


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 **September 2023**



3
10:00-Mass


4
Labour Day

5
10:00 – Mass-Chapel
10:30—Music Bingo-Unit 2
10:30—Crafts-Unit 5
10:30-Tabletop Volleyball with Sigis-Unit 1
10:30-Roving Pet Therapy
1:45– Music with Bruce /Patio program Auditorium

6
10:00– Mass-Chapel
10:30—Painting-Auditorium
11:00—Grandparents Day BBQ Outing
11:00—Ecumenical Services-Chapel

7
10:00– Mass Chapel
10:30 —Travelogue-Unit 1/2
10:30-Exercises with SIGIS-Unit 4
2:00 – Outdoor walks
2:00 —Card Bingo-Auditorium
3:30 — Choir -Chapel
6:30 – Curling-Auditorium

8
10:00—Mass-Chapel
10:30—Current Events -Auditorium
10:30– Tiny Tots-Unit 5
10:30-Lily Visits
2:00 –Happy Hour-Auditorium
6:30—Left, right and Center - Auditorium

9

10
10:00-Mass
National Grandparents Day
11:45-12:45-Roving Music with Rooney and Punyi

11
10:30—Sit Fit-Auditorium
10:30– Coffee Club-Unit 1/2
10:30—Coffee club-Unit 4/5
2:00-National Grandparents Day Celebration –Auditorium

12
10:00– Mass-Chapel
10:30—Music Bingo-Unit 5
10:30—Roving Pet Therapy
10:30—Tabletop volleyball with SIGIS-Unit 4
1:30—Sturgeon Golf Course Outing
2:00 – Come from Away Documentary Auditorium

13
10:00-Mass -Chapel
10:30-Painting -Auditorium
11:00-Ecumenical Services-Chapel
1:45-Whist-Unit 4
2:00-Drumming-Auditorium


14
10:00—Mass-Chapel
10:30—Exercies with SIGIS-Unit 2
10:30-Travelogue-Unit 4/5
1:30– St. Albert Center Outing
2:00—Card Bingo-Auditorium
3:30-Choir-Chapel
6:30– Axe Throwing-Auditorium

15
10:00 – Mass-Chapel
10:30– Tiny Tots-Unit 4
10:30– Lily visits
10:30—Current Events-Auditorium
2:00-Happy Hour—Auditorium
6:30 – Movie-Auditorium

16

17
10:00-Mass

18
10:30- Gentle Fit-Auditorium
10:30– Coffee Club-Unit 1/2
10:30—Coffee club-Unit 4/5
1:45—Mind Teasers –Unit 4
2:00 — Cooking-Auditorium

19
10:00 – Mass Chapel
10:30-Tabletop Volleyball with SIGIS-Unit 5
10:30-Crafts-Unit 2
10:30-Roving Pet Therapy
10:30-Music Bingo-Unit 4
1:30-Muttart Outing
2:00 Concerts in Care-Chapel

20
10:00-Mass-Chapel
10:30-Painting-Auditorium
10:30-Tabletop Volleyball-Unit 1
11:00-Ecumenical Services-Chapel
1:30-Neighbourhood visits
1:45– Whist-Unit 4
2:00-Drumming-Auditorium

21
10:00— Mass-Chapel
10:30—Travelogue-Unit 1/2
10:30—Exercises with SIGIS-Unit 4
1:30—Casino Outing
2:00– Card Bingo-Auditorium
3:30-Choir-Chapel
6:30-Happy Hour-Auditorium

22
10:00—Mass-Chapel
10:30—Current Events-Auditorium
10:30– Tiny Tots-Unit 5
10:30—Lily Visits
2:00 –"Man with the Hat"-Auditorium
6:30– Left, Right and Center- Auditorium

23

24
10:00- Mass


25
10:30-Rhythm of Moves- Auditorium
10:30-Coffee Club-Unit 4/5
10:30- Coffee-Unit 1/2
2:00— Birthday Tea-Auditorium

26
10:00– Mass-Chapel
10:30-Music Bingo-Unit 1
10:30-Tabletop volleyball with SIGIS-Unit 5
10:30-Roving Pet Therapy
10:30-Crafts-Unit 4
2:00-Casino Games-Auditorium

27
10:00-Mass-Chapel
10:30-Painting-Auditorium
10:30-Tabletop volleyball-Unit 4
11:00-Ecumenical Services-Chapel
1:30– Bowling Outing
1:45– Whist-Unit 5
2:00 –Drumming-Auditorium

28
10:00– Mass-Chapel
10:30-Travelogue-Unit 4/5
10:30-Exercises with SIGIS-Unit 2
2:00– Roving Ice cream cart
3:30-Choir-Chapel
6:30–Left , right center & Greed- Auditorium

29
10:30— Current Events Auditorium
10:30– Tiny Tots-Unit 4
10:30—Lily Visits
2:00 – Happy Hour-Auditorium
6:30– Movie-Auditorium

30
