

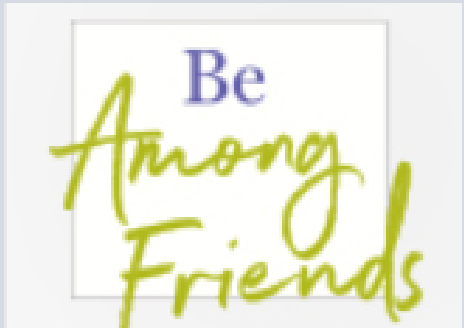


INSPIRED
SENIOR LIVING

September 2026

Gardenside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY LABOUR DAY Labour Day	 Grandparent's Day	10:00 Rise & Shine Exercises (GAR) 11:00 Trivia Tuesday! (GAR) 2:00 Balloon Games (GAR) 3:15 Giggles In The Garden + Cool Treats (GSG) 3:30 Tri-Bike Rides with Wendy (Weather Permitting) (OUT) 4:00 1:1 Visits with Life Enrichment Staff (RES) 6:30 Evening Movie (GAR) 6:30 Evening Manicures (GAR) 1	10:00 Morning Exercises (GAR) 11:00 Wednesday Word Games (GAR) 2:00 Bingo (GAR) 3:30 Sing A Long (GAR) 4:00 1:1 Visits with Life Enrichment Staff (RES) 6:30 Evening Movie (GAR) 2	10:00 Chair Cardio Exercise with Violeta (GAR) 11:00 Tabletop Games (GAR) 2:00 Card and Dice Game (GAR) 3:30 Artfull Enrichment: Rice Plant Painting (GAR) 6:30 Evening Movie (GAR) 3	10:00 Move your body! (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:00 This or That (GAR) 2:00 Performance by Hand over Heart (FL) 3:15 Happy Hour (DR) 3:30 OBIE Games & Puzzles (GAR) 6:30 Evening Movie (GAR) 4	10:00 Piano Music with Mabon (GAR) 11:15 Guess the far out 70's Foods (GAR) 2:30 Horseshoes in the Round (GAR) 4:00 Cool Treat Social (GAR) 6:30 Evening Movie (GAR) 5
10:00 Chair Cardio Exercise with Violeta (GAR) 11:00 Sunday Virtual Catholic Mass (GAR) 2:00 Sunday Funday Bingo! (GDR) 3:30 Jersey Boys Band (Virtual Concert) (GAR) 6:30 Evening Movie (GAR) 6	Labour Day! 10:00 Morning Exercises (GAR) 11:00 Giant Crosswords (GAR) 2:00 Paper Cupcake Floral Collage (GAR) 3:30 Connections - Word Game (GAR) 6:30 Evening Movie (GAR) 7	10:00 Rise & Shine Exercises (GAR) 11:00 Trivia Tuesday! (GAR) 2:00 "Egg-venture Day" - The journey begins to hatch our chicks (GAR) 2:30 Scenic Drive (MEE) 6:30 Evening Movie (GAR) 6:30 Evening Manicures (GAR) 8	10:00 Chair Cardio Exercise (with Violeta) (GAR) 11:00 Wednesday Word Games (GAR) 2:00 Bingo (GAR) 3:30 Travelogue: Meet Me in Montreal (GAR) 6:30 Evening Movie (GAR) 9	10:00 Morning Exercise : "Move Better" (GAR) 11:00 Slam Card Scrabble (GAR) 2:00 A day at the Races (virtual game) (GAR) 3:30 Concert: Bee Gees Era & Sing - A- Long (GAR) 6:30 Evening Movie (GAR) 10	9:45 Mostly Music with Lorri (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:15 Cornhole Game (GAR) 2:00 Live Music by Sincerely Yours Entertainment (FL) 2:00 1:1 Visits with Life Enrichment Staff (RES) 3:30 Who Am I? (GAR) 6:30 Evening Movie (GAR) 11	National Verve Open House (AA) 10:00 Piano Music with Mabon (GAR) 11:00 Balloon Badminton (GAR) 2:00 Live Music by Jennifer Lauren + Cocktail/Mocktail Hour (FL) 3:30 Penny Ante Game (GAR) 6:30 Evening Movie (GAR) 12
Happy National Grandparents Day! 10:00 Morning Movement (GAR) 11:00 Tree of Life: Milestones & Memories - Group Project (GAR) 2:00 Sunday Funday Bingo! (GDR) 3:30 Celebrating Grandparents Day! - Discussion Group + Pastries (GAR) 6:30 Evening Movie (GAR) 13	10:00 Morning Movement (GAR) 11:00 Helping Hands (GAR) 11:15 Giant Crosswords (GAR) 2:00 "I once was..." - Group Project (GAR) 3:30 Bocce Ball (GSG) 6:30 Evening Movie (GAR) 14	10:00 Rise & Shine Exercises (GAR) 11:00 Trivia Tuesday! (GAR) 2:00 Let's Talk about Terry Fox (GAR) 3:30 Garden Group Gathers: Spring Bulb Prep (GAR) 6:30 Evening Manicures (GAR) 6:30 Evening Movie (GAR) 15	10:00 Rise & Shine Exercises (GAR) 11:00 Wednesday Word Games (GAR) 2:00 Bingo (GAR) 3:30 Artist Impression - Paul Gauguin - Still Life With Teapot And Fruits (Therapeutic Coloring) (GAR) 4:00 1:1 Visits with Life Enrichment Staff (RES) 