

September 2026



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00am Exercise on 2nd Floor 10:30am Java Music Club - BV 11:30am Exercise on 4th Floor 2:00pm Hand Chime Ensemble - REC 2:30pm Java Music Club - GT 3:00pm Java Music Club - Brookside	2 10:00am Exercise in Cedar Grove 10:30am Men's Coffee Club 11:00am Exercise on 3rd Floor 2:00pm Happy Hour - REC	3 10:00am Exercise on 2nd Floor 10:30am Java Music - CRE 11:30am Exercise on 4th Floor 2:00pm Ukulele Group - REC 6:00pm Reading with Thomas - LBY	4 10:30am Choir - REC 12:00pm Bridgeview BBQ - REC 2:30pm Bingo - REC	5 10:00am Sikh Prayer 2:30pm Rosary Prayer Group- BV 6:00pm Movie - REC
6 10:20am Java Music Club - BC 10:30am Catholic Communion 2:00pm OLGC - REC	7 Labour Day - No REC	8 10:00am Exercise on 2nd Floor 10:30am Java Music Club - BV 11:30am Exercise on 4th Floor 2:00pm Hand Chime Ensemble - REC 3:00pm Java Music Club - Brookside	9 10:00am Exercise in Cedar Grove 10:30am Catholic Mass 10:30am Men's Coffee Club 11:00am Exercise on 3rd Floor 2:00pm Happy Hour - REC	10 10:00am Exercise on 2nd Floor 10:30am Java Music - CRE 10:30am St. Vincent Choir - REC 11:30am Exercise on 4th Floor 2:00pm Drum Circle - REC 6:00pm Travel talks - REC	11 10:30am Choir - REC 12:00pm Brookside BBQ - REC 2:30pm Bingo - REC	12 10:00am Sikh Prayer 2:00pm Tzu Chi Volunteers - REC 2:30pm Rosary Prayer Group- BV 6:00pm Movie - REC
13 10:00am Exercise in Cedar Grove 10:20am Java Music Club - BC 10:30am Catholic Communion 11:00am Exercise on 3rd Floor 2:00pm Grandparents Day - REC	14 10:30am Java Music Club - Hol 10:30am Java Music Club - CG 2:00pm Art Therapy Small Group - REC 6:00pm Reading with Thomas - LBY	15 10:00am Exercise on 2nd Floor 10:30am Java Music Club - BV 11:30am Exercise on 4th Floor 2:00pm Hand Chime Ensemble - REC 2:30pm Java Music Club - GT 3:00pm Java Music Club - Brookside	16 10:00am Exercise in Cedar Grove 10:30am Men's Coffee Club 11:00am Exercise on 3rd Floor 5:00pm Annual General Meeting - REC	17 10:00am Exercise on 2nd Floor 10:30am Java Music - CRE 11:30am Exercise on 4th Floor 2:00pm Ukulele Group - REC 6:00pm Karaoke - REC	18 10:30am Celebration of Life - REC 2:30pm Bingo - REC	19 10:00am Sikh Prayer 2:00pm Tzu Chi Volunteers - REC 2:30pm Rosary Prayer Group- BV 6:00pm Movie - REC
20 10:00am Exercise in Cedar Grove 10:20am Java Music Club - BC 10:30am Catholic Communion 11:00am Exercise on 3rd Floor 2:00pm MCGI - REC	21 10:30am Java Music Club - Hol 10:30am Java Music Club - CG 2:00pm Art Therapy Small Group - REC	22 10:00am Exercise on 2nd Floor 10:30am Java Music Club - BV 11:30am Exercise on 4th Floor 2:00pm Hand Chime Ensemble - REC 2:30pm Java Music Club - GT 3:00pm Java Music Club - Brookside	23 10:00am Exercise in Cedar Grove 10:30am Men's Coffee Club 11:00am Exercise on 3rd Floor 2:00pm Happy Hour - REC	24 10:00am Exercise on 2nd Floor 10:30am Java Music - CRE 11:30am Exercise on 4th Floor 2:00pm Drum Circle - REC 6:00pm Travel talks - REC	25 10:30am Choir - REC 2:00pm Oktoberfest - REC	26 10:00am Sikh Prayer 2:00pm Tzu Chi Volunteers - REC 2:30pm Rosary Prayer Group- BV 6:00pm Movie - REC
27 10:00am Exercise in Cedar Grove 10:20am Java Music Club - BC 10:30am Catholic Communion 11:00am Exercise on 3rd Floor 3:00pm Newton Christian Assembly - LBY	28 10:30am Java Music Club - Hol 10:30am Java Music Club - CG 2:00pm Art Therapy Small Group - REC	29 10:00am Exercise on 2nd Floor 10:30am Java Music Club - BV 11:30am Exercise on 4th Floor 2:00pm Hand Chime Ensemble - REC 2:30pm Java Music Club - GT 3:00pm Java Music Club - Brookside	30 National Day for Truth & Reconciliation - No REC			

LBY - Lobby

REC - Recreation Room