

SEPTEMBER NEWS

ACTIVITY DEPARTMENT

Welcome September!

As we say goodbye to summer and welcome the beginning of fall, I'm excited for another month filled with fun, laughter, creativity, and opportunities to connect with one another. I challenge each of you to pick something on the Calendar to attend.

Warmly,
-Kaitlyn: Activity Director

ACTIVITY MEETING

Tuesday September 1st at 10:45am in the Bar Lounge.

Discuss upcoming events
New Programs
Make Suggestions

BUS OUTINGS

Friday September 4th Departure 10am:
Big Apple in Colborne Tour

Wednesday September 23rd Departure 10:30am:
Rolling Grape Winery in Bailiboro

Must sign up at front desk!

GUEST SPEAKER SERIES

Tuesday September 8th at 11am: Jennifer Cooper the Town of Cobourg Fire Inspector coming to talk about fire safety and evacuation for Rental Units.

Thursday September 17th at 2pm: Jennifer Cooper the Town of Cobourg's Fire Inspector coming to talk about fire safety and evacuation plans for Condo units. (James Club and West Side)

Please plan on attending this Guest Speaker Series. It is very important information, regarding your safety!

Wednesday September 23rd at 10:30am
David Piccini the MPP for Northumberland- Peterborough South will be coming to chat with residents. Bring your questions!

70TH WEDDING ANNIVERSARY



Join Jim & Kitty Cairns in celebrating their 70th Wedding Anniversary.

Tuesday September 1st from 1:30-2:30
with Donuts!

All Residents and Staff are welcome!

COMPUTER ASSISTANCE

If you are having trouble with your computer or technology, Bill is in the Library Monday's at 11am





FIRE SAFETY TIP

Smoking is not permitted within 9 meters of any entrance to the building.

 Please ensure cigarettes are fully extinguished and disposed of properly in designated areas.

Never leave cigarette butts unattended, and please do not dispose of them in planters, garbage bins, or other combustible materials.

Thank you!



POP-UP SHOPS

This month we are excited to host
**Sassy Silver Jewelry: Wednesday
September 9th from 11-2pm**

**Linda Mash Soaps: Wednesday
September 16th from 11-2pm**

**Karen's Confection Corner: Tuesday
September 22nd from 11-2pm**

Pop-up Shop's located in the Lobby



JEN'S CHAIR YOGA TIPS

Let's talk about your feet.

Your feet have 33 joints and 29 muscles. Wow! The strength and support of your feet affect the stability of your ankles, knees and hips.

The best part is you don't need a lot of time or equipment to get connected to your feet.

Your first step is as simple as wiggling your toes. Try to lift your toes up leaving the sole of your foot down. Once you've connected to your toes, try to lift them up and spread them wide. The little toe reaches away to the outside, and your big toe reaches away towards your other foot. Try placing them slowly on the ground staying as wide as feels comfortable.

You might feel this work happening all the way up into your knee!

This is often easier said than done. But that's ok. Practicing will help your brain to connect with your feet making them stronger and safer.

A little goes a long way. Please keep in mind that these little joints do a lot, and they can get sore quite quickly. When you're starting a new movement, a good idea is to set a timer for just 2 minutes on each foot. Once you've tried this for a few days and you don't feel sore the next day, feel free to add another minute or two.

Always remember, we never want to move into pain. If it hurts, stop.

Come on down to Chair Yoga Tuesdays and Thursdays at 10am if you have any questions, or if you want to join!



OKTOBERFEST



Join us Thursday September 24th
for Oktoberfest Celebration in
the Lobby at 2pm

SEPTEMBER RIDDLE



I am tall when I am
young and short when I
am old. What am I?

