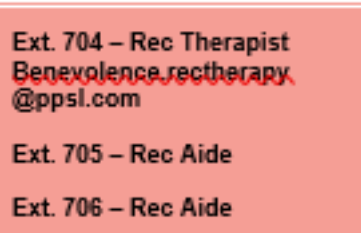


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30am Coffee on the Patio (M) 10:30am Hymn Sing (3) 12:45pm Puzzles (2) 1:00pm Country Trivia (M) 1:30pm Seated Yoga (3) 2:15pm Bingo (2) 3:30pm Bowling (M) 5:15pm Karaoke (3) 6:00pm Bible Study Group (2) 7:00pm 1-1 Visits	10:00am Virtual Catholic Mass (M-LRW) 12:45pm Sensory – Smells (M) 1:30pm Outdoor Walks (3) 2:15pm Fall Craft (2) 3:30pm Memory Match (3)	4:00pm Watercolour Painting (2) 5:15pm Bingo (M) 6:15pm Country Word Search (3) 7:00pm 1-1 Visits	1:30pm Fun & Fitness (2) 2:15pm Country Sing-Along (3) 3:30pm 1-1 Visits	12:45pm Worship Service (2-DR) 9:30am Ball Toss (2) 10:30am Rock Paper Scissors & Dice Games (3) 12:45pm 1-1 Visits 1:30pm Virtual Concert (M) 3:30pm Meditative Colouring (2)
6 	7  <i>Labour Day</i>	8 9:30am Memory Match (M) 10:30am Name that Country Tune (3) 1:30pm Movie Afternoon (2) 3:30pm 1-1 Visits	9 9:30am Country Word Search (2) 10:30am Do You Hear What I Hear (M) Country Hoedown ft. Len Umrysh 2:00pm (M-DR) 3:30pm Outdoor Walks (2) 5:00pm Fall Craft (3)	10 9:30am Junk Drawer Detective (3) 10:30am Washer Toss (M) 1:00pm Manicures (2) Horse Visit 3:00pm (Front Sidewalk) 5:15pm Country Karaoke (M) 6:15pm Country Colouring (3) 7:00pm 1-1 Visits	11 9:30am Fun & Fitness (M) 10:30am Card Games (3) 12:45pm Country Sing-Along (2) 1:30pm Balloon Badminton (3) 2:15pm Bingo (3) 3:30pm 1-1 Visits	12 12:45pm Worship Service (2-DR) 
13  <i>Grandparents Day</i>	14 10:00am 1-1 Communion & Blessing Visits 9:30am Country Word Searches (M) 10:30am 1-1 Visits 12:45pm Hymn Sing (2) 2:00pm Grandparents' Day Social (3-DR) 3:00pm Bingo (2)	15 9:30am Just for Kicks (3) 10:30am Rock Paper Scissors & Dice Games (M) 12:45pm 1-1 Visits 1:00pm Bean Bag Toss (2) 2:00pm Bobbing for Apples (3) 3:30pm Manicures (3) 5:15pm Famous Faces (M) 6:00pm Bible Study Group (2) 7:00pm 1-1 Visits	16 10:00am Virtual Catholic Mass (2-LRW) 12:45pm Name That Country Tune (2) 1:30pm Watercolour Painting (M) 2:15pm Birthday Party (3) 3:30pm 1-1 Visits	17 9:30am Coffee on the Patio (2) 10:30am Bobbing for Apples (2) 12:45pm Country Jeopardy (3) 2:15pm Birthday Party (2) 3:30pm 1-1 Visits 5:15pm Bingo (M) 6:15pm Memory Match (2) 7:00pm 1-1 Visits	18 10:00am Music Therapy (2) 12:45pm Puzzles (M) 1:30pm Fun & Fitness (3) 2:15pm Birthday Party (M) 3:30pm 1-1 Visits	19 12:45pm Worship Service (2-DR) 9:30am Balloon Badminton (2) 10:30am Country Colouring (3) 12:45pm 1-1 Visits 1:30pm Bobbing for Apples (M) 3:30pm Country Sing-Along (M)
