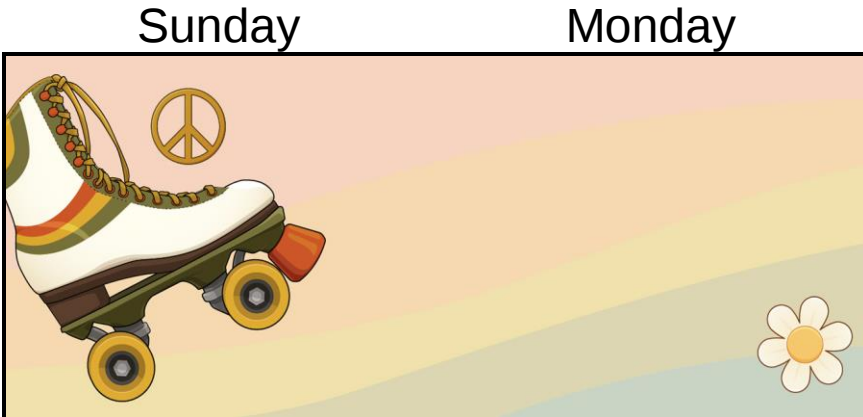


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		1 10:00 Crossword Game 10:30 Morning Walk 2:00 Paul “Lam Chops” Lamaroux Music (Activity Room) 3:00 Wii Bowling	2 10:15 Dollarama 10:30 Lower leg & Foot Massage w/ Shamen 1:30 Regular Bingo 3:00_ Bananagram	3 10:00 Canadian History After Dark Podcast 10:30 Hand Wax & Massage 1:30 Card Bingo 2:30 Men’s Shed 3:00_ Scrabble 6:00 Evening Fire with Sandra	4 10:30 Wii Golfing (Basement) 10:50 Farmer’s Market 1:30 Social Hour	5 10:30 Floor Curling 1:30 Card Bingo 3:00 Left, Right, & Centre Game (Dice Game)	
	6 2:30 Church Services (Basement)	7 Stat Holiday No Admin Staff Labor Day	8 10:00 Sticks Card Game 1:30 Card Bingo 1:30 Movie & Snacks “An Innocent Man” (2nd Floor Long Hallway Sitting Area) 3:00 Manicures	9 10:15 Thrift Store 1:30 Bingo 3:00 Yahtzee Game 3:00 Wii Bowling (Basement)	10 10:00 Canadian History After Dark Podcast 10:30 Hand Wax & Massage 1:30 Card Bingo 2:30 Men’s Shed 3:00 Tile Rummy 6:00 Evening Fire with Sandra Miette Hot Springs & KFC 9:30am to 4:00pm	11 10:00 Make Saskatoon Jam 10:30 Pearle Vision Glasses Adjustment (Activity Room) 1:30 Social Hour Rosh Hashanah Begins	12 Grandparents Walkathon 10:00am to 12:00pm
	13 Grandparents Day	14 10:00 Scrabble 1:30 Regular Bingo 3:00 Manicures Fall Leaf Tour 10:00am to 3:00pm	15 10:00 Make Bannock 10:30 Domino’s 1:30 Card Bingo 1:30 Movie & Snacks “She Wore a Yellow Ribbon” (2nd Floor Long Hallway Sitting Area) 3:00 Wii Bowling (Basement) 6:00 Evening Fire with Amanda	16 10:15 Bargain Boutique 1:30 Regular Bingo 3:00_ Cribbage 3:00 Walk to the Library	17 10:00 Canadian History After Dark Podcast 10:30 Shuffleboard 1:30 Card Bingo 2:30 Men’s Shed 3:00 Hand Wax & Massage	18 10:00 Sticks Card Game 10:50 Farmer’s Market 1:30 Social Hour	19 10:00 Pedicures Oktoberfest Begins
	20 Yom Kippur Begins	21 10:15 Walmart 1:30 Regular Bingo 3:00 Manicures	22 10:15 Steven Tyler Music (Activity Room) 1:30 Card Bingo 3:00 Floor Curling Maligne Lake 8:30am to 5:00pm Autumn Begins	23 10:00 Resident Meeting (Dining room) 10:30 Domino’s 10:30 Lower Leg & Foot Massage w\ Shamen 1:30 Water Painting with Karen (Activity Room)	24 10:00 Canadian History After Dark Podcast 10:15 Shoppers 1:30 Card Bingo 2:30 Men’s Shed 3:00 Hand Wax & Massage 6:00 Evening Fire with Amanda	25 10:00 Morning walk 10:30 Trivia Board Game 1:30 Social Hour Sukkot Begins	26 10:00 Pedicures
	27 10:00 Cribbage 1:30 Regular Bingo 3:00 Manicures	28 10:00 Coffee on the Patio 10:30 Sticks Card Game 1:30 Card Bingo 1:30 Movie & Snacks “The Cowboys” (2nd Floor Long Hallway Sitting Area) 3:00 Resident Birthday Party	29 Truth & Reconciliation Day Waiting for Friendship Center’s schedule to determine days activities	30	September 2026 Parkland Lodge, Activities 		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		9:00 Senior Strength 1 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 2 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 3	9:00 Senior Strength 4 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise	5	
	6	7 No Admin Staff Labor Day	9:00 Senior Strength 8 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 9 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 10	9:00 Senior Strength 11 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise Rosh Hashanah Begins	12
	13	9:00 Senior Strength 14 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Balance Grandparents Day	9:00 Senior Strength 15 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 16 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 17	9:00 Senior Strength 18 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise	19 Oktoberfest Begins
	20	9:00 Senior Strength 21 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Balance Yom Kippur Begins	9:00 Senior Strength 22 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball Autumn Begins	9:00 Senior Strength 23 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 24	9:00 Senior Strength 25 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise Sukkot Begins	26
	27	9:00 Senior Strength 28 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Balance	9:00 Senior Strength 29 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	9:00 Senior Strength 30 9:30 Hand Strengthening 10:00-12:00 1 on 1 Rehab Exercise 1:30-2:30 1 on 1 Rehab Exercise 3:00 Seated Volleyball	 September 2026 PKL Health & Wellness		