

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30am Gentle Seated Exercise - MP 10:00am Group Exercise with Physio - LK 10:15am Gratitude Card-MP 11:15am Basketball-MM 1:30pm Chair Zumba - MP 2:00pm Bingo - CR 3:15pm Labour Day Trivia - MP 3:45pm Back to School Trivia - LP 6:15pm 1:1 Friendly Visits - LK 6:15pm Parade watch & History Chat - MP 7:15pm 1:1 Friendly Visits - LP Labour Day	2 10:00am Group Exercise with Physio - MP 10:00am Indoor Strolls - LP 1:15pm Balloon Volleyball - MP 3:30pm Musical Chairs - MP 4:00pm Spa Treatments-LP 4:15pm Outdoor Strolls - MP 6:15pm Gratitude Cards - MP 6:30pm Outdoor Strolls -LK 7:15pm 1:1 Friendly Visits - MP	3 10:00am Group Exercise with Physio - LP 2:00pm Balloon Badminton-LK 2:15pm 1:1 DementiAbility Based Program - MP 3:00pm Balloon Volleyball - MP 3:00pm Gratitude Greetings-LK 3:00pm Chaplain Visits 3:30pm Group Exercise with Physio - LK 4:00pm Catch the Ball-LP 4:00pm Parfait Making - MP 6:15pm 1:1 Friendly Visits-LP 6:15pm 1:1 Spa Treatments - MP 7:00pm 1:1 Friendly Visits-LK	4 10:00am Cookie Cart - LK 10:00am Group Exercise with Physio - MP 11:15am Balloon Volleyball - LP 3:00pm Safari-storytelling 3:00pm Safari Pictures - WP 3:15pm 1:1 Visits - LP 4:00pm 1:1 Visits-LP 6:15pm Wildlife trivia-LK National Wildlife Day	5 9:00am Bread Making - LK 10:00am Group Exercise with Physio - LP 10:00am Pet Therapy 11:15am Spa Treatments - LP 2:00pm Bingo - CR 3:00pm 1:1 Visits - LP 3:30pm Scenic Walks-LK 6:15pm 1:1 Friendly Visits-LP 7:00pm 1:1 Friendly Visits-LK	6 1:15pm Word Searches - MP 2:00pm Ice Cream Social - FL 3:15pm Watermelon Flowerpots - MP 3:30pm DementiAbility Kits - MP 3:45pm Hand Massage - LK 6:00pm Virtual Reality - MP 6:15pm 1:1 DementiAbility Kits - LP 6:15pm Hand Massages - MP 7:15pm 1:1 Friendly Visits - LK 7:15pm 1:1 Friendly Visits - MP 7:15pm 1:1 Friendly Visits - MP
7 9:30am Gentle Seated Exercise - MP 10:30am Church Service - CR 11:15am Ball Toss - MP 1:15pm Outdoor Strolls - MP 2:00pm Grandparents Day Bingo - FL 3:45pm Word Game - LP 4:00pm "Grand" Word Game - MP 6:00pm Movie night : Grand Parents Day special - MP 6:15pm 1:1 DementiAbility Kits - LK 7:15pm 1:1 Friendly Visits - LP Grandparent's Day	8 9:00am Bread Making - LP 10:00am Group Exercise with Physio - LK 11:15am Indoor Strolls - LK 2:00pm Bingo - CR 3:00pm 1:1 Visits - LP 3:30pm 1:1 Friendly Visits-LK 6:00pm 1:1 Friendly Visits 6:15pm Scenic Walks-LP	9 9:00am Indoor Strolls - LK 10:00am Cookie Cart - LP 10:00am Group Exercise with Physio - MP 1:15pm 1:1 Word Searches - MP 2:00pm Entertainment with Cameron Caton - CR 3:00pm 1:1 Visits - LP 3:00pm 1:1 Friendly Visits - MP 3:30pm Scenic Walks-LK 4:00pm Gardening Club: Fall Planters - MP 6:15pm 1:1 Visits-LP 6:15pm Movie Night - MP	10 10:00am Group Exercise with Physio - LP 10:00am Chaplain Visits 10:00am Anglican Church Service - CR 11:00am Rosary - CR 1:15pm Centerpiece Making - MP 2:00pm Treasure box Making-LK,CG 2:00pm Hymn Sing - CR 2:15pm 1:1 DementiAbility Based Program - MP 3:00pm Chaplain Visits 3:30pm Group Exercise with Physio - LK 6:15pm 1:1 Visits-LK 6:15pm 1:1 Spa Treatments - MP 7:15pm 1:1 Friendly Visits-LP 7:15pm Trivia Night - MP	11 9:00am Indoor Strolls - LP 10:00am Cards - LK 10:00am Group Exercise with Physio - MP 10:00am Tai Chi with George - CR 11:15am Hand Massages - LP 1:15pm Balloon Hockey - MP 2:00pm