SEPTEMBER 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10am Chair Yoga (AR) 10:45am Activity Meeting (BL) 1 1:30-2:30pm Donuts to Celebrate Kitty and Jim's 70 th Anniversary (BL) 1:45pm Beauty Hour (LIB) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	10am Fun & Fitness (AR) 10:30am Library Committee (LIB) 2 11am BookClub (LIB) 2pm Bingo (AR) 2:15pm Tai Chi (BL) 3pm Pet Therapy with Dixie (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 3 10:45am Creative Writing (LIB) 2pm Apple Pie Taste Testing 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	9am Walking Club (L) 4 10am Bus Outing: Big Apple 10:35am Zumba! (BL) 2pm Multi-Cultural Show (Courtyard) 3:30pm Happy Hour (BL)	2pm Bingo (AR) 5 3:30pm BYOB Happy Hour (BL)
3:30pm BYOB Happy Hour (BL) 6	10am Pet Therapy with Boomer 7 1pm Euchre (AR) 2pm Don Owen (L) 3:30pm Happy Hour (BL) Labour Day	10am Chair Yoga (AR) 8 11am Guest Speaker: Fire Inspector (RENTAL UNITS ONLY) (BL) 2pm Jeopardy (L) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	10am Fun & Fitness (AR) 10:30am Library Committee (LIB) 9 11-2pm Vendor: Sassy Silver (L) 2pm Bingo (AR) 2pm Sean Roberts (L) 3pm Pet Therpay with Dixie (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 10 10:30am Anglican Church (4 th Floor) 2pm DrumFit (AR) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	9am Walking Club (L) 11 10:35am Zumba! (BL) 1pm Euchre (AR) 2pm Entertainment with Eric L (L) Kaitlyn Off	2pm Bingo (AR) 12 3:30pm BYOB Happy Hour (BL)
2pm Entertainment with Ray H (L) 13 3:30pm BYOB Happy Hour (BL) Happy Grandparents Day!	10am Fun & Fitness (AR) 14 10am Pet Therapy with Boomer 2pm Bingo (AR) 2pm Entertainment with Michael T (L) 3:30pm Happy Hour (BL) Kaitlyn Off	10am Chair Yoga with Kaitlyn (AR) 15 1:45pm Beauty Hour (LIB) 2pm Euchre (BL) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	10am Fun & Fitness (AR) 16 10:30am Library Committee (LIB) 11-2pm Vendor: Linda Mash Soap (L) 2pm DrumFit (BL) 2pm Bingo (AR) 3pm Pet Therapy with Dixie (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 17 10-11:30am Hearing Aid Clinic (LIB) 10:45am Creative Writing (LIB) 2pm Guest Speaker: Fire Inspector (CONDO UNITS ONLY) (BL) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	9am Walking Club (L) 18 10:35am Zumba! (BL) 1pm Euchre (AR) 2pm Entertainment with Brian & Lee (L) 3:30pm Happy Hour (BL)	2pm Bingo (AR) 19 3:30pm BYOB Happy Hour (BL)
3:30pm BYOB Happy Hour (BL) 20	10am Pet Therapy with Boomer 21 10am Fun & Fitness (AR) 2pm Bingo (AR) 2pm Entertainment with Emilio (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 22 11-2pm Vendor: Karen's Confection Corner (L) 2pm Fall Movie: The Sound of Music (TR) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	10am Fun & Fitness (AR) 23 10:30am Guest Speaker: MPP David Piccini (BL) 11am Bus Outing: Rolling Grape Winery 2pm Prize Bingo (AR) 3pm Pet Therapy with Dixie (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 24 2pm Octoberfest Celebration with Rich Hubrick (L) 2pm Falls Prevention (AR) 3:30pm Happy Hour (BL)	9am Walking Club (L) 25 10am Catholic Mass (TR) 10:35am Zumba! (BL) 1pm Euchre (AR) 2pm Birthday Party with Ed Smith (L) 3:30pm Happy Hour (BL)	2pm Bingo (AR) 26 3:30pm BYOB Happy Hour (BL)
3:30pm BYOB Happy Hour (BL) 27	10am Pet Therapy with Boomer 28 10am Fun & Fitness (AR) 2pm Bingo (AR) 2pm Entertainment with Darlene M (L) 3:30pm Happy Hour (BL)	10am Chair Yoga (AR) 29 10:30am Resident Council Meeting (BL) 2pm Paint and Sip (BL) *Sunflowers* 2pm Falls Prevention (AR) 3:30pm Happy Hour piano with Marianne Marusic (BL)	10am Fun & Fitness (AR) 30 10:30am Library Committee (LIB) 11am Book Club (LIB) 2pm Bingo (AR) 2:15pm Tai Chi (BL) 3pm Pet Therapy with Dixie (L) 3:30pm Happy Hour (BL)			

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			