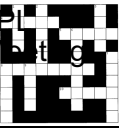
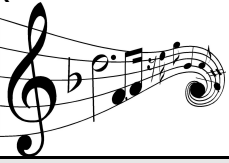
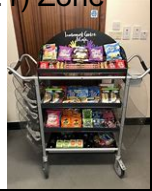


September 2025



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:15 Handy Helpers - AR 1:45 Back to School Word Games - AR 	2 10:15 Drum Fit - AR 10:15 Courtyard Visits(1:1) 1:45 Back to School Residents Council Bingo - AR Hairdressing	3 10:15 Bowling - AR 1:30 Drive Around the Bay/Outings-Dollar Store 1:30 Fit Minds Zone 2 FPL 1:35 Fit Minds Zone 3 AR 1:40 Fit Minds Zone 4 NN 6:15 Let's Reminisce Back to School Days - AR	4 10:15 Anglican Church Service - AR 10:15 St. John Ambulance Pet Therapy Visit (1:1) 1:45 Giant Crossword FPL 1:45 Resident Council Meeting - AR 	5 10:15 Worship Service with Pastor Doug Kranz - AR 1:45 Java Music Club - AR 1:45 Java Time HS	6 10:15 Noodle Ball - AR 1:45 Piano With Donna - AR 
7 10:15 Rosary - AR 1:45 Apple Basket Toss - AR	8 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Simmons Farm Pony Visits - CY 6:15 Gospel Music with Quadville Church Youth Group - AR	9 10:00 Courtyard Visits(1:1) 10:00 Latin Dance - AR 1:45 Bingo - AR  Hairdressing	10 10:15 Beachball Volleyball FPL 1:45 Classic Country with Teddy Murray - AR Volunteer Training Day - Assembly Room. 9-12:15pm. 6:15 You Be the Judge - AR	11 10:15 Music with Shakey D - AR 1:45 Armchair Travel-New York - AR 	12 10:15 Pet Visit with Anna, Peter & Sophie (1:1) 10:15 Rosary - AR 1:45 Java Music Club - AR 1:45 Java Time HS	13 10:15 Music & Motion Exercises - AR 1:45 Poetry Corner-Residents Council Theme - AR
14 10:15 Sunday Bookshelf - AR 1:45 Scripture - AR 	15 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:10 Residents Council Cart (1:1) 6:15 Skitts & Giggles- - AR Residents' Council Week! 	16 8:00 Breakfast Club-Residents' Council - AR 10:15 Movement Moments - AR 1:45 Residents Council Week Bingo - AR Hairdressing	17 10:15 Memory Lane/Residents Bill of Rights Video - AR 1:45 Country Classics With Bart Lynch -Special Treat - AR 6:15 "What's In the News?" - AR	18 10:15 Kelly's Karaoke - AR 1:45 Catholic Mass with Fr. John Burchat - CHPL 	19 10:00 Baking-Apple Crisp - AR 2:00 Residents' Council Week OARC Live Concert - AR	20 10:15 Movement Moments - AR 1:45 Horseracing - AR 
21 10:15 Prayers from the Heart - AR 1:45 Virtual Worship Service - AR	22 10:00 Euchre with Donna - NN 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 Joe's Piano - AR 5:45 Friendly Visits (1:1) 6:15 Champion Racetrack - AR	23 10:00 Latin Dance - AR 10:15 Courtyard Visits(1:1) 1:45 Bingo - AR Hairdressing 	24 10:15 Pet Visit with Anna, Peter & Sophie (1:1) 10:15 United Church Service - AR 1:45 Country Mile - AR 6:15 Finishing the Lines - AR	25 10:15 Percy's Keyboard - AR 1:45 Crafts with Nicole - AR Footcare C & D	26 10:00 Food Committee Meeting DR 10:15 Fall Colour Drive 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Java Music Club - AR 1:45 Java Time HS 	27 9:45 Spa Visits (1:1) 9:45 Tuck Shop Cart (1:1) Zone 2,3 1:15 Friendly Visits(1:1) 1:15 Tuck Shop Cart(1:1) Zone 3,4 
28 10:15 Georgia Rae- "Songs for the Soul" - AR 1:45 Calvary Baptist Church Service - AR 	29 10:00 Cribbage with Connie - NN 10:15 Handy Helpers - AR 10:30 Turquoise Sing A Long (1:1) 1:45 The Hazleton's - AR 6:15 I Hear Memories - AR	30 10:15 Fall Colour Drive 10:15 Courtyard Visits(1:1) 10:15 Movement Moments - AR 1:45 Bingo - AR Hairdressing 				

AR - Assembly Room CHPL - Chapel CY - Courtyard NN - Nora's Nook