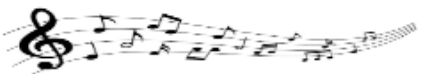


September 2026
Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<i>Cruise Week</i> 1 8:00 Calendar Posting 8:30 Friendly Visits (2nd) 9:00 Outdoor strolls (COUR) 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Exercise/Centrecise (LOUN) 6:45 Axe Throwing (2nd) 	<i>Cruise Week</i> <i>Island Theme</i> 2 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:15 Music Memories w Coffee/Tea (LOUN) 12:45 Outing Bayfront Park (out) 2:00 Island Theme Entertainment w Tom (MAIN) 3:30 Walk & Talk (2nd) 4:30 Meal Prep (LOUN) 6:00 Summer Splash (COUR) 	<i>Cruise Week</i> 3 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 11:00 BBQ Lunch (COUR) 12:00 Guitar w Aidan 1:00 Music Therapy w Jon (2nd) 2:00 Crock-a-Doodle (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st)	<i>Cruise Week</i> 4 8:30 Friendly Visits (2nd) 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:00 Laughter Yoga with Kathryn (LOUN) 11:30 Meal Prep (LOUN) 1:00 Friendly Visits (Room) 2:00 Tikki Bar Cocktail Hour (COUR) 3:30 Changing Seasons Colouring (LOUN) 4:30 Meal Prep (LOUN) 6:45 C 	8:45 Friendly Visits (2nd) 5 10:00 Exercise Class (LOUN) 10:30 Jeopardy (LOUN) 11:30 Meal Prep (LOUN) 1:45 Bingo (1st) 3:15 Colouring Pages (LOUN) 
8:45 Friendly Visits 6 (2nd) 10:00 Church Service (LOUN) 11:30 Meal Prep (LOUN) 1:30 Crafts (LOUN) 3:15 Beauty Club (2nd) 	<i>Labour Day</i> 7 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 History of Labor Day (2nd) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 2:00 Singing & Dancing w Mike/April (2nd) 3:15 Board Games (LOUN) 4:30 Meal Prep (LOUN) 	8:30 Friendly Visits (2nd) 8 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Exercise/Centrecise (LOUN) 6:30 Decoration Craft (LOUN)	<i>90s Theme</i> 9 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Travellodge (2nd) 10:30 Exercise (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 2:00 Artpages Show and Display (MAIN) 4:30 Meal Prep (LOUN) 6:00 Social Walks (2nd) 6:45 Jeopardy (LOUN)	8:00 Birthday Breakfast (Base) 10 9:30 Restore & Move! (1st) 10:30 Coffee/Tea Social (LOUN) 1:00 Music Therapy w Jon (2nd) 1:30 Resident Council (MAIN) 2:00 Pet Visits with Brisket/Teddy (2nd) 4:30 Meal Prep (LOUN) 6:30 Bingo (4th) 	8:30 Friendly Visits (2nd) 11 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:30 Fruit/Veggies/Smoothie Prep (LOUN) 11:30 Meal Prep (LOUN) 2:00 Survivor Games (MAIN) 3:30 Karaoke w Thomas & Marie (2nd) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (Room) 6:30 Jewelry Making (LOUN)	8:30 Friendly Visits (2nd) 12 9:45 Spiritual Eldercare with Joan/Mike (2nd) 10:30 Reminiscing- Life in the Neighborhood (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (Room) 6:15 Card Games (2nd) 6:45 Stay Sharp (2nd)
8:30 Friendly Visits (2nd) 13 9:45 Hymn Sing (2nd) 10:30 Bible Stories & Memories (2nd) 11:30 Meal Prep (LOUN) 1:00 Friendly Visits (Room) 2:00 Zumba with Rainier (MAIN) 3:30 Karaoke (2nd) 4:30 Meal Prep (LOUN) 6:00 Snacks & Cinema (LOUN) 	<i>Residents Council Week!</i> 14 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:30 Chair Exercise (LOUN) 10:30 Residents Council Welcome Social (MAIN) 11:30 Meal Prep (LOUN) 12:45 Outing to RBG Gardens (out) 2:00 DeMazenod Farm (COUR) 6:45 DeMazenod Farm (LOUN) 	<i>Residents Council Week!</i> 15 8:30 Friendly Visits (2nd) 9:00 Outdoor strolls (COUR) 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Friendly Visits (2nd) 6:15 Exercise/Centrecise (LOUN) 6:45 Charades (4th)	<i>Residents Council Week!</i> <i>Pyjama Day!</i> 16 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:30 Karaoke w Marie/Thomas (LOUN) 2:30 Baking (Donut Moulds (Base)) 4:30 Meal Prep (LOUN) 7:00 Movie Drive in (Out) 	<i>Residents Council Week!</i> 17 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Pet Therapy (2nd) 1:00 Music Therapy w Jon (2nd) 2:00 Baking (donut moulds) (Base) 4:30 Meal Prep (LOUN) 6:30 Bingo (4th) 	<i>Residents Council Week!</i> 18 8:30 Friendly Visits (2nd) 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:00 Daycare Children visits (MAIN) 11:30 Meal Prep (LOUN) 2:00 Celebration of Life (MAIN) 4:30 Meal Prep (LOUN) 6:15 Exercise (LOUN) 7:00 Karaoke (2nd)	8:45 Friendly Visits (2nd) 19 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 4:30 Meal Prep (LOUN) 6:15 Serenity Spa Evening (LOUN) 

