ALL COURTS

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 8:00am OT - Heat AM **9:30am Catholic Mass (Chap)** 9:30am Explore the Senses (Wel) 9:30am Hymn Sing (Dar) **10:00am Tuck Shop (Towne Cafe)** 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Crossword (Ham) 2:00pm Table Games (Can)	**2** 8:00am OT - Heat AM 10:00am The Clothing Lady (Can) 10:00am The Clothing Lady (Ham) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am The Clothing Lady (Can) 11:15am The Clothing Lady (Ham) 1:00pm OT - Heat PM 1:30pm Music Therapy (Wel) 2:45pm Music Therapy (Dar)	**3** 8:00am OT - Heat AM 9:30am Soccer (Wel) 9:30am The Abby (Dar) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Let's Take A Stroll (Dar) 11:15am Let's Take A Stroll (Wel) 1:00pm OT - Heat PM **2:00pm Baked Potato Party (Chap)** **5:45pm McKenzie Social (Chap)**	**4** 8:00am OT - Heat AM 9:30am Gardening (Can) 9:30am Sing-A-Long (Ham) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Activities on the Go (Dar) 2:00pm Table Games (Wel)	**5**
6 9:30am Soccer (Dar) 11:15am Puzzles (Wel) 2:00pm Art & Crafts (Chap) 2:00pm Art & Crafts (Chap) 3:15pm Caring Connections (Dar) 3:15pm Manicures (Dar)	**7** **Labor Day** 8:00am OT - Heat AM 9:30am Balloon Toss (Dar) 9:30am Balloon Volleyball (Wel) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Gardening (Wel) 11:15am Let's Take A Stroll (Dar) 1:00pm OT - Heat PM 2:00pm Armchair Travel (Chap) 2:00pm Armchair Travel (chap) 2:15pm Explore the Senses (Wel) 3:15pm Explore the Senses (Dar) 5:45pm Bingo (Chapel)	**8** 8:00am OT - Heat AM **9:30am Catholic Mass (Chap)** 9:30am Explore the Senses (Wel) 9:30am Hymn Sing (Dar) **10:00am Tuck Shop (Towne Cafe)** 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Neighbourhood Tea (Can) 2:00pm Neighbourhood Tea (Ham)	**9** 8:00am OT - Heat AM 9:30am Floor Games (Ham) 9:30am Soccer (Can) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Gardening (Can) 11:15am Let's Take A Stroll (Ham) 1:00pm OT - Heat PM 1:30pm Music Therapy (Wel) 2:45pm Music Therapy (Dar)	**10** 8:00am OT - Heat AM 9:30am Table Games (Wel) 9:30am The Abby 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM **2:00pm Entertainment- Bobby Gosse** 2:15pm Caring Connections (Dar) 2:15pm Caring Connections (Wel) **5:45pm McKenzie Social (Chap)**	**11** 8:00am OT - Heat AM 9:30am Floor Hockey (Can) 9:30am Ladder Ball (Ham) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm 1:1 Visit (Dar) 2:00pm 1:1 Visit (Wel)	**12**
13 9:30am Balloon Volleyball (Wel) 11:15am Colour Studio- Darlington 2:00pm Bingo (Chap) 2:00pm Bingo (Chap) 3:15pm Caring Connections (Wel)	**14** 8:00am OT - Heat AM 9:30am Balloon Toss (Dar) 9:30am Soccer (Wel) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Let's Take A Stroll (Wel) 11:15am Puzzles (Wel) 1:00pm OT - Heat PM 2:00pm Ice Cream Social (Can) 2:00pm Ice Cream Social (Ham) 2:15pm Manicures (Wel) 3:15pm Manicures (Dar) **6:30pm PALS Pet Therapy (Volunteer)**	**15** 8:00am OT - Heat AM **9:30am Catholic Mass (Chap)** 9:30am 50's Kitchen (Wel) 9:30am Hymn Sing (Dar) **10:00am Tuck Shop (Towne Cafe)** 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Manicures (Can) 2:00pm Manicures (Ham)	**16** 8:00am OT - Heat AM 9:30am Men's Club (Ham) 9:30am Men's Club 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Let's Take A Stroll (Can) 11:15am Let's Take A Stroll (Ham) 1:00pm OT - Heat PM 1:30pm Music Therapy (Wel) 2:45pm Music Therapy (Dar)	**17** 8:00am OT - Heat AM 9:30am Table Games (Wel) 9:30am The Abby (Dar) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM **2:00pm Entertainment -Ledfoot Express** 2:15pm House and Home (Dar) 2:15pm House and Home (Wel) **5:45pm McKenzie Social (Chap)**	**18** 8:00am OT - Heat AM 9:30am Balloon Volleyball (Ham) 9:30am Ladder Ball (Can) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Trivia (Ham) 11:15am Word Games (Can) 1:00pm OT - Heat PM 2:00pm Ice Cream Social (Dar) 2:00pm Ice Cream Social (Wel)	**19**