Baseball Trivia-MP 2:00pm Back to School Photo Booth - CR 3:15pm Outdoor Strolls - MP 3:30pm Watch Party-MP - Vari 4:00pm 1:1 Visits-LP 4:00pm Cookie Cart-MP 4:00pm Reading Round Table - MP 6:15pm Chair Baseball- MP 6:15pm 1:1 Hand Massages - MP 6:15pm Scenic Walks-LK 7:00pm Baseball Collage-MP 7:15pm Concentration - MP	12 10:00am Group Exercise with Physio - LP 10:00am Pet Therapy 10:00am Resident Council - CR 10:45am Food Council - CR 1:15pm 1:1 Crossword Puzzle - MP 2:00pm Bingo - CR 3:15pm Virtual Reality - MP 3:45pm Balloon Badminton - LK 4:15pm Balloon Toss - MP 6:15pm 1:1 DementiAbility Kits - LP 6:15pm Temporary Tattoo Making Workshop - MP 7:15pm 1:1 Friendly Visits - LK	13 10:00am Cookie Cart - LK 11:15am Spa Treatments - LP 2:00pm Ice Cream Social - FL 3:00pm 1:1 Visits - LP 3:00pm Fishing Day Crafts-LK,CG 6:15pm Scenic Walks-LP 7:00pm Scenic Walks-LK
14 9:00am Indoor Strolls - LP 10:00am Crosswords - LK 10:30am Church Service - CR 11:15am Spa Treatments - LP 1:30pm DMR Irish Dancers - CR 2:00pm Indoor Strolls - LK 3:00pm Trivia-LK 4:00pm Funny Videos-LP 6:00pm 1:1 Friendly Visits-LK 7:00pm 1:1 Friendly Visits-LP	15 9:30am Jeopardy Trivia - MP 10:00am Group Exercise with Physio - LK 10:00am Outing - Scenic Drive with McDonald's Ice Cream 10:15am Outdoor Strolls - MP 11:15am Hula Hoop Bean Bag Toss - MP 1:15pm Soft Music & Chair Stretches - MP 2:00pm Bingo - CR 3:15pm Water Colour Painting - MP 3:45pm Hand Massage - LP 4:15pm Story Telling - MP 6:15pm 1:1 DementiAbility Kits - LK 6:15pm Fun Fact Show - MP 7:15pm 1:1 Friendly Visits - LP Resident Council Week Begins!	16 10:00am Word Searches - LK 10:00am Group Exercise with Physio - MP 11:15am Spa Treatments - LP 12:00pm BARBEQUE - LK 12:30pm Resident Council Luncheon - CR 1:15pm Ping Pong Game - MP 2:00pm Funny Videos-LP 2:15pm Virtuality Reality - MP 3:15pm Story Telling - MP 3:30pm Spa Treatments-LK 4:15pm Outdoor Strolls - MP 6:00pm 1:1 Friendly Visits-LP 6:15pm America's Got Talent - MP 7:00pm 1:1 Friendly Visits-LK	17 10:00am Group Exercise with Physio - LP 10:00am Chaplain Visits 11:00am Rosary - CR 11:00am St. Denis Communion/Mass - CR 2:00pm Hymn Sing - CR 2:15pm 1:1 DementiAbility Based Program - MP 3:00pm Chaplain Visits 3:00pm Rendeвер VR-LK 3:15pm Bowling - MP 3:30pm Group Exercise with Physio - LK 4:15pm Spelling Bee - MP 6:00pm Scenic Walks-LP 6:15pm 1:1 Spa Treatments - MP	18 10:00am Balloon Volley - LP 10:00am Group Exercise with Physio - MP 11:15am Word Search - LK 1:15pm Gentle Stretching - MP 2:00pm Entertainment with David Anthony - CR 3:15pm 1:1 DementiAbility Based Program - MP 4:00pm Reading Round Table - MP 6:00pm 1:1 Friendly Visits-LK 6:15pm 1:1 Hand Massages - MP 7:00pm 1:1 Friendly Visits-LP	19 10:00am Cookie Cart - LK 10:00am Group Exercise with Physio - LP 10:00am Pet Therapy 2:00pm Rendeвер VR-LP 2:00pm Henley House Birthday Celebration - FL 3:30pm Rendeвер VR-LK 6:00pm 1:1 Friendly Visits-LK 7:00pm 1:1 Friendly Visits-LP 7:05pm T Henley House 22nd Birthday!	20 1:15pm HangMan - MP 2:00pm Ice Cream Social - FL 3:15pm Chair Dance Fitness - MP 3:30pm Seated Cardio Dance Exercise - MP 3:45pm Chair Dance Fitness - LK 4:00pm Name that Dance - MP 6:15pm 1:1 Friendly Visits - LP 6:15pm Hand Massages - MP 6:15pm Glow Stick Dance - MP 7:15pm 1:1 Friendly Visits - LK 7:15pm 1:1 Friendly Visits - MP National Dance Day

