

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MEALTIMES</b> <b>FIRST SITTING</b> Breakfast 8:00-8:40am Lunch 11:45am-12:25pm Supper 4:45-5:25pm  <b>SECOND SITTING</b> Breakfast 8:50-9:30am Lunch 12:35-1:15pm Supper 5:35-6:15pm	<div>1</div> 	<div>2</div> 10:00am Gardening (O) 11:00am Fun & Fitness (201)  1:30pm <b>Horse Therapy Visit</b>  3:30pm Active Engagement Visits	<div>3</div> 10:00am Virtual Catholic Mass (DR)  11:00am Corn Hole (O)  3:00pm Library Program (DR)  4:00pm Guided Relaxation (104)	<div>4</div> 10:00am Gardening (O)  11:00am Manicures (301)  1:30pm <b>Tuck Shop (DR)</b>  3:30pm <b>Water Games (O)</b> 	<div>5</div> 10:00am Music Appreciation (DR)  1:15pm Axe Throw (O)  2:00pm Devotions (104)  3:00pm <b>Bingo (DR)</b> 	<div>6</div> <b>LOCATIONS:</b>  DR – Dining Room O – Outside  <b>104, 201, 301 - Rooms</b>
<div>7</div> 	<div>8</div> 10:00am Crib (DR) 1:15pm Chair Yoga (201) 2:00pm Word Games (DR) 3:00pm Name That Tune (DR)  3:00pm Spiritual Reflections (104) 4:00pm Penny Ante (DR)  6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits	<div>9</div> 10:00am Outdoor Walk (O) 1:15pm Good Ol' Days (DR) 2:00pm Virtual Non-Denominational Church (DR) 3:30pm Yahtzee (DR) 4:30pm <b>BBQ Supper Group (104)</b> 6:15pm Karaoke (DR) 7:15pm 1-1 Visits	<div>10</div> 10:00am Virtual Catholic Mass (DR) 11:00am Dice Games (301) 1:30pm <b>Tuck Shop (DR)</b>  2:30pm <b>Your Voice &amp; Home Quality Resident &amp; Family Council Meeting (DR)</b> 3:00pm Craft (301) 6:15pm Open Activity (DR) 7:15pm Mens Group (DR)	<div>11</div> 10:00am Gardening (O)  11:00am Board Games (301)  1:15pm Guided Relaxation (104)  3:30pm Music Appreciation (DR)	<div>12</div> 10:00am Meditative Colouring (104) 1:15pm Do You Hear What I Hear? (301)  2:00pm <b>Ice Cream Social (DR)</b>  3:00pm Bible Readings (104) 4:00pm Just for Kicks (O) 6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits	<div>13</div> 1:15pm Fun & Fitness (201) 2:30pm Ladies Group (DR)  3:00pm Open Activity (DR) 4:00pm 1-1 Visits  6:15pm Movie Night (DR) 7:15pm Calm Your Mind (104)
<div>14</div> 1:15pm Hymn Sing (104) 2:00pm Corn Hole (O) 3:00pm Crib (DR) 4:00pm Ripley's Believe it or Not (DR)  6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits	<div>15</div> 10:00am Gardening (O)  11:00am 1-1 Visits  1:15pm Water Colour Painting (301)  3:00pm Dice Games (301)	<div>16</div> 10:00am Famous Faces (301) 11:00am Devotions  1:15pm Chair Yoga (201)  2:30pm <b>Apple Pie Making (104)</b>  3:30pm Karaoke (DR)	<div>17</div> 10:00am Virtual Catholic Mass (DR) 11:00am Outdoor Walk (O) 1:15pm Drawing (301)  2:00pm <b>Apple Pie Social (DR)</b> 3:30pm Music Appreciation (DR)	<div>18</div> 10:00am Gardening (O)  11:00am Manicures (301)  1:30pm <b>Tuck Shop (DR)</b>  3:00pm Word Games (DR)  4:00pm Fun & Fitness (201)	<div>19</div> 10:00am Billiards (301) 11:00am 1-1 Visits  1:15pm <b>End of Summer Photo Collage (301)</b>  2:00pm Trivia (DR) 3:00pm <b>Bingo (DR)</b>	<div>20</div>  Oktoberfest Begins
<div>21</div> 	<div>22</div> 10:00am Bits & Pieces (301) 1:15pm Ladies Group (DR) 2:00pm Axe Throw (O) 3:00pm Virtual Concert (DR) 4:00pm Spiritual Reflections (104)  6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits <small>Rosh Hashanah Begins Autumn Begins</small>	<div>23</div> 10:00pm Billiards (301)  2:00pm <b>Milestones (DR)</b>  3:30pm Virtual Non-Denominational Church (DR)  4:00pm 1-1 Visits 6:15pm Name that Tune (DR) 7:15pm Trivia (DR)	<div>24</div> 10:00am Virtual Catholic Mass (DR) 11:00am Word Games (DR) 1:30pm <b>Tuck Shop (DR)</b> 3:00pm Craft (301) 4:30pm <b>BBQ Supper Group (104)</b> 6:15pm Bible Reading (104) 7:15pm Mens Group (DR)	<div>25</div> 10:00am Gardening (O)  11:00am Trivia (301)  1:15pm Music Appreciation (DR)  3:30pm Card Games (301)	<div>26</div> 10:00am Fun & Fitness (201) 1:00pm Hymn Sing (104)  2:00pm <b>Country Hoedown (DR)</b> 4:00pm Calm Your Mind (104)  6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits	<div>27</div> 1:15pm 1-1 Visits 2:00pm Baking (104)  3:30pm <b>Metis Dot Art (301)</b>  6:15pm <b>Virtual Concert - Powwow (DR)</b>  7:15pm Open Activity (DR)
<div>28</div> 1:15pm <b>Indigenous Trivia (DR)</b> 2:00pm Outdoor Walk (O) 3:00pm <b>National Truth &amp; Reconciliation Documentary</b>  4:00pm Crib (DR) 6:20pm <b>Bingo (DR)</b> 7:45pm Active Engagement Visits	<div>29</div> 	<div>30</div> 	<div> <h1>September 2025</h1> <h2>Sprucewood Place</h2> </div>			

Programs are subject to change, please see white boards for daily programs.