6:30 Evening Movie (GAR) 16	10:00 Chair Cardio Exercise with Violeta (GAR) 11:00 Fit Minds: Acronym Challenge (GAR) 2:00 Creative Hands: Bubble Wrap Tree Making with Violeta (GAR) 3:30 Tabletop Games (GAR) 6:30 Evening Movie (GAR) 17	9:45 Mostly Music with Lorri (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:15 Music Connection with Lorri (RR) 11:15 Bowling! (GAR) 2:00 Let's Play Dominoes Game (GAR) 3:15 Happy Hour (DR) 3:30 OBIE Games & Puzzles (GAR) 6:30 Evening Movie (GAR) 18	10:00 Piano Music with Mabon (GAR) 11:15 I Have Never Game (GAR) 2:30 All About Grapes - Tasting Included! (GAR) 4:00 Let's Play Balloon Badminton (GAR) 6:30 Evening Movie (GAR) 19
10:00 Sunday Stretching with Violeta (GAR) 11:00 Virtual Catholic Sunday Mass (GAR) 2:00 Sunday Funday Bingo! (GDR) 2:30 Musical Performance by the Youth Musician and Artist Association Group (FL) 3:30 Elvis Presley Concert (Virtual) (GAR) 4:00 Slam Card Scrabble (GAR) 6:30 Evening Movie (GAR) 20	10:00 Morning Exercises (GAR) 11:00 Giant Crosswords (GAR) 2:00 Leaf/Flower Pressing and Painting (GAR) 4:00 Weekly "Wordle" Game (GAR) 6:30 Evening Movie (GAR) 21	First Day of Fall 10:00 Rise & Shine Exercises (GAR) 11:00 Trivia Tuesday! (GAR) 2:30 Monthly Birthday Party with Live Music by Angie Faith - Theme: Fall (GDR) 4:00 Scents & Senses of Autumn (GAR) 6:30 Evening Manicures (GAR) 6:30 Evening Movie (GAR) 22	10:00 Gentle Stretching: Movement Matters (GAR) 11:00 Wednesday Word Games (GAR) 2:00 Bingo (GAR) 3:30 Ping Pong Egg Tossing Game (GAR) 6:30 Evening Movie (GAR) 23	10:00 Chair Cardio Exercise with Violeta (GAR) 10:45 Outdoor Garden Visit (GSG) 11:00 Guess the the Sound Game (virtual) (GAR) 2:00 Mahjong Tiles Matching Game (GAR) 3:30 Creative Idea: Blossom Tree Painting (GAR) 6:30 Evening Movie (GAR) 24	9:45 Mostly Music with Lorri (GAR) 10:30 Catholic Communion and Prayers (CRM) 11:15 Music Connection with Lorri (RR) 2:00 Live music by Roberto Risman (FL) 3:15 Happy Hour (DR) 6:30 Evening Movie (GAR) 25	10:00 Piano Music with Mabon (GAR) 11:15 Washer Toss Game (GAR) 2:00 Name that Bird (GAR) 3:30 Beach Ball Questions (GAR) 6:30 Evening Movie (GAR) 26
10:00 Sunday Stretching (GAR) 11:00 Penny Ante Game (GAR) 2:00 Sunday Funday Bingo! (GDR) 3:30 Connections - Word Game (GAR) 6:30 Evening Movie (GAR) 27	10:00 Seated Gentle Exercises with Violeta (GAR) 11:00 Giant Crosswords (GAR) 11:00 Altavida Fashions Clothing Sale - Brighten up your Wardrobe! (Payment accepted: Credit/Debit or Cash) (DR) 2:00 Silver Fox Terry Fox Walk (MEE) 3:30 Roll-o-Trump Game! (GDR) 6:30 Evening Movie (GAR) 28	10:00 Rise & Shine Exercises (GAR) 11:00 Trivia Tuesday! (GAR) 3:00 Crafty Crafters: Fall Theme! (GAR) 6:00 Pub Night with live music by The Shoe Shakers (Burger & Beer \$10 charge - All proceeds go our Terry Fox Charity Drive) - Please sign up with reception (DR) 6:30 Evening Manicures (GAR) 6:30 Evening Movie (GAR) 29	National Day of Truth and Reconciliation- Wear Orange to Support 10:00 Rise & Shine Exercises (GAR) 11:00 Wednesday Word Games (GAR) 2:00 Bingo (GAR) 2:00 Truth and Reconciliation Discussion with guest speaker - David Darling (DR) 3:30 Colouring + Drink Social (GAR) 3:30 1 on 1 visit (RES) 6:30 Evening Movie (GAR) 30	 Day for Truth and Reconciliation	 Be Among Friends	Locations Legend Gardenside Lounge (GAR) Dogwood Room (DR) Gardenside Dining Room (GDR) Residents Room (RES) Fireside Lounge (FL) Carnation Room (CRM) Gardenside Backyard (GSG) Meet in Lobby (MEE) Rose Room (RR) Outside in the Round About (OUT) All Around (AA)