20  <i>Yom Kippur Begins</i>	21 10:00am 1-1 Communion & Blessing Visits 9:30am Board Games (3) 10:30am Just for Kicks (2) 12:45pm Devotions (M) 1:30pm Seated Yoga (2) 2:15pm Bingo (3) 3:30pm 1-1 Visits	22 9:30am 1-1 Visits 10:30am Manicures (M) 12:45pm News & Views (3) 1:30pm Apple Pie Baking (2) 3:30pm Junk Drawer Detective (2)	23 9:30am Seated Yoga (3) 10:30am Sensory – Smells (2) 1:00pm Outdoor Walks (3) 2:30pm Apple Pie Baking (M) 5:15pm Penny Ante (2) 6:15pm Country Sing-Along (M) 7:00pm 1-1 Visits	24 9:30am Watercolour Painting (M) 10:30am Hymn Sing (2) 12:00pm Lunch Club (3-LRW) 2:30pm Board Games (3) 3:30pm 1-1 Visits 5:15pm Bingo (2) 6:15pm Good 'Ol Days (M) 7:15pm Famous Faces (3)	25 9:30am Fun & Fitness (2) 10:30am Fall Craft (M) 12:45pm Apple Pie Baking (3) 3:30pm Watercolour Painting (2)	26 12:45pm Worship Service (2-DR) 
27 	28 10:00am 1-1 Communion & Blessing Visits 9:30am Guided Relaxations (2) 10:30am Devotions (3) 12:45pm Board Games (M) 1:30pm Seated Yoga (3) 2:15pm Bingo (3) 3:30pm 1-1 Visits	29 10:00am Decorate for Fall 2:00pm Apple Pie Social (M-DR) 5:15pm Just for Kicks (M) 6:00pm Bible Study Group (2) 7:15pm 1-1 Visits	30 National Day for Truth & Reconciliation *Wear Orange* 			

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal Times: Breakfast: 8:00-8:45 Lunch: 11:30-12:30 Supper: 4:30-5:30	Legend: LL- Lower Level M- Main Floor 2nd, 2nd Floor 3rd, 3rd Floor P- Patio C- VM Chapel	1 9:45 am Mind Joggers (TV) 10:30 am Walking Program 5:45 pm Board Games (S)	2 9:30 am Parachute (TV) 12:30 pm 1-1 Visits 3:00 pm Spiritual Reflections (TV)	3 9:45 am Bean Bag Toss (TV) 2:30 pm Gardening (P) 	4 9:45 am Fun & Fitness (TV) 3:30 pm 1-1 Visits 5:45 pm Dice Games (S)	1 – 1 Visits Daily 5 2:00 pm Worship Service in Chapel 3:45 pm Open Activity (S) 7:00 pm The Lawrence Welk Show (TV)
1 – 1 Visits Daily 6 3:45 pm Hymns of Faith (TV) 	7  HAPPY LABOUR DAY Labor Day	8 9:45 am Weekly Gratitude 10:30 am Gardening (P) 4:30 pm BBQ Supper Group (P)	9 9:45 am Fun & Fitness (TV) 12:30 pm 1-1 Visits 3:00 pm News & Views	10 9:30 am Walking & Wheeling 2:45 pm Horse Visit (O) 	11 10:30 am Walking Program 5:45 pm Ice Cream Social (P)  Rosh Hashanah Begins	1 – 1 Visits Daily 12 2:00 pm Worship Service in Chapel 9:45 am Balloon Badminton (TV) 
1 – 1 Visits Daily (All Floors) 13 3:45 pm Bingo (S) Grandparents Day	14 9:45 am Fun & Fitness (TV) 10:15 am Holy Communion 1:15pm Doll Therapy 2:15 pm Outdoor Game (P) 	15 9:45 am Spiritual Visits 10:30 am Gardening (P) 2:00 pm Country Hoedown w/ Logan Klaus (C)	16 9:30 am Active Engagement 3:30 pm Big Dice Game 	17 9:45 am Walking & Wheeling 2:30 pm Milestones (S) 	18 10:30 am Walking Program 3:30 pm Fun & Fitness (TV) 5:45pm Board Games (S) 	1 – 1 Visits Daily 19 2:00 pm Worship Service in Chapel 3:45 pm Manicures 
