



September 2026



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

***All Activities are Subject to Change**

		9:30 Back to School Reminiscing 1 11:00 Exercise 2:00 Nature Documentary 3:30 Gentle Stretches 7:00 Chair Zumba	9:30 Missing Link Game 2 11:00 Exercise 2:30 Balloon Badminton 3:30 Walking 6:30 Movie Night!	9:30 Bible Study 3 11:00 Exercise 2:00 Floor Curling 3:30 Easy Listening Music 6:30 Card Bingo	9:30 Travelogue 4 10:00 Church 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:30 Yahtzee!	11:00 Exercise 5 2:30 Table Drumming 3:30 Hummingbird Trivia
11:00 Exercise 6 1:00 RC Lay Service 2:00 Bingo 3:30 Never Have I Ever 5:00 Roughrider vs Winnipeg Blue Bombers Game	7 NO RECREATION	9:30 Guess the Animal 8 11:00 Exercise 2:30 Apple Cider Social 3:30 Gentle Stretches 6:30 TV Time: The Beverly Hillbillies	8:30 -10:00 9 TREAT SHOP 10:00 RC Communion 11:00 Exercise 2:30 Seated Dance 3:30 Walking 6:30 Word Ladder	9:30 By the Numbers 10 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Easy Listening Music 6:30 Ring Toss	9:30 News Flash 11 11:00 Exercise 2:00 Fall Craft 3:30 Puzzles 6:30 Pictionary	11:00 Exercise 12 2:00 Roughrider vs Winnipeg Blue Bombers Game 2:00 Roughrider Viewing Party 3:30 Walking
13 11:00 Exercise 2:00 Jeopardy 3:30 Chair Soccer	9:30 Hangman 14 10:00 Jet the Dog 11:00 Exercise 2:00 2-12 Dice Game 3:30 Walking 6:30 Singalong with Nick	9:00 Walker Clinic 15 11:00 Exercise 2:00 UNO! 3:30 Gentle Stretches 6:30 Name That Tune	16 9:30 Tongue Twisters 11:00 Exercise 2:30 Colouring 3:30 Walking 6:30 Family Feud	17 9:30 Fact or Fiction 11:00 Exercise 2:00 Happy Hour! 3:30 Easy Listening Music	9:30 Would you Rather? 18 11:00 Exercise 2:00 Bingo 3:30 Puzzles 6:30 Musical Trivia	10:00 RC Mass and Confession 19 11:00 Exercise 2:00 Basketball 3:30 Poems
20 11:00 Exercise 2:00 Bingo 3:30 Short Stories	9:30 Where in the World is That? 21 10:00 Jet the Dog 11:00 Exercise 2:00 Target Shooting 3:30 Walking	9:30 Finish the Lyric 22 11:00 Exercise 2:00 Volunteer Appreciation Tea	8:30-10:00 23 TREAT SHOP 11:00 Exercise 2:30 Music Mapping 3:30 Gentle Stretches	9:30 Name 5 Game 24 11:00 Exercise 2:00 Bingo with the Giving Back Team 3:30 Easy Listening Music 6:30 Scattagories	9:30 News Flash 25 11:00 Exercise 2:00 Floor Curling 3:30 Puzzles 6:30 Connect 4 8:30 Roughrider vs Lions Game	26 11:00 Exercise 2:00 Bean Bag Toss 3:30 Random Trivia
27 11:00 Exercise 2:00 Afternoon Travelling the World 3:30 Word Games	9:30 Guess the Acronym 28 10:00 Jet the Dog 11:00 Exercise 3:00 September and October Birthday Tea 3:30 Walking	9:30 Chit Chat 29 11:00 Exercise 2:00 Bingo 3:30 Gentle Stretches	9:30 Brain Teasers 30 11:00 Exercise 2:30 Parachute Games 3:30 Walking			