

Canterbury Falls Program

Facilitators:

Elmer, Jasmine, Ana,
& Monica



September 2026

Dundurn Place Care Centre



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



8:15 Watering Plants (COUR) **6**

9:00 Breadmaking (LOUN)

10:00 Hymn Sing (LOUN)

11:00 Meal Prep (LOUN)

1:15 Beauty Club (LOUN)

2:30 Decoration Craft (MAIN)

Labour Day

9:15 Pet Therapy w Brisket (1st) **7**

9:30 Restore & Move! (1st)

10:00 Fun & Fitness Centrecise (LOUN)

10:30 Fun Facts/History (LOUN)

12:00 Friendly Visits (Room)

1:30 Wii Games (LOUN)

3:00 Card Games (1st)

4:00 Cozy Conversations (LOUN)

6:30 Courtyard Game Night (COUR)

8:15 Watering Plants (COUR) **8**

9:30 Restore & Move! (1st)

10:00 Bible Study with Hobbe (LOUN)

1:45 Bingo (1st)



90s Theme

8:15 Watering Plants (COUR) **9**

9:30 Restore & Move! (1st)

9:45 Pet Therapy (LOUN)

10:30 Art Pages Prep (LOUN)

2:00 Artpages Show and Display (MAIN)



8:00 Birthday Breakfast (Base) **10**

9:30 Restore & Move! (1st)

10:00 Mobile Music w Elmer (LOUN)

1:30 Resident Council (MAIN)

2:30 Leisure outing with Mrs. S.G (1st)

4:15 Beauty Club (1st)

6:30 Bingo (1st)



8:30 Friendly Visits (Room) **11**

9:00 Pretty Water (LOUN)

9:30 Restore & Move! (1st)

10:00 Exercise Class (LOUN)

10:30 Card Games-UNO (MAIN)

2:00 Survivor Games (MAIN)



8:15 Watering Plants (COUR) **12**

9:30 Fun & Fitness Centrecise (LOUN)

10:00 Shopping and Strolls with Mr. F.F (OUT)

1:45 Bingo (1st)

3:00 Friendly Visits (Room)



8:15 Watering Plants (COUR) **13**

9:45 Hymn Sing (LOUN)

10:30 Catholic Mass (1st)

2:00 Zumba with Rainier (MAIN)



Residents Council Week! **14**

8:30 Friendly Visits (Room)

9:15 Pet Therapy w Brisket (1st)

9:30 Restore & Move! (1st)

10:30 Residents Council Welcome Social (MAIN)

12:45 Outing to RBG Gardens (out)

2:00 DeMazenod Farm (COUR)

6:15 Axe Throwing (LOUN)

Residents Council Week! **15**

8:15 Watering Plants (COUR)

9:30 Restore & Move! (1st)

10:00 Bible Study with Hobbe (LOUN)

1:45 Bingo (1st)

Residents Council Week! Pyjama Day! **16**

8:15 Watering Plants (COUR)

9:30 Restore & Move! (1st)

10:00 Leisure outing with Mrs. R.S (out)

10:15 Sound Bowls with Masha (3rd)

1:30 Bocce ball (LOUN)

2:30 Name That Tune (LOUN)

7:00 Movie Drive in (COUR)



Residents Council Week! **17**

8:15 Watering Plants (COUR)

9:30 Restore & Move! (1st)

10:00 Pet Therapy with Teddy (LOUN)

1:30 Leisure Outing (out)

4:15 Bean Bag Toss (LOUN)

5:30 Watering the plants (Room)

6:30 Bingo (1st)

Residents Council Week! **18**

8:15 Friendly Visits (1st)

8:15 Watering Plants (COUR)

9:30 Restore & Move! (1st)

10:00 Daycare Children visits (MAIN)

2:00 Celebration of Life (MAIN)

8:15 Watering Plants (COUR) **19**

9:00 Busy Hands-Cleaning iPads (LOUN)

10:00 Fun & Fitness Centrecise (LOUN)

