

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 10am Fun & Fitness 10:30am Reading Group 2pm Beauty Hour	2 10am Music & Movement 10:30am Gentle Debate 2pm Jeopardy	3 10am Fun & Fitness 10:30am Word Webs 2pm DrumFit	4 10am Zumba! 10:30am Chats in the Courtyard 2pm Music Therapy	5 10am Bingo 7pm Blue Jays vs. Royals
6 10am Activity Booklets 2pm Entertainment with Don Owen	7 10am Boomer Visits 2pm Movie Afternoon Labour Day	8 10am Fun & Fitness 10:30am Finish the Phrase 2pm Arm Chair Travel	9 10am Music & Movement 10:30am Guess the Scent 2pm Walking Club	10 10am Fun & Fitness 10:30am Word Webs 2pm Popsicles in the Courtyard	11 10am Zumba! 10:30am Chats in the Courtyard 2pm Painting	12 10am Bingo 2pm Entertainment with Kathy Wiles 3pm Blue Jays vs. Orioles
13 10am Activity Booklets 2pm Entertainment with Don Owen	14 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Darlene Brooks	15 10am Fun & Fitness 10:30am Guess that Sound 2pm Apple Pie Tasting	16 10am Music & Movement 10:30am Never Have I Ever 2pm Entertainment with Ian B	17 10am Fun & Fitness 10:30am Noodle Balloon 2pm Sing - along	18 10am Zumba! 10:30am Mad Libs 2pm Music Therapy	19 10am Bingo 2pm Entertainment with Darlene M 7pm Blue Jays vs. Rangers
20 10am Activity Booklets 2pm Entertainment with Don Owen	21 10am Boomer Visits 10:30am Chair Yoga 2pm Entertainment with Jean Marc	22 10am Fun & Fitness 10:30am Hand Massages 2pm Walking Club	23 10am Music & Movement 10:30am Trivia 2pm Sing-along	24 10am Fun & Fitness 10:30am Reminiscing Group 2pm DrumFit	25 10am Zumba! 10:30am Catholic Mass 2pm Music Therapy	26 10am Bingo 3pm Blue Jays vs. Reds
27 10am Activity Booklets 2pm Entertainment with Don Owen	28 10am Boomer Visits 10:30am Chair Yoga 2pm Modelling with Clay	29 10am Fun & Fitness 10:30am Walking Club 2pm Oktoberfest Celebration	30 10am Music & Movement 10:30am Finish the Phrase 2pm Entertainment with Sean Roberts			