15am Brain Teasers & Trivia - D 2:00pm Shipmates' Pub - REC 	9:45am Physio Fitness in A ,C &D - 10:00am Back to School Reminisce - D 10:00am Table Games - B 10:15am Bean Bag Toss - A 2:00pm Boardgames w/ C&D - C 2:00pm Scattegories - A 2:10pm Puzzles - B 	10:00am Fit and Fun - A 10:15am Music Therapy w/ Brian - D 11:00am Garden Walks C&D - CY 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	10:00am Active Game - B 2:00pm EZ DOES IT Trivia - C
13	14	15	16	17	18	19
Grandparents Day 2:15pm Sunday Church Service 	9:45am Physio Fitness in A &D - 10:00am Volleyball - C 10:15am Word Game - D 2:00pm Leisure Game - B 2:00pm Bocce - A	9:45am Physio Fitness in A ,C &D - 10:00am Active Game - A 10:00am Balloon Toss - B 10:15am Music Therapy - C 11:00am Friendly Visits in C - 11:00am Music Therapy w/ Brian - B 2:00pm September Birthday - REC 	9:45am Physio Fitness in A &D - 10:00am Ring Toss - B 10:15am Leisure Games - 10:15am Brain Teasers & Trivia - D 2:00pm Leisure Games - B 2:00pm Tribute to Dolly Parton w/ C&D - D 2:00pm Scattegories - A	9:45am Physio Fitness in A ,C &D - 10:00am Table Games - B 10:15am Bean Bag Toss - A 10:15am Sikh Service - SUN 2:00pm Terry Fox Walk-A-Thon - 	10:00am Fit and Fun - A 10:15am Music Therapy w/ Brian - D 11:00am Garden Walks C&D - CY 11:00am Music Therapy w/ Brian - A 2:00pm Hymn Sing - C	Talk Like A Pirate Day 10:00am Active Game - B 2:00pm Boardgames in C - 
20	21	22	23	24	25	26
2:15pm Sunday Church Service	9:45am Physio Fitness in A &D - 10:00am Volleyball - C 10:15am Word Game - D 2:00pm Leisure Game - B 2:00pm Bocce - A	FIRST DAY OF FALL 9:45am Physio Fitness in A ,C &D - 10:00am Balloon Toss - B 10:15am Music Therapy N Trivia - C 10:30am Resident and Food Council Meeting - SUN 11:00am Friendly Visits in C - 11:00am Music Therapy w/ Brian - B 2:00pm Bingo - REC 	9:45am Physio Fitness in A &D - 10:00am Ring Toss - B 10:15am Leisure Games - 10:15am Brain Teasers & Trivia - D 12:30pm \$Chinese Food Lunch-in - REC 2:30pm Friendly Visits - SUN 	9:45am Physio Fitness in A ,C &D - 10:00am Table Games - B 10:15am Bowling w/ C&D - C 10:15am Table Volleyball - A 2:00pm Boardgames w/ C&D - C 2:00pm Leisure Games - B 2:00pm Harvest Baking - SUN 	10:00am Fit and Fun - A 10:15am Music Therapy w/ Brian - D 11:00am Garden Walks C&D - CY 11:00am Music Therapy w/ Brian - A 2:00pm Remembering Friends - C 	10:00am Active Game - B 2:00pm Men's Corner -C&D - C 
27	28	29	30			
2:15pm Sunday Church Service	9:45am Physio Fitness in A &D - 10:00am Volleyball - C 10:15am Word Game - D 2:00pm Leisure Game - B 2:00pm Bocce - A	Wear Orange Shirt Day 9:45am Physio Fitness in A ,C &D - 10:00am Travel to Germany - A 10:00am Balloon Toss - B 10:15am Music Therapy N Trivia - C 11:00am Music Therapy w/ Brian - B 2:00pm Oktoberfest - REC 3:00pm Family Council Meeting - SUN 				

- Main Floor

- Creekside

A - Lounge

B - Lounge

C - Lounge

CY - Courtyard

D - Lounge

REC - Recreation Room

SUN - Sunroom