Chedoke Falls Facilitators:
Aferdita,
Hannah,
Ana & Monica

September 2026

Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 Friendly Visits (2nd) 20 10:00 Church Service - Immanuel Christian Reformed (1st) 10:30 Busy Hands (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:30 Local Outing (out) 4:30 Meal Prep (LOUN) 	8:30 Friendly Visits (2nd) 21 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Smoothie Social (2nd) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 12:45 Outing to Walmart (out) 1:30 Singing/Dancing with Mike (LOUN) 3:00 Walk & Talk (2nd) 4:30 Meal Prep (LOUN)	8:30 Friendly Visits (2nd) 22 9:00 Busy Hands (LOUN) 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Exercise/Centrecise (LOUN) 	<i>Fall Colours</i> 23 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:00 Pet Therapy (2nd) 2:00 Local Outing (LOUN) 4:30 Meal Prep (LOUN) 6:30 Pub Night w Dan Dyer	8:30 Friendly Visits (2nd) 24 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Coffee/Tea Social (LOUN) 11:30 Meal Prep (LOUN) 1:00 Music Therapy w Jon (2nd) 2:00 Boomers Club (MAIN) 2:30 Word Games (LOUN) 4:30 Meal Prep (LOUN) 6:30 Bingo (1st) 	8:30 Friendly Visits (2nd) 25 9:00 Plant Patrol (2nd) 9:30 Restore & Move! (1st) 10:00 Horticultural Therapy (1st) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:30 Jackson Square Outing (out) 6:15 Friendly Visits (Room) 6:30 Flicks & Friends (LOUN)	8:30 Friendly Visits (2nd) 26 9:30 Breadmaking (LOUN) 10:00 Bible Study (2nd) 10:45 Busy Hands (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 4:30 Meal Prep (LOUN) 6:15 Pipe cleaner Craft (2nd) 
8:30 Friendly Visits (2nd) 27 9:45 Hymn Sing (1st) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 2:00 Zumba with Rainier (MAIN) 3:45 Discussion Group (LOUN) 4:30 Meal Prep (LOUN) 6:15 Whiteboard Trivia (LOUN) 7:00 Friendly Visits (Room) 	3:15 Walk & Talk 28 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Chair Exercise (LOUN) 10:30 Flavoured water & Social (2nd) 11:30 Meal Prep (LOUN) 12:00 Decorating for Thanksgiving (ALL) 3:15 Walk & talk (2nd) 6:00 Decorating for Thanksgiving (ALL)	8:30 Friendly Visits (2nd) 29 9:00 Outdoor strolls (COUR) 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 1:45 Bingo (1st) 3:45 Beauty Club (LOUN) 4:30 Meal Prep (LOUN) 6:00 Exercise/Centrecise (LOUN) 6:30 Prayer Meeting (LOUN) 	<i>Orange Shirt Day</i> 30 8:30 Friendly Visits (2nd) 9:30 Restore & Move! (1st) 9:45 Exercise (LOUN) 10:30 Hot Chocolate Social (LOUN) 11:30 Meal Prep (LOUN) 12:00 Friendly Visits (Room) 2:00 Birthday Party with Paula (MAIN) 5:00 Take-Out Night (LOUN) 6:45 Drum Circle (LOUN)	*Programs and times are subject to change*		
				<u>Calendar Legend</u> 1st -- First Floor 2nd -- Second Floor MAIN -- 1st Floor Dining Room LOUN -- Activity Lounge COUR -- Outdoor Courtyard OUT -- Outside		