1 – 1 Visits Daily 20 3:45 pm Hymns of Faith (TV) AUTUMN	21 9:45 am Walking & Wheeling 10:15 am Holy Communion 1:15pm Ice Cream Sundae Social (P) 2:15 pm Gardening (P)  Autumn Begins	22 9:45 am Trivia (TV) 10:30 am Bowling (TV) 5:45 pm Card Games (P)	23 9:30 am Trivia (TV) 12:30 pm 1-1 Visits 3:00 pm Photo Album Reminiscing	24 9:45 am Fun & Fitness (TV) 3:00 pm Music Appreciation (TV)	25 10:30 am Walking Program 3:30 pm Giant Tower Game (P) 5:45 pm Bingo (S) BINGO	1 – 1 Visits Daily 26 2:00 pm Worship Service in Chapel 3:45 pm Karaoke (TV) 7:00 pm The Lawrence Welk Show (TV)
1 – 1 Visits Daily 27 3:45 pm Bingo (S) BINGO	28 10:15 am Holy Communion 1:15pm Apple Pie Making (K) 2:45 pm 1-1 Visits 	29 9:45 am Mind Joggers (TV) 10:30 am Walking Program 5:45 pm Apple Pie Social (K)	30  National Day for Truth and Reconciliation	September 2026 NEW YORK SAFE LIVING HCA Activities in BLUE Recreation Programs in Black		

Programs are subject to change without notice. See white boards daily.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Meal Times: Breakfast: 8:00-8:45 Lunch: 11:30-12:30 Supper: 4:30-5:30	Legend: LL- Lower Level M- Main Floor 2nd- 2nd Floor 3rd- 3rd Floor P- Patio C- VM Chapel	1 9:30 am 1 – 1 Visits (3) 10:30 am Walking Program 1:10 pm Rotating Nail Salon (All Flrs) 3:00 pm Doll Therapy (3) 3:30 pm Colouring (M)	2 10:30 am Outdoor Walk (All Flrs) (w/ HCA's) 1:10 pm 1 – 1 Visits (M) 1:10 pm Summer Craft (LL) (All Flrs) 2:30 pm Memory Matching (3) 3:30 pm Spiritual Visits (2) 5:45 pm Giant Jenga Game (LL) (All Flrs) (w/ HCA's)	3 9:30 am 1 – 1 Visits (M) 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 2:30 pm Painting Group (3) 3:30 pm Colouring (2) 5:45 pm Evening Ice Cream Social (LL) (All Flrs) (w/ HCA's)	4 9:30 am Bean Bag Toss (M) 9:45 am Puzzles (2) 10:30 am Outdoor Walking Group (All flrs) (w/ HCA's) 11:30am BBQ Lunch (2&3) 1:30 pm Parachute Games (All flrs) 3:00 pm Gardening Group (All Flrs)	5 2:00 pm Worship Service in Chapel 5:45 pm Bingo (LL) (All flrs) (w/ HCA's) B I N G O
6 1 – 1 Visits Daily (All Floors) 1:10 pm Hymns of Faith (LL) (All Flrs) (w/ HCA's)	7  HAPPY LABOUR DAY Labor Day	8 9:30 am 1 – 1 Visits (LL) 10:30 am Walking Program 1:30 pm Bubble-Palooza (M) 1:30 pm Inventors Corner (2) 3:00 pm Doll Therapy (2) 3:00 pm Meditative Colouring (3)	9 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 1:10 pm Famous Faces (M) 1:10 pm Bubble-Palooza (3) 1:30 pm Doll Therapy (LL) 2:30 pm Craft (M) 3:30 pm Card Games (2) 5:45 pm Bingo (LL) (All Flrs) (w/ HCA's) B I N G O	10 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 1:30 pm Horse Visit (O) 5:45 pm Evening Social (LL) (All Flrs) (w/ HCA's)	11 9:45 am Trivia (M) 10:30 am Outdoor Walking Group (All Flrs) (w/ HCA's) 1:30 pm Billiards (All Flrs) 3:00 pm Gardening Group (All Flrs) Rosh Hashanah Begins	12 2:00 pm Worship Service in Chapel 10:30 am Balloon Volleyball (LL) (All flrs) (w/ HCA's)
