

ACTIVITY CALENDAR – SEPTEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Note:</div> <div>Schedule of activities/programs may change without notice.</div> <div>Thank you!</div>	<div>1</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:00 p.m. Documentary – Labor Day 4:00 p.m. Happy Half</div>	<div>2</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:30 a.m. Picnic Lunch– 3 2:00 p.m. Coloring - -2 2:00 p.m. Sing Along – 3 2:00 p.m. Domino – 4 3:00 p.m. Sing Along – 4 3:15 p.m. 1:1/Walks 4:00 p.m. Happy Half</div>	<div>3</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Chair Yoga - 3 11:40 p.m. Chair Yoga - 4 12:50 p.m. Walks/1-1 - 2 2:30 p.m. Birthday Party with Luna Rossa 4:00 p.m. Happy Half 6:45 p.m. Indoor Bowling “National Bowling League Day”</div>	<div>4</div> <div>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Fitness 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 12:50 p.m. Walks/1:1 2:00 p.m. Oral Health Hygiene Presentation (Vancouver College of Dental Hygiene) 2:00 p.m. Music Therapy - 2 4:00 p.m. Happy Half 6:45 p.m. Documentary on Wildlife with Mocktails “National Wildlife Day”</div>	<div>5</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness – 4 12:50 p.m. Afternoon Walks/1:1 2:30 p.m. Patrick Ray – Classical Music 4:00 p.m. Happy Half 6:45 p.m. Movie Night “National Cheese Pizza Day”</div>	<div>6</div> <div>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Flower Arranging 2:00 p.m. Hand Massage - 2 4:00 p.m. Happy Half 6:45 p.m. A Good Read “National Read a Book Day”</div>
<div>7</div> <div>9:00 a.m. Walk a Block 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 pm. Neuro Fit - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Bob Collins Theme: Grandparents Day 4:00 p.m. Happy Half 6:45 p.m. Pub night - Beer &amp; Chips &amp; Trivia on Patio “National Beer Lover’s Day”</div>	<div>8</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:00 p.m. Ring Toss Game 4:00 p.m. Happy Half</div>	<div>9</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness - 4 2:00 p.m. Coloring - -2 2:00 p.m. Sing Along – 3 2:00 p.m. Domino – 4 3:00 p.m. Sing Along – 4 3:15 p.m. 1:1/Walks 4:00 p.m. Happy Half</div>	<div>10</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation - 3 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 - 2 2:00 p.m. Crossword Puzzle 2:00 p.m. Tea &amp; Toast 4:00 p.m. Happy Half 6:45 p.m. Hangman Game</div>	<div>11</div> <div>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Fitness 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 2:30 p.m. Music with Robert Sproviero Theme: The Crooners 4:00 p.m. Happy Half 6:45 p.m. Tic Tac Toss</div>	<div>12</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness - 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Karaoke 6:45 p.m. Chocolate Milkshake Social “National Chocolate Milkshake Day”</div>	<div>13</div> <div>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1:1 - 2 2:00 p.m. Karaoke 4:00 p.m. Happy Half 6:45 p.m. Domino</div>

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<div>14</div> <div>9:00 a.m. Walk a Block 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 pm. Neuro Fit - 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Donut Social 4:00 p.m. Happy Half 6:45 p.m. Bingo “National Cream-filled Donut Day”</div>	<div>15</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy -2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:00 p.m. Indoor Golf 4:00 p.m. Happy Half</div>	<div>16</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy- 4 11:30 a.m. Picnic Lunch 4 2:00 p.m. Parfait Social - 2 2:00 p.m. Sing Along 3 3:00 p.m. Sing Along 4 3:15 p.m. 1:1/Walks 4:00 p.m. Happy Half</div>	<div>17</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation - 3 11:15 a.m. Fitness Class – 2 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Music with Yuliya 4:00 p.m. Happy Half 6:45 p.m. Bingo</div>	<div>18</div> <div>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Zumba – 4 12:50 p.m. Walls/1:1 2:00 p.m. Music Therapy - 2 2:00 p.m. Tea &amp; Toast 2:00 p.m. News &amp; Views 4:00 p.m. Happy Half 6:45 p.m. Pub night &amp; Karaoke</div>	<div>19</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 12:00 p.m. Fitness 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Butterscotch Pudding Social with Bingo 4:00 p.m. Happy Half 6:45 p.m. Movie Night  “National Butterscotch Pudding Day”</div>	<div>20</div> <div>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Indoor Golf 4:00 p.m. Happy Half 6:45 p.m. Art Class  “National Pepperoni &amp; Juice Punch Day”</div>
<div>21</div> <div>9:00 a.m. Walk a Block 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 pm. Neuro Fit - 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 6:45 p.m. Karaoke</div>	<div>22</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:00 p.m. Ice Cream Cone Social 4:00 p.m. Happy Half “National Ice Cream Cone Day”</div>	<div>23</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:30 a.m. Picnic Lunch - 3 2:00 p.m. Smoothie Social - 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino - 4 3:00 p.m. Sing along 4 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half “National Pot Pie Day”</div>	<div>24</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation – 3 12:00 p.m. Mindfulness Meditation - 4 2:30 p.m. Welcome New Residents &amp; Welcome Autumnn with Hand Over Heart 4:00 p.m. Happy Half 6:45 p.m. Hand Massage &amp; Manicure</div>	<div>25</div> <div>9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness– 3 12:00 p.m. Zumba – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Crossword Puzzle 2:00 p.m. Music Therapy – 2 2:00 p.m. News &amp; Views 4:00 p.m. Happy Half 6:45 p.m. A Good Read</div>	<div>26</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness – 4 12:50 p.m. Afternoon Walks/1:1 2:30 p.m. Celebration of Life Rebecca Blair 4:00 p.m. Happy Half 6:45 p.m. Movie Night</div>	<div>27</div> <div>9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Flower Arranging 4:00 p.m. Happy Half 6:45 p.m. Art Class</div>
<div>28</div> <div>9:00 a.m. Walk a Block 10:30 a.m. 1:1Visit - 2 11:00 a.m. Fitness – 3 12:00 pm. Neuro Fit - 4 12:50 p.m. Walks/1-1 – 2 2:30 p. m. Oktoberfest with Lorraine Smith 4:00 p.m. Happy Half 6:45 p.m. Margarita Social &amp; Karaoke</div>	<div>29</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class– 4 2:00 p.m. Afternoon @ The Cafe 4:00 p.m. Happy Half  “National Coffee Day”</div>	<div>30</div> <div>9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Lunch &amp; Learn Theme: Truth &amp; Reconciliation 4 2:00 p.m. Baking - 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino - 4 3:00 p.m. Sing along 4 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half</div>				