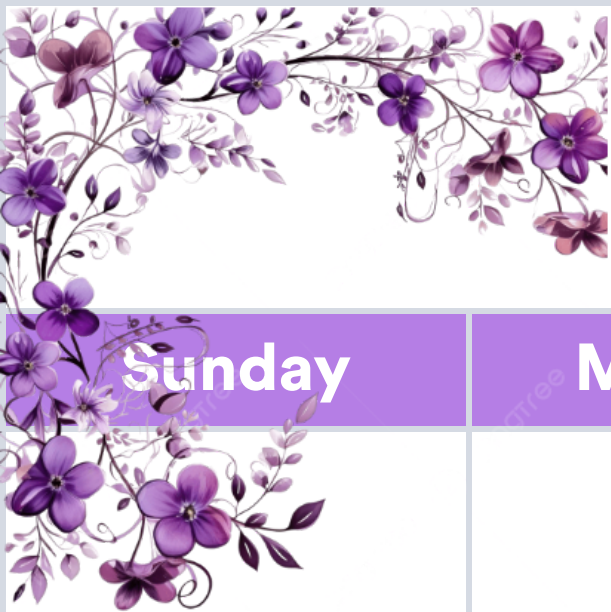




September 2026

Port Credit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Reading Group (SDR) 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 social ability/happiness program (SDR) 2:00 Memory Game (RTR) 2:00 Outdoor Sensory (O) 3:00 Chair Zumba (MDR) 6:20 Buddha Board (A) 	10:30 Exercise (LDR3) 2:00 Baking Club (LDR3) 6:00 Movie Night: Barbershop (Prime) (AR1F) 6:30 Video calls/phone calls (RTR) 	10:00 Arm Chair Travel (SDR3) 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 1:45 Snoezelen Visits/ Cart (SDR) 2:00 Beauty Club (LDR3) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F)	9:30 One to one visit (A) 10:00 Gardening (P) 10:00 music and movement (SDR3) 2:00 Rendever AR/VR (SDR) 	10:15 Exercise (LDR3) 2:15 Entertainment: Viviana (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 2:00 Sing A Longs (SDR) 	6 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Labour Day Social (LDR2) 2:00 Labour day social (LDR3) 6:00 Movie Night (AR1F) 	7 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 11:00 Volunteer Musician Kevin (LDR3) 2:00 Board Game (LDR3) 2:00 Armchair travel (SDR) 3:00 Chair Zumba (MDR) 6:20 Dominoes (SDR) 	8 10:00 Exercise (LDR3) 2:00 Resident Council (AR1F) 6:00 Movie Night: Beauty Shop (Prime) (AR1F) 6:30 Video calls/phone calls (RTR) 	9 10:00 Exercise (LDR3) 10:00 Bible Study (SDR3) 10:00 Social Ability (RTR) 10:45 Helping Hands: Bread Making (SDR3) 2:00 One to One Socializing (RTR) 2:15 Snoezelen Visits/ Cart (SDR) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	10 9:30 One to one visit (A) 10:00 Exercise (LDR3) 10:00 Gardening (P) 2:00 Balloon tennis (LDR3) 	11 11:00 Friendly Visits (A) 2:15 Entertainment: Roger Trueman (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Colouring Therapy (LDR3)	13 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Unit Bingo (LDR3) 2:15 Tover Tafel (SDR3) 6:00 Movie Night (AR1F) 	14 10:00 Reading Group (SDR3) 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 Outdoor Sensory (O) 3:00 Chair Zumba (MDR) 	15 10:00 Exercise (LDR3) 2:00 Baking Club (LDR3) 6:00 Movie Night: The War with Grandpa (Prime) (AR1F) 6:30 Video calls/phone calls (RTR) 	16 10:00 Arm Chair Travel (SDR3) 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Beauty Club (LDR3) 2:00 drumming circle (SDR) 2:30 Chair Zumba (MDR) 6:30 Bingo (AR1F) 	17 9:30 One to one visit (A) 10:00 Exercise (LDR3) 10:00 Gardening (P) 2:00 Ice Cream Truck (P) 	18 10:15 Exercise (LDR3) 2:15 Entertainment: Marcus Schwan (MDR) 
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 11:00 Communion (RTR) 	20 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Art Class (LDR3) 6:00 Movie Night (AR1F) 	21 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 snakes and ladder (LDR3) 2:00 tover (SDR) 3:00 Chair Zumba (MDR) 6:15 Dominoes (SDR3) 	22 10:00 Exercise (LDR3) 2:00 Balloon tennis (LDR3) 6:00 Movie Night: Evan Almighty (Prime) (AR1F) 6:30 Video calls/phone calls (RTR) 	23 10:00 Exercise (LDR3) 10:00 Bible Study (SDR3) 10:00 Hand Massage/confort touch (A) 10:45 Helping Hands: Bread Making (SDR3) 2:30 Chair Zumba (MDR) 3:00 Abby (A) 6:30 Bingo (AR1F) 	24 9:30 One to one visit (A) 10:00 Exercise (LDR3) 10:00 Gardening (P) 2:00 Happy Hour (LDR3) 	25 11:00 Friendly Visits (A) 2:15 Entertainment: Pamela Archer (MDR)
10:00 Church Service (AR1F) 10:30 Hymn Sing (AR1F) 2:00 Colouring Therapy (LDR3) 	27 10:00 Exercise (LDR3) 10:45 Helping Hands: Bread Making (SDR3) 2:00 Montessori Group (LDR3) 2:15 Tover Tafel (SDR3) 6:00 Movie Night (AR1F) 	28 10:00 Reading Group (SDR) 10:15 Exercise (LDR3) 10:45 Helping Hands: Pastry Making (SDR3) 2:00 Outdoor Sensory (O) 2:00 Casino (SDR3) 2:30 Unit Bingo (LDR2) 3:00 Chair Zumba (MDR) 6:15 Dominoes (SDR2) 	29 10:00 Exercise (LDR3) 2:00 Baking Club (LDR3) 6:00 Movie Night: The Hustle (Prime) (AR1F) 6:30 Video calls/phone calls (RTR) 	30 	Locations Legend Large Dining Room (3rd Floor) (LDR3) Small Dining room (3rd Floor) (SDR3) Activity Room (1st Floor) (AR1F) Main Dining Room (MDR) Small Dining Room (Third Floor) (SDR) Room to Room (RTR) Any location (A) Outdoor Patio (P) Outdoor Front Entrance (O) Large Dining Room (2nd Floor) (LDR2) Small Dining Room (2nd floor) (SDR2)	