10:30 Painting with Jasmine (LOUN)

1:45 Bingo (1st)

3:00 Friendly Visits (Room)





September 2026

Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
8:15 Watering Plants (COUR) 20 9:00 Calendar Prep (MAIN) 10:00 Church Service - Immanuel Christian Reformed (1st) 1:30 Beauty Club (LOUN) 2:45 Colouring Group (LOUN)	9:15 Pet Therapy w Brisket (1st) 21 9:30 Restore & Move! (1st) 10:00 Leisure Outings (Jackson Square) with Mr.M.T (OUT) 12:45 Outing to Walmart (out) 1:30 Leisure outing with Mr.D.D (1st) 6:15 Wii Sports Games (LOUN)	8:15 Watering Plants (COUR) 22 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 1:45 Bingo (1st) 	<i>Fall Colours</i> 23 8:15 Watering Plants (COUR) 9:30 Restore & Move! (1st) 10:00 Leisure outing with Mrs. S.D (OUT) 1:30 Leisure outing-Mr.E.H (1st) 6:30 Pub Night w Dan Dyer (MAIN) 	8:15 Watering Plants (COUR) 24 9:00 Calendar prep (1st) 9:30 Restore & Move! (1st) 10:00 Pet Therapy with Teddy (LOUN) 10:30 Trivia (LOUN) 2:00 Boomers Club (MAIN) 4:15 Glamour Club (1st) 5:30 Watering the plants (Room) 	8:15 Breadmaking (MAIN) 25 9:00 Friendly Visits (Room) 9:30 Restore & Move! (1st) 10:00 Horticultural Therapy (1st) 11:30 Calendar Prep 1:30 Little Library Project (MAIN) 2:30 Courtyard Social (1st)	8:15 Watering Plants (COUR) 26 9:30 Fun & Fitness Centrecise (LOUN) 10:00 shopping and strolls with Ms.C.K (OUT) 1:45 Bingo (1st) 3:00 Friendly Visits (Room)															
8:15 Watering Plants (COUR) 27 9:45 Hymn Sing (LOUN) 10:30 Catholic Mass (1st) 2:00 Zumba with Rainier (MAIN)	9:15 Pet Therapy w Brisket (1st) 28 9:30 Restore & Move! (1st) 10:00 Exercise/Centrecise (LOUN) 10:45 Jewelry Making (LOUN) 12:00 Decorating for Thanksgiving (ALL) 6:00 Decorating for Thanksgiving (A) 	8:15 Watering Plants (COUR) 29 9:30 Restore & Move! (1st) 10:00 Bible Study with Hobbe (LOUN) 1:45 Bingo (1st)	<i>Orange Shirt Day</i> 30 8:15 Watering Plants (COUR) 9:30 Restore & Move! (1st) 10:00 Leisure outing with Mrs. Y.M (1st) 2:00 Birthday Party with Paula (MAIN) 5:00 Take-Out Night (LOUN) 	"Programs & times are subject to change"																	
				Locations Legend <table><tr><td>1st Floor (1st)</td><td>Resident Room (Room)</td><td>All Floors (ALL)</td></tr><tr><td>Activity Lounge (LOUN)</td><td>Outings in the community (out)</td><td>Basement Activity Room (Base)</td></tr><tr><td>Courtyard (COUR)</td><td>Jackson Sqaure (OUT)</td><td>3rd Floor (3rd)</td></tr><tr><td>Lounge (LOUN)</td><td>Dining Room (MAIN)</td><td>outside (Out)</td></tr><tr><td>Main Dining Room (MAIN)</td><td></td><td></td></tr></table>			1st Floor (1st)	Resident Room (Room)	All Floors (ALL)	Activity Lounge (LOUN)	Outings in the community (out)	Basement Activity Room (Base)	Courtyard (COUR)	Jackson Sqaure (OUT)	3rd Floor (3rd)	Lounge (LOUN)	Dining Room (MAIN)	outside (Out)	Main Dining Room (MAIN)		
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