

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pink - Exercise Room (ER) Green - Main Lounge (ML) Purple - Meeting Room (MR) Brown - Chapel (C) Orange - Activity Room (AR) Blue - Entertainment Red - Outings (sign-up required) Light Blue - Patio (P)		1 Brant Arts Walker Clinic (AR) (sign-up at front desk) 10:00 Outing: Scenic Tour & Hewitts Dairy (Sign-up required) 10:30 Tai Chi (ER) 12:30 Hangman (ML) 2:30 Happy Hour & Music with Synchronicity Duo (AR)	2 10:30 Virtual Exercises (AR) 12:30 Concierge's Choice (ML) 2:30 You Tube Sing Along (AR) 7:15 Yathzee Club (ML)	3 Foot Care Clinic with Dr. Jason (MR) (sign-up at front desk) 10:00 Outing: University Plaza/Shopper's Drug Mart(Sign-up required) 10:30 Zumba with Linn (ER) 12:30 Rhyme Time (ML) 2:30 Disney Songs Music Bingo (AR) 7:15 Euchre Club (ML)	4 10:00 Outing: Bank Trip (Sign-up required) 10:15 Xbox Bowling (AR) 10:30 Bible Study (MR) 10:30 Theraband Exercise with Shane (ER) 12:30 Category Grid (ML) 3:00 Loonie Bingo (AR)	5 9:00 Cranium Crunches (see front desk) 2:30 Concierge's Choice (ML)
	6 11:00 Sunday Rosary (3rd floor lounge) 2:30 Sunday Social (ML)	7 LABOUR DAY 10:30 Racquet Balloon (ML) 2:30 Wipe Board Word Games (ML)	8 Lost & Found Week (MR) 10:00 Outing: Westcliff Mall (Sign-up required) 10:30 Tai Chi with Shane (ER) 12:30 Racquet Balloon (ML) 2:30 Happy Hour & Music with John & Russ (AR)	9 Lost & Found Week (MR) 10:30 Stretch & Strengthen with Sarah (ER) 2:30 Passport Day - Thailand (AR) 3:30 Friendly Visits 7:15 Yathzee Club (ML)	10 Lost & Found Week (MR) 10:30 Zumba with Linn (ER) 12:30 Outing: Flamborough Downs Casino (Sign-up required) 2:30 Professor Norman Austin Presents: Homer & The Trojan War (AR) 7:15 Euchre Club(ML)	11 Lost & Found Week (MR) 10:15 Xbox Bowling (AR) 10:30 Bible Study (MR) 10:30 Theraband Exercise with Shane (ER) 12:30 Category Grid (ML) 2:00 Linda on Piano (ML) 3:00 Loonie Bingo (AR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Grandparents Day ¹³ 11:00 Sunday Rosary (3rd floor lounge) 2:30 Sunday Social (ML)	¹⁴ 10:15 Pretty Polish (sign-up required)(AR) 10:45 Morning Exercise with VON (ER) 12:30 Horse Races (ML) 3:00 Chocolate Bar Bingo (AR)	¹⁵ 10:00 Outing: Walmart (Sign-up required) 10:30 Tai Chi with Shane (ER) 12:30 Racquet Balloon (ML) 2:30 Happy Hour & Music with Tristan Alexandar (AR)	¹⁶ 10:30 Stretch & Strengthen with Sarah (ER) 10:30 RC Mass (MR) 12:30 Hangman (ML) 2:30 Acrylic Art: Sunflowers (MR) 3:30 Friendly Visits 7:15 Yathzee Club (ML)	¹⁷ 10:00 Outing: Picnic at Dundas Driving Park (Sign-up required) 10:30 Zumba (ER) 12:30 Hangman (ML) 2:30 Professor Norman Austin Presents: Homer's Odyssey (AR) 7:15 Euchre Club (ML)	¹⁸ 10:00 Outing: Scenic Tour (Sign-up required) 10:30 Bible Study (MR) 10:30 Theraband Exercise with Shane (ER) 3:00 Loonie Bingo (AR) 7:15 Karaoke Pub Night (AR)	¹⁹ Foot Care Clinic with Dr. Barbara (MR) (sign-up at front desk) 9:00 Cranium Crunches (see front desk) 10:30 Morning Chat & Stretch with Sarah (ER) 2:30 Peter on Piano (ML)
²⁰ 11:00 Sunday Rosary (3rd floor lounge) 2:30 Sunday Social (ML)	²¹ 10:15 Pretty Polish (sign-up required)(AR) 10:45 Morning Exercise with VON (ER) 12:30 Granny Pants (ML) 3:00 Chocolate Bar Bingo (AR)	²² 10:00 Outing: Tim Hortons (Sign-up required) 10:30 Tai Chi with Shane (ER) 12:30 Racquet Balloon (ML) 2:30 Happy Hour and Music with Kim Atkins (AR)	²³ 10:30 Stretch & Strengthen with Sarah (ER) 2:30 Cooking Class with Chef Leona in the Cafe 3:30 Friendly Visits 7:15 Yathzee Club (ML)	²⁴ Foot Care Clinic with Dr. Jason (MR) (sign-up at front desk) 10:30 Zumba (ER) 12:30 Outing: Summit Station Dairy Farm Tour (Sign-up required) 2:30 Perspectives with Shem Wilson the Poet (P) 7:15 Euchre Club (ML)	²⁵ 10:15 Xbox Bowling(AR) 10:30 Bible Study (MR) 10:30 Theraband Exercise with Shane (ER) 2:00 Linda on Piano (ML) 3:00 Loonie Bingo (AR)	²⁶ 9:00 Cranium Crunches (see front desk) 2:30 Concierge's Choice (ML)
²⁷ 11:00 Sunday Rosary (3rd floor lounge) 2:30 Sunday Social (ML)	²⁸ 10:15 Pretty Polish (sign-up required) (AR) 10:45 Morning Exercise with VON (ER) 12:30 Bean Bag Toss (ML) 3:00 Chocolate Bar Bingo (AR)	²⁹ 10:00 Outing: Grandads Doughnuts & Bayfront (Sign-up required) 10:30 Tai Chi with Shane (ER) 12:30 Racquet Balloon (ML) 2:30 Birthday Party Happy Hour and Music with Paula French (AR)	³⁰ Truth & Reconciliation Day Wear your orange shirt 10:30 Stretch & Strengthen with Sarah (ER) 2:30 Town Hall Meeting (ER) 3:30 Picture Bingo (AR) 7:15 Yathzee Club (ML)	Pink - Exercise Room (ER) Green - Main Lounge (ML) Purple - Meeting Room (MR) Brown - Chapel (C) Orange - Activity Room (AR) Blue - Entertainment Red - Outings (sign-up required) Light Blue - Patio (P)		