

September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RED: Music BLUE: Active PURPLE: Meeting/ important day GREEN: Crafts Black: General	<i>N= Complex care North</i> <i>S= Complex care South</i> <i>AL= Assisted living</i>	<i>Activities subject to change without notice</i>				
		1 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Quiddler (N)	210:30 Trivia with Michelle (AL) Resident Council meeting 2pm AL Everyone Welcome	3 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Music with Patrick (AL)	4 10:45 Rolling Dough with Michelle (N) 12:30-1:00 Exercises with Shannon 1:00 Scrabble with Val (AL)	5 Michelle here 10:45 Soccer (N) 1:30 Afternoon with Michelle
6 10:30 Trivia with Michelle (AL) 1:30 Residents choice	7 Labor Day 10:45 Drums with Michelle (S) 1:30 Uno (AL)	8 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Music with Shelley Vaags (AL)	9 10:30 Trivia with Michelle (AL) 1:30 Quiddler	10 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Music bingo (AL)	11 10:45 Curling (S) 1:30 One-ones 1:00 Scrabble with Val (AL)	12 10:45 Bean Bag Toss (S) 1:30 Island hope Church group (Singing Hymns)
13 10:30 Trivia with Michelle (AL) 1:30 Residents choice	14 10:45 Drums with Michelle (S) 1:30 Bingo with Leanna (AL)	15 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Music with Joan Songhurst (AL)	16 10:30 Trivia with Michelle (AL) 1:30 Skip-BO	17 10:30 Hand chimes with Michelle (S) 11:00 Zumba (AL) 1:30 Music with Victor Wells (AL)	18 10:45 Ladder ball (S) 12:30-1:00 Exercises with Shannon 1:30 Music with Michael Majocha (AL)	19 Hayley taking part in The Grand parade From 10-1
20 10:30 Trivia with Michelle (AL) 1:30 Residents choice	21 10:45 Drums with Michelle (S) 1:30 Uno (AL)	22 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Rummoli (N)	23 10:30 Trivia with Michelle (AL) 1:30 Music with Steve Peabody	24 10:00 AGM (AL) 10:30 Hand chimes with Michelle (S) 1:30 Music with The Encores (AL) + Birthday	25 10:45 Curling (S) 1:30 One-ones 1:00 Scrabble with Val (AL)	26 10:45 Bean Bag Toss (S) 1:30 Residents choice
27 10:30 Trivia with Michelle (AL) 1:30 Residents choice	28 10:45 Drums with Michelle (S) 1:30 Bingo with Leanna (AL)	29 10:45 Music with Michelle (N) 11:00 Zumba (AL) 1:30 Music with Matt Price (AL)	30 Truth & Reconciliation Day 10:30 Trivia with Michelle (AL) 1:30 Quiddler (N)			