ALL COURTS

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 9:30am Floor Games (Dar) 11:15am Color Studio - Wellington 2:00pm Art & Crafts (Chap) 2:00pm Art & Crafts (Chap) 3:15pm Caring Connections (Can)	**21** 8:00am OT - Heat AM 9:30am Balloon Toss (Dar) 9:30am Explore the Senses (Wel) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Let's Take A Stroll (Dar) 11:15am The Abby 1:00pm OT - Heat PM **1:30pm WHEELERS & WALK FOR TERRRY FOX** 3:15pm Activities on the Go (Can) 5:45pm Bingo (Chapel)	**22** 8:00am OT - Heat AM **9:30am Catholic Mass (Chap)** 9:30am Hymn Sing (Dar) 9:30am Table Games (Wel) **10:00am Tuck Shop (Towne Cafe)** 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM **2:00pm Memorial Service (Chap)**	**23** 8:00am OT - Heat AM 9:30am Balloon Volleyball (Can) 9:30am Bird Visits (Ham) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Let's Take A Stroll (Can) 1:00pm OT - Heat PM 1:30pm Music Therapy (Wel) 2:45pm Music Therapy (Dar)	**24** 8:00am OT - Heat AM 9:30am Paint to Music (Wel) 9:30am The Abby (Dar) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am House and Home (Wel) 11:15am Manicures (Dar) 1:00pm OT - Heat PM **2:00pm Entertainment- Nevin Matheson** 2:15pm Let's Take A Stroll (Dar) 2:15pm Let's Take A Stroll (Wel) **5:45pm McKenzie Social (Chap)**	**25** 8:00am OT - Heat AM 9:30am Worship Service 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Birthday Party (Dar) 2:00pm Birthday Party (Wel)	**26**
27 9:30am Bingo (Ham) 9:30am Colour Studio- Darlington 9:30am Floor Hockey (Wel) 2:00pm Bingo (Chap) 2:00pm Bingo (Chap) 3:15pm Caring Connections (Ham)	**28** 8:00am OT - Heat AM 9:30am Balloon Toss (Dar) 9:30am Soccer (Wel) 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 11:15am Gardening (Wel) 11:15am Let's Take A Stroll (Dar) 1:00pm OT - Heat PM 2:00pm Art Group (Can) 2:00pm Ladder Ball (Can) 2:15pm Activities on the Go (Wel) 5:45pm Ladies Group (Ham) 6:30pm PALS Pet Therapy (Volunteer)	**29** 8:00am OT - Heat AM **9:30am Catholic Mass (Chap)** 9:30am Explore the Senses (Wel) 9:30am Hymn Sing (Dar) **10:00am Tuck Shop (Towne Cafe)** 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM 2:00pm Birthday Party (Can) 2:00pm Birthday Party (Ham)	**30** **National Day for Truth and Reconcilliation** 8:00am OT - Heat AM 9:30am Autumn Tidy-Up 9:30am Autumn Tidy-Up 10:30am OT - Exercise 1 - 1300 11:00am OT - Exercise II 1:00pm OT - Heat PM **2:00pm YYC DRUM CIRCLE**			