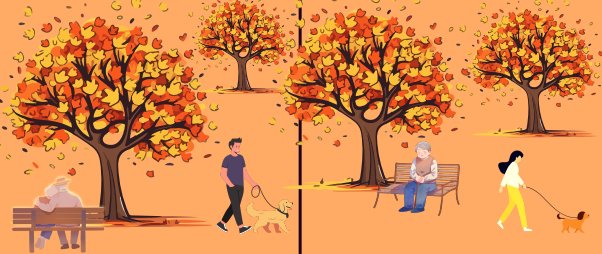
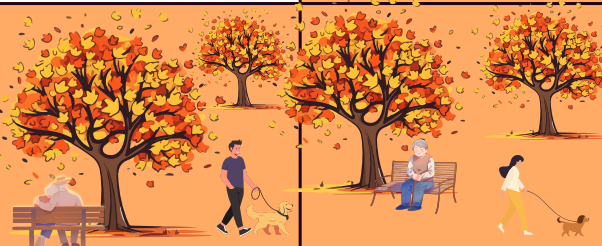


September 2026 ~Arbours

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>	1  8:15 Morning Greetings 10:15 Mobile Trivia 11:00 Catholic Mass 1:00 One To One Visits 2:00 Family Feud 3:00 Art Walk	2  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Ice Cream Social 	3  8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Target Shoot 3:00 Laugh Therapy	4  8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Parachute 1:00 Marketplace 2:00 Fireside Movie Matinee 	5 
6  8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Jesus Is Lord	7  8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Horse Racing 3:00 Easy Bake Oven	8  8:15 Morning Greetings 10:00 Reminisce 11:00 Tone Chimes 1:00 This Day In History 2:00 Bingo Bonanza 3:00 Buddy Holly Hits	9  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Prairie Stories & Songs with Ken	10  8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	11  8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Jukebox Favourites 	12 
13  8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church Church Of God	14  8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Crosswords 3:00 Easy Bake Oven	15  8:15 Morning Greetings 10:00 News & Views 11:00 Oktoberfest Trivia 1:00 One To One Visits 2:00 Bowling  3:00 Art Walk	16  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Ice Cream Social 	17  8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Photoshoot 3:00 Laugh Therapy	18  8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Fireside Movie Matinee 	19 
20  8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church St Andrew's Presbyterian	21  8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Easy Bake Oven	22  8:15 Morning Greetings 10:00 Reminisce 11:00 Tone Chimes 1:00 This Day In History 2:00 Bingo Bonanza 3:00 Bee Gees Hits	23  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Fireside Fall Fun Fair 	24  8:15 Morning Greetings 10:00 Meditation 11:00 Finish The Phrase 1:00 Walk The Block 2:00 Creative Corner 3:00 Name That Tune	25  8:15 Morning Greetings 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Marketplace 2:00 Evergreen Choir 	26 
27  8:15 Morning Greetings Daily Chronicle 2:00 Sunday Church ShareWord Global	28  8:15 Morning Greetings 10:00 Balloon Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Word Games 3:00 Easy Bake Oven	29  8:15 Morning Greetings 10:00 News & Views 11:00 Poodle Facts 1:00 One To One Visits 2:00 Bocce Ball 3:00 Art Walk	30  8:15 Morning Greetings 10:00 Sit & Dance 11:00 Read The Stars 1:00 Marketplace 2:00 Neighbourhood Visits			

September 2026 ~ Meadows

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	 SUNRIDGE PLACE SENIORS COMMUNITY <i>A member of the Park Place family</i>	1  10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	2  10:00 Exercise 10:30 Walk The Block 	3  10:00 Chair Yoga 12:30 Library Visit	4  2:00 Dennis Sings Songs 	5 
6  2:00  Sunday Church Jesus Is Lord at the Arbours	7  2:00  Ice Cream Floats	8  10:00 Chair Yoga 2:00 Word In A Word	9  10:00 Exercise 2:00 Secrets of Migratory Birds	10  10:00 Chair Yoga 2:00 Fill In The Blank 	11  2:00  Karaoke 	12 
13  2:00  Sunday Church Church Of God At the Arbours	14  2:00  Bingo Bonanza	15  9:30 Meadows Breakfast	16  10:00 Chair Exercise 2:00 Travelogue "Montreal"	17  10:00 Chair Yoga 	18  BBQ Lunch	19 
20  2:00  Sunday Church St Andrew's Presbyterian At the Arbours	21  10:00 Country Drive 2:00 Music Bingo	22  10:00 Chair Yoga 2:00 Left Right Center	23  10:00 Exercise 10:30 Walk The Block	24  10:00 Chair Yoga 2:00 Fill In The Blank 	25  2:00  Wine Time Elvin & Al	26 
27  2:00  Sunday Church ShareWord Global At the Arbours	28  Hot Dog Lunch 2:00 Bingo Bonanza	29  2:00  Tenant Meeting 	30  2:00 Travelogue 50 Most Beautiful European Towns			27 