LP = Lancaster Park LK = Lakeside Park MP = Montebello Park CR = Celebration Room FL = Front Lobby



First Floor

September 2025

Programs subject to change.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	22	23	24	25	26	27
9:30am Family Feud - MP 10:30am Church Service - CR 11:15am Mystery Box - MP 1:15pm Mask & Hat Decorating - MP 2:00pm 1:1 DementiaAbility Kits - MP 2:00pm Movie Matinee - CR 3:00pm 1:1 Friendly Visits - MP 4:15pm Ring Toss - MP 6:15pm 1:1 Friendly Visits - LK 6:15pm Cotton Candy Cart - MP 7:15pm 1:1 Friendly Visits - LP 7:15pm Card Night - MP	9:00am Fall Word Search - LK 10:00am Group Exercise with Physio - LK 11:15am Hand Massages - LP 2:00pm Bingo - CR 3:00pm 1:1 Visits - LP 3:30pm Out-Door Stroll-LK 6:15pm 1:1 Friendly Visits-LP 7:00pm 1:1 Friendly Visits-LK First Day of Fall	10:00am Group Exercise with Physio - MP 10:00am Indoor Strolls - LP 12:00pm BARBEQUE - LP 1:15pm Aromatherapy - MP 2:00pm Button Art Collage-LP, WP 2:15pm Aqua painting - MP 3:00pm 1:1 Visits - LK 3:15pm 1:1 Friendly Visits - MP 4:15pm Outdoor Strolls - MP 6:00pm 1:1 Friendly Visits-LP 6:15pm Music Night - MP 7:00pm 1:1 Friendly Visits-LK	10:00am Group Exercise with Physio - LP 10:00am Chaplain Visits 11:00am Rosary - CR 1:15pm Outdoor Strolls - MP 2:00pm Hymn Sing - CR 2:15pm 1:1 DementiaAbility Based Program - MP 3:00pm Fishing Day Crafts-LP,WP 3:00pm Chaplain Visits 3:30pm Group Exercise with Physio - LK 4:00pm Catch the ball-LP 6:15pm Scenic Walks-LP 6:15pm 1:1 Spa Treatments - MP 7:15pm Who Am I ? - MP	9:00am Word Search - LK 10:00am Group Exercise with Physio - MP 10:00am Tai Chi with George - CR 11:15am Indoor Strolls - LP 1:15pm Words in Word - MP 2:00pm Birthday Celebration with Pat Serre - CR 3:00pm Bird Visits - MP 3:30pm Outdoor Strolls - MP 4:00pm Reading Round Table - MP 6:00pm Scenic Walks-LK 6:15pm Arts and Crafts - MP 6:15pm 1:1 Hand Massages - MP 7:00pm Scenic Walks-LP 7:15pm 1:1 Friendly Visits - MP	10:00am Group Exercise with Physio - LP 10:00am Intergenerational Program: Parachute Games - CR 10:00am Pet Therapy 1:15pm Jokes & Riddles - MP 2:00pm Bingo - CR 3:15pm Autumn Relaxation music & Gentle Breathings - MP 3:45pm Tee and Hammer - LK 4:15pm Outdoor Strolls - MP 6:15pm 1:1 Friendly Visits - LP 6:15pm Fall Leaf Painting & Craft - MP 7:15pm 1:1 Friendly Visits - LK	9:00am Pool Noodle Fishing Game - LP 10:00am Hand Massages - LK 11:15am Indoor Strolls - LP 2:00pm Ice Cream Social - FL 3:00pm Fishing Photo Booth-CR 3:30pm Word Searches-LK 6:15pm 1:1 Friendly Visits-LP 7:00pm 1:1 Friendly Visits-LK National Fishing Day
28	29	30				
10:00am Crosswords - LK 10:30am Church Service - CR 2:00pm National Drink a Beer Day: Traveling Root Beer Cart 3:00pm 1:1 Visits - LP 3:30pm Balloon Badminton-LK 6:00pm 1:1 Friendly Visits-LP 7:00pm 1:1 Friendly Visits-LK	9:30am Seated Exercise - MP 10:00am Group Exercise with Physio - LK 10:30am Virtual Reality - MP 11:15am Ball Toss - MP 1:15pm Musical Trivia - MP 2:00pm Bingo - CR 3:15pm Fruit Salad Making - MP 3:45pm Balloon Badminton - LP 4:15pm 1:1 Friendly Visits - MP 6:15pm 1:1 Friendly Visits - LK 6:15pm Poker Night - MP 7:15pm 1:1 Friendly Visits - LP	10:00am Group Exercise with Physio - MP 1:15pm Board games Social - MP 2:00pm Jeopardy Trivia-LK 2:15pm Stretch & Flex - MP 3:00pm Funny Videos-LP 3:15pm 1:1 Friendly Visits - MP 4:15pm Outdoor Strolls - MP 4:50pm BARBEQUES - MP 6:15pm 1:1 Friendly Visits-LK 6:15pm Virtual Reality - MP 7:00pm 1:1 Friendly Visits-LP National Day for Truth and Reconciliation				

Vari - Various

LP = Lancaster Park LK = Lakeside Park MP = Montebello Park CR = Celebration Room FL = Front Lobby

