

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30 Movin' & Groovin' ¹ 1:30 BINGO! 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Chair Tai Chi ² 1:30 Trivia & Scenic Drive 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 3:30 Guitar with Donna 5:45 Twilight Time with Shirley	10:30 Fitness with Viv ³ 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Nature Program ⁴ 1:30 Fun and Games 3:00 Walks & Talks/ Hands (GL) Busy	10:30 Morning Discussion ⁵ 1:30 Boredom Busters 3:00 Walks, Talks
10:30 Fitness with Viv ⁶ 1:30 Lift Your Spirits 3:00 Walks,Talks/Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Jammin with John ⁷ 1:30 Happy BC Day! Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Labor Day	10:30 Movin' & Groovin' ⁸ 1:30 Tunes with Avril & Friends 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Chair Tai Chi ⁹ 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 3:30 Guitar with Donna 5:45 Twilight Time with Shirley	10:30 Fitness with Viv ¹⁰ 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL)	10:30 Sue on Science ¹¹ 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) Rosh Hashanah Begins	10:30 Morning Discussion ¹² 1:30 Boredom Busters 3:00 Walks, Talks & Busy Hands(GL) 5:45 Twilight Time with Shirley
10:30 Fitness with Viv ¹³ 1:30 Lift your Spirit 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Grandparents Day	10:30 Jammin with John ¹⁴ (GL) 11:00 Hymn Sing 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Movin' & Groovin' ¹⁵ 1:30 BINGO! 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Chair Tai Chi / Scenic Drive ¹⁶ 1:30 Music Trivia 2:30 Busy Hands/ 3:00 Creative Time with Jocelyn 3:30 Guitar with Donna	10:30 Fitness with Viv ¹⁷ 1:30 Music and Music Makers 3:00 Walks & Talks/ Busy Hands (GL)	10:30 Nature Program ¹⁸ 10:30 Morning Discussion 1:30 Boredom Busters 3:00 Walks, Talks & Busy Hands (GL) 5:45 Twilight Time with Shirley	1:30 Boredom Busters ¹⁹ 1:00 Walks, Talks & Busy Hands (GL) 5:45 Twilight Time with Shirley Oktoberfest Begins
10:30 Fitness with Viv ²⁰ 1:30 Lift Your Spirits 3:00 Walks,Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley Yom Kippur Begins	10:30 Jammin with John ²¹ 1:30 Fun & Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Movin' & Groovin' ²² 1:30 Tunes with Avril & Friends 3:00 Walks & Talks/ Busy Hands (GL) Autumn Begins	10:30 Chair Tai Chi ²³ 1:30 Music Trivia 2:30 Busy Hands (GL) 3:00 Creative Time with Jocelyn 3:30 Guitar with Donna	10:30 Fitness with Viv ²⁴ 1:30 Music and Music Makers 2:30 Monthly Birthday Cake 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Nature Program ²⁵ 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL) 5:45 Twilight Time with Shirley (Residents Council) Sukkot Begins	1:30 Boredom Busters ²⁶ 3:00 Walks, Talks & Busy Hands (GL) 5:45 Twilight Time with Shirley
10:30 Fitness with Viv ²⁷ 1:30 Lift Your Spirits 3:00 Walks, Talks & Busy Hands (GL) 5:45 Twilight Time with Shirley	10:30 Jammin with John ²⁸ 1:30 Fun and Games 3:00 Walks & Talks/ Busy Hands (GL)	10:30 Movin' & Groovin' ²⁹ 1:30 BINGO! 3:00 Walks, Talks /Busy Hands (GL)	10:30 Scenic Drive ³⁰ 11:00 Guitar with Donna 1:30 Guests/Elders National Day of Truth and Reconciliation 5:45 Twilight Time with Shirley	September 2026		