



INSPIRED
SENIOR LIVING

September 2026

Independent & Assisted Living

INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Calendar Legend Outing Special Program Vendor Theme Day Living, Loving, Local Signature Program	Locations Legend Country Kitchen (CK) Theater (T) 3rd Floor Lounge (3FL) Main Lobby (ML) Pub/Bistro (PB) Outing (RSVP) Games Room (GR) Dining Room (DR) All Floors (AF) Spa (S) Parking Lot Patio (PLP) Reception (R) Private Dining Room (PDR)	9:00 Morning Program Sign Ups With Julianna (CK) 1 10:00 Assisted Living Exercise Class (3FL) 11:00 Chair Yoga IL & AL (CK) 1:00 Pass The Ace (PB) 2:00 Create Your Own Personalized Mirror! *RSVP* (CK) 3:15 Learn To Play Newfy Bingo!! (CK) 6:30 Resident Run: Card Game Night (PB) 7:00 Resident Movie Pick (T)	Wear Your Denim Day! (ML) 2 10:00 Assisted Living Exercise Class (3FL) 10:00 Balance & Flexibility With Regina! (CK) 11:00 Jeopardy! (T) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Olive Oil Bottle Painting Class *RSVP* (CK) 3:00 Life Enrichment Meeting With Julianna (T) 6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)	Voting Station Set Up In Theatre (T) 3 10:00 Assisted Living Exercise Class (3FL) 10:00 Mini Putt Mornings! (PLP) 11:00 Drum Fit IL & AL (CK) 1:30 Afternoon Entertainment With Zack (CK) 2:45 Artful Enrichment: Budding Butterfly Step By Step *RSVP* (PB) 6:30 Resident Run: Cribbage Night (CK)	Theme Day: Casual Friday! (AF) 4 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 11:00 Exercise With Julianna! (CK) 1:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 New Resident Cocktail Hour With Shelley and Games! (PB) 7:00 Resident Movie Pick (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 5 10:00 Stawberry & Banana Smoothies With Julianna! (PB) 11:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Loonie Bingo With Life Enrichment! (CK) 3:15 Java Music Sing A Long (3FL) 6:30 Resident Run: Euchre and Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)
Sunday Brunch 11:00am-1:00pm 6 *Guests RSVP At Reception* (DR) 8:45 Non-Denominational Church Service (T) 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp Packages Available At Reception (CK) 2:00 Catholic Church Service with Deacon David (T) 3:00 Ladder Toss Sundays With Valerie! (CK) 6:30 Resident Run: Card Game Night: Bridge (GR) 7:00 Resident Movie Pick (T)	Guess The Candy In The Jar At Reception *Winner Announced Tuesday* (R) 7 11:00 Cardio & Strength With Regina! (CK) 2:00 Scavenger Hunt Pick Up Sheets At Reception (T) 3:30 Afternoon Movie Matinee With Popcorn (T) 7:00 Resident Movie Pick (T)	Mobile Senior Shop Clothing Vendor 10:00am-2:00pm (T) 8 10:45 Jeopardy! (T) 11:00 Chair Yoga IL & AL (CK) 11:00 Assisted Living Exercise Class (3FL) 1:00 Pass The Ace (PB) 2:00 Meet Me at The MoMA: Norval Morrisseau Art Inspiration & Presentation *RSVP* (CK) 6:30 Resident Run: Card Game Night (PB) 7:00 Resident Movie Pick (T)	10:00 Assisted Living Exercise Class (3FL) 9 10:00 Balance & Flexibility With Regina! (CK) 11:00 Fishbone By The Lake Lunch Outing *RSVP* (RSVP) 11:00 Jeopardy! (T) 1:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Live Entertainment! with Common Thread! (CK) 3:15 Nail Polish Change With Life Enrichment *RSVP* (GR) 6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)	8:00am Ladies Breakfast Today! (DR) 10 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 11:00 Drum Fit IL & AL (CK) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:15 Indoor Shuffleboard Competition (CK) 6:30 Resident Run: Cribbage Night (CK) 7:00 Resident Movie Pick (T)	Theme Day: Casual Friday! (AF) 11 10:00 Assisted Living Exercise Class (3FL) 10:45 Fairy Lake Picnic Day Outing *Weather Permitting* (Lunch Outing) (RSVP) 11:00 Exercise With Sonia! (CK) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Artful Enrichment: Willow River Painting Step By Step *RSVP* (CK) 3:00 Cocktail Hour and Games! (PB) 7:00 Resident Movie Pick (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 12 Friends & Family BBQ *RSVP At Reception For Your Guests* (DR) 11:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Loonie Bingo With Life Enrichment! (CK) 3:15 Java Music Sing A Long (3FL) 6:30 Resident Run: Euchre and Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)
8:45 Non-Denominational Church Service (T) 13 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp Packages Available At Reception (CK) 2:00 Ladder Toss Sundays With Valerie! (CK) 3:00 Reception Choice Movie Matinee & Popcorn! (T) 6:30 Resident Run: Card Game Night: Bridge (GR) 7:00 Resident Movie Pick (T)	Mobile Smile Clinic With Tina *Make Appointments At Reception* (S) 14 10:00 Jeopardy! (T) 11:00 Cardio & Strength With Regina! (CK) 11:30 Assisted Living Exercise Class (3FL) 2:00 Loonie Bingo With Terry! (CK) 3:00 Nail Polish Change With Life Enrichment *RSVP* (GR) 7:00 Resident Movie Pick (T)	Wear Your Plaid Day! (ML) 15 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 11:00 Rosary With Father John (T) 11:00 Chair Yoga IL & AL (CK) 1:00 Pass The Ace (PB) 2:00 Farm Animal Visit By Triple C (PLP) 4:30 Chef's Private Dinner *RSVP With Sam* (PDR) 6:30 Resident Run: Card Game Night (PB) 7:00 Resident Movie Pick (T)	10:00 Assisted Living Exercise Class (3FL) 16 10:00 Balance & Flexibility With Regina! (CK) 11:00 Walmart Shopping *Shuttle Service* (RSVP) 11:00 Jeopardy! (T) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Snakes & Ladders *New Betting Game* (CK) 3:00 Chef Demonstration With Jeremy *RSVP* (CK) 6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)	10:00 Jeopardy! (T) 17 10:00 Assisted Living Exercise Class (3FL) 11:00 Drum Fit IL & AL (CK) 11:00 Mini Putt Outing At Cardinal Golf (RSVP) 2:00 Dancing With Derek (CK) 3:15 Newfy Bingo Competition! *RSVP* (CK) 6:30 Resident Run: Cribbage Night (CK) 7:00 Resident Movie Pick (T)	*Special Living,Loving,Local Dinner Tonight! * (DR) 18 Theme Day: Casual Friday! (AF) Cassie Clothing Vendor (T) 10:00 Assisted Living Exercise Class (3FL) 10:00 Library Drop Off (RSVP) 11:00 Exercise With Julianna! (CK) 1:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Horse Races! 50 Cents A Bet! (CK) 3:00 Italian Accordion Music With Val (PB) 7:00 Resident Movie Pick (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 19 11:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Loonie Bingo With Life Enrichment! (CK) 3:15 Java Music Sing A Long (3FL) 6:30 Resident Run: Euchre and Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:45 Non-Denominational Church Service (T) 20 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp Packages Available At Reception (CK) 2:00 Ladder Toss Sundays With Valerie! (CK) 3:00 Reception Choice Movie Matinee & Popcorn! (T) 6:30 Resident Run: Card Game Night: Bridge (GR) 7:00 Resident Movie Pick (T)	Sarah Ann's Foot Care Services * Make Appointment At Reception* (S) 21 10:00 Jeopardy! (T) 11:00 Cardio & Strength With Regina! (CK) 11:30 Assisted Living Exercise Class (3FL) 2:00 Loonie Bingo With Terry! (CK) 3:00 Personalized Pizza Making *RSVP* (CK) 4:45 Personalized Pizza Night Party For