13 1 – 1 Visits Daily (All Floors) 1:10 pm Karaoke (LL) (All Flrs) (w/ HCA's) Grandparents Day	14 9:30 am Holy Communion (All Flrs) 10:30 am Outdoor Walking Group (All flrs) (w/ HCA's) 1:10 pm Bubble-Palooza (2) 2:00 pm Ring Toss (3) 3:30 pm Gardening (All Flrs) 5:45 pm Connect Four (P) (All flrs) (w/ HCA's)	15 9:30 am 1 – 1 Visits (LL) 10:30 am Walking Program 1:30 pm Inventors Corner (3) 5:45 pm Bubble-Palooza (LL) (All Flrs) (w/ HCA's)	16 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 1:30 pm Country Hoedown w/ Dahila Wakefield 3:30 pm Card Games (2) 5:45 pm Bingo (LL) (All Flrs) (w/ HCA's) B I N G O	17 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 2:30 pm Mini Putt (3) 3:30 pm Bubble-Palooza (2)	18 9:30 am Daily Chronicles (LL) 9:30 am Trivia (M) 10:30 am Outdoor Walking Group (All Flrs) (w/ HCA's) 1:30 pm Ladder Golf (LL) (All Flrs) (w/ HCA's) 3:00 pm Gardening Harvest (All Flrs) Oktoberfest Begins	19 2:00 pm Worship Service in Chapel 5:45 pm Karaoke (LL) (All flrs) (w/ HCA's)
20 1 – 1 Visits Daily (All Floors) 1:10 pm Hymns of Faith (LL) (All Flrs) (w/ HCA's) Yom Kippur Begins	21 9:30 am Holy Communion (All Flrs) 10:30 am Outdoor Walking Program (All flrs) (w/ HCA's) 11:30 am BBQ Lunch Group (LL&M) 1:45 pm Scrabble (3) 3:00 pm Dice Game (2) 5:45 pm Sing-along (LL) (All Flrs) (w/ HCA's)	22 9:30 am 1 – 1 Visits (LL) 10:30 am Walking Program (All Flrs) 1:30 pm Apple Pie Making (2&3) (w/ HCA's) 4:00 pm 1 – 1 Visits (LL) Autumn Begins	23 9:30 am 1 – 1 Visits (2) 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 1:10 pm Men's Group (3) (All Flrs) 1:30 pm Apple Pie Making (LL&M) (w/ HCA's) 5:45 pm Balloon Badminton (LL) (All Flrs) (w/ HCA's)	24 9:30 am 1 – 1 Visits (M) 10:30 am Outdoor Walking Program (All flrs) (w/ HCA's) 1:10 pm Mini Putt (LL) 3:30 pm 1 – 1 Visits (3) 5:45 pm Apple Pie Social (LL) (All Flrs) (w/ HCA's)	25 9:30 am Dice Games (M) 9:30 am Doll Therapy (2) 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 1:10 pm Jeopardy (LL) (All Flrs) (w/ HCA's) 3:30 pm 1 – 1 Visits (3) Sukkot Begins	26 2:00 pm Worship Service in Chapel 5:45 pm Balloon Badminton (LL) (All flrs) (w/ HCA's)
27 1 – 1 Visits Daily (All Floors) 1:10 pm Karaoke (LL) (All Flrs) (w/ HCA's) AUTUMN	28 9:30 am Holy Communion (All Flrs) 10:30 am Fun & Fitness (LL) (All Flrs) (w/ HCA's) 11:30 am BBQ Lunch Group (2&3rd) 2:00 pm Bead works (M) 5:45 pm Karaoke (LL) (All Flrs)	9 9:30 am 1-1 Visits (2) 10:30 am Walking Program (All Flrs) 1:30 pm Milestones (LL) (All Flrs) (w/ HCA's) 3:00 pm Bible Reading (3) 3:30 pm Bits & Pieces (M)	30 National Day for Truth and Reconciliation	September 2026 WEST WING		

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HCA Activities in BLUE

Recreation Programs in Black