

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
September 2026 Location Legend: AR = Activity Room FR = Friendship Room T = Theatre Room L = Library 		1 1–4pm Van Shuttle 9:00 Knit & Quilt = AR 11:00 Falls Prevention Class = AR 6:30 Happy Hour= AR	2 9:30 TV Series “This is Us” = T 11:00 Gentle Exercises = AR 3:00 Ice Cream Social in the Courtyard 6:45 Movie Night “The Last Laugh” = T	3 9 am–12 pm Shuttle Van 9:00 Netflix Series “Somebody Feed Phil” = T 1–2pm Tuck Shop= AR 2:30 Chair Dance = AR	4 9:30 TV Series: “This is Us” = T 11:00 Exercise Video by Heather = T 2:00 Card Bingo = AR	5 11:00 Chair Yoga with Guided Meditation = T 2:00 Bingo = AR 6:45 Movie Night “Hello my Name is Dolly” = T
6 Heather on Vacation this week 11:00 Catholic Mass = T 2:00 Exercise Class with Jasmine = AR 6:45 Cards = FR	7 Labour Day 9:30 TV Series “This is Us” = T No Exercise Today 2:00 Bingo = AR 3:15 Entertainment by Side by Side- Banjo & Accordion = T	8 No Van Shuttle Today 9:00 Knit & Quilt = AR 11:00 Falls Prevention Class = AR 6:45 Entertainment with Eileen Hennesay = T	9 9:30 TV Series “This is Us” = T 11:00 Chair Exercise with Josee = AR 6:30 Movie Night “Dolittle” = T	10 No Van Shuttle Today 9:00 Netflix Series “Somebody Feed Phil”= T 2:00 Movie Matinee Documentary “Audrey” = T	11 9:15 TV Series: “This is Us” = T 11:00 Exercise Video by Heather = T 2:00 Card Bingo = AR 6:45 Euchre Tournament = FR	12 11:00 Chair Yoga with Guided Meditation = T 2:00 Bingo = AR 6:45 Movie Night “Ladies in Black” = T
13 11:00 Catholic Mass = T 2:00 Salvation Army = T 6:45 Cards = FR Update Aug 31, 2026	14 9:30 TV Series “This is Us” = T 11:00 Gentle Exercises = AR 2:00 Bingo 3:30 Better Balance Exercise = AR	15 1–4 pm Van Shuttle 9:00 Knit & Quilt = AR 11:00 Falls Prevention Class = AR 2:00 St Luke’s Church = T 6:30 Happy Hour = AR	16 9:30 TV Series “This is Us” = T 11:00 Gentle Exercise = AR 2:30 Chair Dance = AR 3:30 Jeopardy = T 6:45 Movie Night “Poms” = T	17 9 am–12 pm Van Shuttle 9:00 Netflix Series “Somebody Feed Phil” = T 1–2 pm Tuck Shop = AR 2:00 Resident Council Meeting/Elections = T	18 9:00 TV Series “This is Us” = T (15 mins early) No Exercises Today 12:00 BBQ in the Courtyard (Sign up at front desk) 2:00 Card Bingo 3:15 Entertainment with Bill Dickinson = T 6:45 Euchre Tournament = FR	19 2:00 Bingo = AR 6:45 Movie Night “A Dog’s Purpose” = T

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20 11:00 Catholic Mass = T 2:00 Movie Matinee "The Mule" = T 6:45 Cards = FR	21 9:30 TV Series "This is Us" = T 11:00 Gentle Exercises = AR 1-2pm Tuck Shop = AR 2:00 Bingo = AR 3:30 Meet & Greet with Jen Lacey Mayoral Candidate = AR	22 1-4pm Van Shuttle 9:00 Knit & Quilt = AR 11:00 Falls Prevention Class = AR 2:00 Northminster United Church = T 6:30 Happy Hour = AR	23 No Exercise/TV Series Today 10:30 Bus Trip to the Big Apple in Colborne 6:30 Movie Night "Maleficent" = T	24 9am-12pm Van Shuttle 9:00 Netflix Series "Somebody Feed Phil" = T 1-2 pm Tuck Shop = AR 2:30 Birthday/New Resident Welcome Party with Ron Lane = AR	25 9:30 TV Series: "This is Us" = T 11:00 Gentle Exercises = AR 2:00 Card Bingo = AR	26 10 am-2 pm Open House 2:00 Bingo = AR 6:45 Movie Night "One Life" = T
27 11:00 Catholic Mass = T 2:00 Movie Matinee "The Upside" = T 6:45 Cards = FR 6:45 Ferndale Church Service = T	28 9:30 TV Series "This is Us" = T 11:00 Gentle Exercises = AR 1-2 pm Tuck Shop = AR 2:00 Bingo = AR 3:15 Entertainment with "Clarintella" = T	29 1-4 pm Van Shuttle 9:00 Knit & Quilt = AR 11:00 Falls Prevention Class = AR 6:30 Happy Hour = AR	30 Truth & Reconciliation Day, Orange Shirt Day 9:30 TV Series "This is Us" = T 11:00 Exercise Video with Heather = T 6:45 Movie Night The "Laundromat" = T	September 2026  		

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