



September 2026

Recreation Manager - Terri Rvckman

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

**Caroline
Place**
Retirement Residence

Calendar Meeting 1

9:45 Exercise with Ivan (C)
10:45 Badminton Game with Ivan (C)
11:00 Calendar Meeting with Terri (T)
2:00 Tuesday Afternoon BINGO (C)
3:30 Java Music Club (C)
7:00 Tuesday Night Classic Board Games (CL)

Bus Trip 2

9:45 Tai Chi with Ivan (C)
10:00 Outing - Scenic Drive & Stop at Devils Punch Bowl
10:45 VON Exercise Program (C)
11:00 Book Club (L)
2:00 Music & Memories Karaoke Social (C)
3:30 Word In A Word (T)

3

10:00 Tai Chi with Harvey (C)
2:00 Resident Parking Meeting with Nathan. This meeting is for residents who have cars. (T)
3:00 Netflix Documentary A Gorilla Story: Told by David Attenborough (T)
7:00 Netflix Series : Heartland (T)

Live Entertainment and Happy Hour 4

10:45 VON Exercise Class (C)
11:00 Friendly Billiards (B)
2:00 Live Entertainment & Happy Hour with Dave T. (C/L)
3:30 Breath of Fresh Air Walking Club
7:00 Evening TV Program in the Theatre

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10:00 Morning Stretch Virtual Exercise (C)
2:00 Resident-Run Bridge, Euchre & Beyond (CL)
2:30 MOD Program (CL)
3:00 Puzzle Package pick up at the Recreation Table
7:00 Saturday Night Action Movie Night Resident Choice (T)

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10:30 Virtual Chair Exercises (C)
11:00 Tea & Chat with a friend in the Cafe (CL)
1:00 Resident-Hosted Sunday Afternoon Billiards (B)
2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge

Labor Day Bus Trip 7

9:45 Drum Circle (C)
10:00 Outing - Scenic Drive
2:30 Labour Day Classic Foot Ball Game (T) Toronto Argonauts vs Hamilton Tiger-Cats
3:30 Labour Day Puzzle Package pick-up at Activity Table

8

9:45 Exercise with Ivan (C)
10:45 Badminton Game with Ivan (C)
11:00 Writers' Circle Pages & Poetry (L)
2:00 Tuesday Afternoon BINGO (C)
3:30 Java Music Club (C)
7:00 Tuesday Night Classic Board Games (CL)

Bus Trip 9

9:45 Tai Chi with Ivan (C)
10:45 VON Exercise Program (C)
12:30 Outing - Boat Ride in Oakville with Charter Ability
2:00 Music & Memories Karaoke Social (C)
3:30 Word In A Word (T)
6:30 Steel City Wheelers Square Dance (C)

Live Entertainment and Happy Hour 10

10:00 Tai Chi with Harvey (C)
11:00 Treasures and Tales (C)
1:30 Zumba (C)
2:00 Live Entertainment & Happy Hour with Kim A (C/L)
7:00 Netflix Series : Heartland (T)

Bus Trip 11

10:45 VON Exercise Class (C)
11:00 Outing - Lunch at Swiss Chalet
11:00 Friendly Billiards (B)
2:00 Get To Know Your Neighbour (C)
3:30 Breath of Fresh Air Walking Club
7:00 Evening TV Program in the Theatre

12

10:00 Morning Stretch Virtual Exercise (C)
2:00 Resident-Run Bridge, Euchre & Beyond (CL)
2:30 MOD Program (CL)
3:00 Puzzle Package pick up at the Recreation Table
7:00 Saturday Night Family Movie Night Resident Choice



