





September 2025 4th Floor Recreation Therapy Calendar Updated August 19, 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|---|--|--|--|
|  | 1 Labour Day 9:30 Manicures 10:45 Reading Group/Let's Chat 2:00 Music Monday | 2 9:30 Green Thumb 10:30 Family Feud with Cosmos Centre 2:00 White Board Word Challenge (N. Dining Room) | 3 10:00 Mass (Chapel) 10:30 Coffee after Mass (Activity Room) 2:00 Bingo (Auditorium) | 4 9:30 Off Unit Walks 10:45 Men's Coffee Group (Activity Room) 2:00 Birthday Party Entertainment: Young at Heart (Auditorium) Sponsored by the SMF  | 5 9:30 Sensory Stim. 10:45 Sing Along with Susy Q 1:30 Priority 1-1 visits | 6 10:45 Group Exercises (2 nd Dining Room) 2:00 Jucca Dice Game 2:00 Rider Game TSN |
| 7 Grandparents' Day 10:00 Mass (Chapel) 1:30-3:00 Ice Cream Sundae Social Celebrating Grandparents (Activity Room)- Families Welcome! 6:15 Hymn Sing | 8 9:30 Off Unit Walk 10:45 Brain Teasers 2:00 Canteen (Activity Room) 6:15 Manicures | 9 9:30 Green Thumb 10:30 Soul Circle with Leona 10:30 Priority 1-1 visits 2:00 Group Baseball (Atrium) 6:15-6:45 Bean Bag Toss 7:00-7:30 Visits | 10 10:00 Mass (Chapel) 10:30 Coffee after Mass (Activity Room) 2:00 Bingo (Auditorium) | 11 9:30 One to One Visits 10:45 Bell Choir (4 th Solarium) 2:00 Stuck in The Mud 6:15 Whammo Card Game | 12 9:30 Off Unit Walk 10:30 Connect Four 2:00 Rodney Pettigrew Entertainment (Auditorium)  6:15 Penny Ante | 13 9:30 Sensory Stimulation 10:45 Exercises 2:00 Help Your Neighbour Dice Game 5:00 Rider Game TSN 6:15 Sing Along |
| 14 10:00 Mass (Chapel) 2:00 Hymn Sing 6:15 Hidden Pictures and Colouring | 15 9:30 Manicures 10:45 Balloon Minton 2:00 Scattergories 6:15 Let's Chat (Small Group) | 16 9:30 Green Thumb 10:30 Exercises with Cosmos Centre 2:00 Jellyfish Craft 6:15 Music Bingo | 17 10:00 Mass (Chapel) 10:30 Coffee after Mass (Activity Room) 2:00 Bingo (Auditorium) 6:15 Sentimental Journey Board Game | 18 9:30-11:30 Alzheimer Coffee Break (Atrium) 9:30 Off Unit Walks 10:45 United Church Service (Chapel) 2:00 Sing Along with Susy Q | 19 9:30 Sensory Stimulation 10:45 Hangman 1:30 Priority 1-1 visits 6:15 Group Bowling (2 nd Dining Room) | 20 9:30 One to One Visits 10:45 Exercises 2:00 Spa Afternoon 6:15 Jucca Dice Game |
| 21 10:00 Mass (Chapel) 2:00 Hangman Word Game 6:15 Songs of Faith | 22 9:30 Off Unit Walk 10:45 Exercises 2:00 Canteen (Activity Room) 6:15 Manicures | 23 9:30 Green Thumb 10:30 Soul Circle with Leona 11:45 Early Lunch for Outing Residents 1:30-3:30 Regina Floral Conservatory Outing-Invite Only! 2:00 Group Bocce Ball (Atrium) | 24 10:00 Mass (Chapel) 10:30 Coffee after Mass (Activity Room) 2:00 Bingo (Auditorium) 6:15 Sensory Cart | 25 9:30 Clean Bingo Chips 10:45 Anglican Church Service (Chapel) 2:00 Brain Teasers 6:15 Stuck in The Mud | 26 9:30 Off Unit Walk 11:30 BBQ (Activity Room) – Invite Only! 1:30 Priority 1-1 visits 6:15 Sing Along | 27 9:30 Manicures 10:45 Exercises 2:00 Group Bowling (Auditorium) 6:15 Proverbs and Sayings Bingo 5:00 Rider Game TSN |
| 28 10:00 Mass (Chapel) 2:00 Hymn Sing 6:15 Crossword Puzzles and Colouring | 29 National Day for Truth and Reconciliation Videos (Chapel) 9:30 Sensory Stimulation 10:45 Unit Prayer Service 2:00 Music Monday 6:15 Group Bingo (2 nd Dining Room) | 30 National Day for Truth and Reconciliation 9:30 Green Thumb 10:45 Floor Bean Bag Toss 2:00 Crazy 8's/Uno 6:15 Whammo Card Game | |  | | |

***This Calendar is Subject to Change without Notice. *** Please Call the Recreation Department at 639-625-7095 to confirm if programming will be taking place.