Those Who Made A Pizza! (CK) 7:00 Resident Movie Pick (T)	Happy 1st Day Of Fall- Wear Your Fall Colours! (ML) 22 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 11:00 Chair Yoga IL & AL (CK) 1:00 Pass The Ace (PB) 2:00 Unique Craft Workshop: Cake Painting!! (CK) 3:00 Resident Forum With Department Managers Featuring Cinnamon Buns (CK) 4:00 Book Club With Shelley! (CK) 6:30 Resident Run: Card Game Night (PB) 7:00 Resident Movie Pick (T)	10:00 Assisted Living Exercise Class (3FL) 23 10:00 Balance & Flexibility With Regina! (CK) 11:00 Upper Canada Mall Outing *RSVP* (RSVP) 11:00 Jeopardy! (T) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Horse Races! 50 Cents A Bet! (CK) 3:00 Culinary Meeting With Jeremy (T) 6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)	8:00am Men's Breakfast Today! (DR) 24 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 11:00 Drum Fit IL & AL (CK) 11:00 BINGO IN SUTTON! *RSVP* (RSVP) 1:30 Maple Syrup Tasting & Presentation With Peter (T) 3:00 Price Is Right *Grocery Edition* (CK) 6:30 Resident Run: Cribbage Night (CK) 7:00 Resident Movie Pick (T)	Theme Day: Casual Friday! (AF) 25 Hearing Aid Clinic With Martin * Make Your Appointments At Reception* (S) 10:00 Jeopardy! (T) 11:00 Exercise With Sonia! (CK) 11:30 Assisted Living Exercise Class (3FL) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Meet Me at The MoMA: Nicholas J.Bott Art Inspiration & Presentation *RSVP* (CK) 3:00 Cocktail Hour and Games! (PB) 7:00 Resident Movie Pick (T)	Puzzles & Colouring Pages Available in Mailroom (ML) 26 11:00 Resident Run: GO 4 Life Walking Club (ML) 2:00 Loonie Bingo With Life Enrichment! (CK) 3:15 Java Music Sing A Long (3FL) 6:30 Resident Run: Euchre and Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)
8:45 Non-Denominational Church Service (T) 27 10:00 Crosswords Available At Reception (ML) 1:00 Fit Minds Stay Sharp Packages Available At Reception (CK) 2:00 Ladder Toss Sundays With Valerie! (CK) 3:00 Reception Choice Movie Matinee & Popcorn! (T) 6:30 Resident Run: Card Game Night: Bridge (GR) 7:00 Resident Movie Pick (T)	Sarah Ann's Foot Care Services * Make Appointment At Reception* (S) 28 10:00 Jeopardy! (T) 11:00 Cardio & Strength With Regina! (CK) 11:30 Assisted Living Exercise Class (3FL) 2:00 Loonie Bingo With Terry! (CK) 3:00 Nail Polish Change With Life Enrichment *RSVP* (GR) 7:00 Resident Movie Pick (T)	10:00 Assisted Living Exercise Class (3FL) 29 10:00 Jeopardy! (T) 11:00 Chair Yoga IL & AL (CK) 1:00 Pass The Ace (PB) 1:30 Artful Enrichment: Fall Craft *RSVP* (CK) 3:00 Who AM I Trivia? (PB) 6:30 Resident Run: Card Game Night (PB) 7:00 Resident Movie Pick (T)	National Day For Truth & Reconciliation *Wear Your Orange Shirt Day* (ML) 30 10:00 Jeopardy! (T) 10:00 Assisted Living Exercise Class (3FL) 10:00 Balance & Flexibility With Regina! (CK) 11:00 Georgian Downs Casino Trip! *RSVP* (RSVP) 1:00 Resident Run: GO 4 Life Walking Club (ML) 1:30 Snakes & Ladders *New Betting Game* (CK) 3:00 Indoor Shuffleboard Competition (CK) 6:30 Resident Run: Euchre and Pepper Bid Euchre Night (CK) 7:00 Resident Movie Pick (T)	 Grandparent's Day		Be Colourful

Day for Truth and Reconciliation

HAPPY LABOUR DAY
Labour Day

Locations Legend

Country Kitchen (CK)
Theater (T)
3rd Floor Lounge (3FL)
Main Lobby (ML)
Pub/Bistro (PB)
Outing (RSVP)
Games Room (GR)

Dining Room (DR)
All Floors (AF)
Spa (S)
Parking Lot Patio (PLP)
Reception (R)
Private Dining Room (PDR)

Calendar Legend

Outing

Special Program

Vendor

Theme Day

Living, Loving, Local

Signature Program