

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 10:30 Outdoor walk 11:00 Back to School Trivia + Facts 2:00 Falls Prevention 3:15 Coffee Social 4:00 BINGO!	2 10:30 Letters & Numbers 2:00 'Singsperation' Choir 🎤 3:30 Guess the... (YT game)	3 9:30 Chapel Service 10:30 Stippling: The Art of Dotting 2:00 Falls Prevention 3:15 Coffee & Chit-Chat 4:00 BINGO!	4 10:30 Exotic Animals (Zinnia EZ Does It) 2:45 Chair Dance Yoga 3:30 Old Time Jingles (Zinnia)	5 10:00 World News 11:00 Table Games 1:30 One-to-One chats 2:30 Let's Get Active 4:00 BINGO!	
	6 10:30 Numbers Game 1234 11:00 Arts and Crafts 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO!	7  Labor Day	8 10:30 Old Time Jingles 2:00 Falls Prevention 3:15 Coffee Social 4:00 BINGO!	9 10:30 Baking Hour: 2:30 Armchair Travel: Montreal ✈️ 4:00 Chair Yoga	10 9:30 Chapel Service 10:30 Macrame 2:00 Falls Prevention 3:15 Coffee & Chit-Chat 4:00 BINGO!	11 10:00 Outdoor/Indoor Ball Toss & Rhyme 2:30 Easy-does-it Trivia Slideshow (AC) Rosh Hashanah Begins	12 10:00 Music of Spain 11:00 Arts and Crafts 1:30 One-to-One 2:30 Nail Salon 💅 4:00 BINGO!
	13 10:30 Compound Word Search (PB pg.200) 11:00 Walk About 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO! Grandparents Day	14 10:30 Words & Letters 2:00 Crafting with Carol 3:15 Coffee Time 3:30 ZT Studio Fitness	15 10:30 Indoor/Outdoor Stretch & Throw 2:00 Falls Prevention 3:15 Coffee Social 4:00 BINGO!	16 10:30 5 Seconds Game 2:30 Whole Lot of Hoopla Game 3:15 Outdoor Social	17 9:30 Chapel Service 10:30 'Scherenschnitte' Snipping Art 2:00 Falls Prevention 3:15 Coffee & Chit-Chat 4:00 BINGO!	18 10:30 Outdoor Gentle Pilates 2:30 MOVIE Classics 'Brief Encounter' 🎬🍿 Oktoberfest Begins	19 10:00 Hidden Objects 11:00 Table Games 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO!
	20 10:30 Concentration Puzzles 11:00 Arts and Crafts 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO Yom Kippur Begins	21 10:30 'Rhyme Time' 2:00 Crafting with Carol 3:15 Coffee Time 3:30 Seated Bowling	22 10:30 Theme Trivia 2:00 Falls Prevention 3:15 Coffee Social 4:00 BINGO! Autumn Begins	23 10:30 EZ Does It Trivia 2:00 Karaoke Sing Along 3:45 Seated Zumba	24 9:30 Chapel Service 10:30 Paint by Numbers 2:00 Falls Prevention 3:15 Coffee & Chit-Chat 4:00 BINGO!	25 10:30 Autumn Favourites 2:30 Chair Dance with Sheri Zak Morris 2:45 Golden Girls Sitcom 😊 Sukkot Begins	26 10:30 Brain Games 🧠 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO!
	27 10:30 What am I? game 11:00 Fall Craft 🍂 1:30 One-to-One 2:30 Let's Get Active 4:00 BINGO!	28 10:30 60's Quiz 2:15 Gentle Pilates 3:15 Coffee Time 3:30 Outdoor Walk	29 11:00 Croquet Practice 2:00 Falls Prevention 3:15 Coffee & Chit-Chat 4:00 BINGO!	30 10:30 Baking Hour: 2:30 Chair Fitness 3:00 September Birthdays 3:45 Zinnia TV-'Vintage Commercials'	September 2026		