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Grandparents Day 13 10:30 Virtual Chair Exercises (C) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 National Grandparents Day Tea Social (CL) 3:00 Chapel Service (T)	Bus Trip 14 9:30 Monday Morning Tuck Shop Open in the Lobby (L) 9:45 Drum Circle (C) 10:00 Outing - Shopping at Giant Tiger 1:30 Crossword Connections (T) 3:00 Harmony & Hearts Singing Club (C)	15 9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Afternoon BINGO (C) 3:30 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	Bus Trip 16 9:45 Tai Chi with Ivan (C) 10:00 Outing - Carluke Apple Orchard and Store Front 10:45 VON Exercise Program (C) 2:00 Music & Memories Karaoke Social (C) 3:30 Word In A Word (T)	17 10:00 Tai Chi with Harvey (C) 11:00 Treasures and Tales (C) 2:00 Food Meeting (C) 3:30 Get To Know Your Neighbour (C) 7:00 Netflix Series : Heartland (T)	Live Entertainment and Birthday Celebration 18 10:45 VON Exercise Class (C) 11:00 Lunch Outing - Walk to A&W 2:00 Live Entertainment & Birthday Celebration with Jim K. (CL) 3:30 Breath of Fresh Air Walking Club	19 10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Puzzle Package pick up at the Recreation Table 7:00 Saturday Night Romance Movie Night Resident Choice
20 10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	Bus Trip 21 9:30 Monday Morning Tuck Shop Open in the Lobby (L) 9:45 Drum Circle (C) 10:00 Outing - Shopping at Walmart 11:00 Harmony & Hearts Singing Club (T) 2:00 Puzzle Package pick up at the Front Desk	22 9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Afternoon BINGO (C) 3:30 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	Octoberfest Celebration 23 Bus Trip 9:45 Tai Chi with Ivan (C) 10:00 Outing - Grand Dads Donuts 10:45 VON Exercise Program 3:00 Octoberfest Celebration Music & Memories Karaoke Social (C) 6:30 Steel City Wheelers Square Dance (C)	Town Hall & Food Meeting 24 10:00 Tai Chi with Harvey (C) 11:00 Treasures and Tales (C) 1:30 Zumba (T) 2:00 Town Hall (C) 3:30 Get To Know Your Neighbour (C) 7:00 Netflix Series : Heartland (T)	Live Entertainment 25 Bus Trip 10:45 VON Exercise Class (C) 10:00 Outing - Shopping at Dollar Tree 11:00 Friendly Billiards (B) 2:00 Live Entertainment and Happy Hour with Kickin it Country (C/L) 3:30 Breath of Fresh Air Walking Club	26 10:00 Morning Stretch Virtual Exercise (C) 2:00 Resident-Run Bridge, Euchre & Beyond (CL) 2:30 MOD Program (CL) 3:00 Puzzle Package pick up at the Recreation Table 7:00 Saturday Night Comedy Movie Night Resident Choice
27 10:30 Virtual Chair Exercises (C) 11:00 Tea & Chat with a friend in the Cafe (CL) 1:00 Resident-Hosted Sunday Afternoon Billiards (B) 2:00 Sunday Afternoon Monopoly Game in the Cafe/Lounge	Bus Trip 28 9:30 Monday Morning Tuck Shop Open in the Lobby 9:45 Drum Circle (C) 10:30 Outing - Lunch at The Beach House Port Dover 3:00 Harmony & Hearts Singing Club (C)	29 9:45 Exercise with Ivan (C) 10:45 Badminton Game with Ivan (C) 11:00 Writers' Circle Pages & Poetry (L) 2:00 Afternoon BINGO (C) 3:30 Java Music Club (C) 7:00 Tuesday Night Classic Board Games (CL)	National Day for Truth & Reconciliation 30 Bus Trip 9:45 Tai Chi with Ivan (C) 10:00 Outing - Walking Through Gage Park 10:45 VON Exercise Program (C) 2:00 Music & Memories Karaoke Social (C) 3:30 Word In A Word (T)	Legend CL - Cafe/Lounge C - Cottage T - Theatre AR - Activity Room L - Library CY - Court Yard B - Billiards Room D - Dining Room MOD - Manager On Duty Program		