

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 HAPPY LABOUR DAY Labour Day		9:00 Tuesday Morning Coffee Party (B) 1 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Knight 'n Gail (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2 10:00 Shuffleboard League Begins (10:00AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN) 7:00 Entertainment: Kristian Wenaus (B)	9:00 In-Person Support from Tim Eremondi of Canada Revenue Agency (9 AM - 12 PM) (E) 3 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Coffee & Conversation with Jolene (B) 10:30 Chair Yoga with Tammy (P) 1:30 Bible Study (All Faiths Welcome) *NEW TIME* (PD) 2:00 Resident Forum (W) 3:00 Happy Hour feat. The Lion's Club Rider Pool (P) 7:00 Crokinole (BN) 7:00 Entertainment: Poplar Creek Duo (B)	10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 4 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 1:30 Cal Newman's Celebration of Life (In Person, Sign-up in Library) (V) 2:00 Cal Newman's Celebration of Life Livestream (Everyone Welcome!) (P) 4:30 Living Loving Local Dinner: Pear (4:30-6:15 PM) (D) 6:30 Apple Cider, Music, & Tunes on the Patio with Yeva (CP)	National Cheese Pizza Day 5 9:45 Outing with Yeva to Regina Farmer's Market* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Music Bingo: Classic Sing-Along Songs (P) 6:30 Movie Night (Comedy): Going in Style (P)
10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 6 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 11:00 Sunday Fun-Day Outing with Len: Royal Regina Golf Club for Lunch * (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 5:00 Rider Game: Labour Day Classic WPG @ SSK (Bar Will Be Open) (P)	Labour Day 7 No Van Service Today (V) No Can Fit Pro Exercises Today The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 2:00 Bingo (All Proceeds to The Terry Fox Foundation) (P) 6:45 Board Games & More! (P)	The Terry Fox Foundation Silver Fox Event Fundraising (RA) 8 Weekly Activity Challenge Due Date: Hello September Crossword (P) Footcare Today 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Shopping Vendor: The Nut Man (2:30 PM- 3:30 PM) (WAI) 2:30 Toonies for Terry Tim Hortons Coffee & Timbit Social (\$2 to The Terry Fox Foundation) (B) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: David Lowey (B)	The Terry Fox Foundation Silver Fox Event Fundraising (RA) 9 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:15 Nail Painting with Mylene & Colleen (by donation to The Terry Fox Foundation) (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	The Terry Fox Foundation Silver Fox Event Fundraising (RA) 10 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Artfull Enrichment Trivia: Where in the World? - Name That Dish (E) 1:30 Bible Study (All Faiths Welcome) (PD) 3:00 Happy Hour feat. Pear Collins Cocktails (by Donation to The Terry Fox Foundation) (P) 7:00 Crokinole (BN) 7:00 Entertainment: Larry, Cup O' Joe's & What's Her Name (B)	The Terry Fox Foundation Silver Fox Event Fundraising (RA) 11 Rosh Hashanah Massage Therapy Today 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & McDonald's Coffee with Annette (by donation to The Terry Fox Foundation) (LB) 1:30 September Jeopardy Trivia (P) 1:35 Rosary (P) 2:00 Catholic Mass (P) 2:30 Coffee & Connect 4 Games (B) 6:30 Wine & Nail Painting Night (P)	The Terry Fox Foundation Silver Fox Event Fundraising (RA) 12 Rosh Hashanah 9:15 Outing with Yeva: Wascana Boat Tour* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:00 The Great Canadian Open House (1-3 PM) (MAI) 2:00 Rider Game: Banjo Bowl SSK @ WPG (Not Broadcast Due to Open House) (P) 6:30 Movie Night (Classics): Steel Magnolias (P)
Rosh Hashanah 13 National Grandparents Day (EB) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 12:15 Sunday Fun-Day Outing with Len: Andre Rieu's 2026 Summer Concert: Viva Maastricht at Cineplex Normanview* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Comedy): Ghost Town (P)	Weekly Activity Challenge 14 Due Date: Perfect Pairs (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 3:15 What Am I? Guessing Game (P) 6:45 Board Games & More! (P)	9:00 Tuesday Morning Coffee Party (B) 15 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 12:00 Shopping Vendor: Even-Steven's Baking (12-3 PM) (F) 1:30 Card Bingo (HER) 1:30 Cribbage Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Billy Young (B)	National Guacamole Day 16 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	International Country Music Day: Wear Western Wear 17 9:15 Through the Eyes Photography Project (9:15 - 11:15 AM & 1:15 - 4 PM; Please Sign Up in the Library) (LB) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 11:00 Shopping Vendor: Fifth Avenue Jewelry (11:00 AM- 4:00 PM) (F) 1:30 Bible Study (All Faiths Welcome) (PD) 3:00 Happy Hour feat. The Lion's Club Rider Pool (P) 7:00 Crokinole (BN) 7:00 Entertainment: Amigos (B)	National Raspberry Day 18 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Annette (LB) 2:00 Raspberry Jam Jam Social (B) 2:00 Wellness Clinic: Cronic Pain Video & Blood Pressure Checks (P) 3:00 Interdenominational Church Service (B) 4:30 Supper Outing with Yeva to The Flats* (V) 7:00 Who Am I? Guessing Game (P)	Oktoberfest Begins 19 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 10:30 Artfull Enrichment Trivia: Picture This (Kitchen Utensils) (E) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 1:30 Artfull Enrichment Craft: Fruit Stamped Tote Bag (E) 2:00 Sing-Along with Joan & Leone (B) 6:30 Movie Night (Drama): Don't Say Good Luck (P)

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10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 11:30 Sunday Fun-Day Outing with Len: Sunkanen Pioneer Village & Museum* (V) 2:00 Billiards (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Classic Campy Musical): Bye Bye Birdie (P)	World Alzheimer's Day Weekly Activity Challenge Due Date: Community Mix Up (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P)	Gender Equality Week 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 12:00 New Resident Luncheon (By Invitation Only) (PD) 1:30 Card Bingo (HER) 1:30 Bridge Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:30 Shopping Vendor: The Nut Man (2:30 PM-3:30 PM) (WAI) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: The Brotherhood (B)	Gender Equality Week 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Dog Therapy Visits with Shirley & Shelby (HH) 3:15 Nail Painting (E) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)	Gender Equality Week 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Rebecca Whitrow (P) 10:30 Coffee & Conversation with Jolene (B) 1:30 Bible Study (All Faiths Welcome) (PD) 1:30 Horse Racing (P) 3:00 90 Day Move In Happy Hour Celebration (P) 7:00 Crokinole (BN) 7:00 Entertainment: Garnet & Jean Ripplinger (B)	Gender Equality Week National Food Service Workers Day 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Can Fit Pro Exercise Class (F) 10:45 Current Events & Coffee with Amy (LB) 1:30 '70s TV Character Guess Who Trivia (E) 1:35 Rosary (P) 2:00 Catholic Mass (P) 3:15 Monthly Birthday Party (P) 4:30 Oktoberfest Themed Dinner (4:30 - 6:15 PM) (D) 7:00 S'mores Social (CP) 8:30 Rider Game: SSK @ BC (P)	Gender Equality Week 9:30 Outing with Yeva to The Lumsden Scarecrow Festival Street Market* (V) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:30 Chair Yoga with Sacha Wolfson (P) 1:00 Hooked-on Pins & Needles (Everyone Welcome) (W) 2:00 Artfull Enrichment Craft: Thanksgiving Pie Garland (E) 6:30 Armchair Travel: Meet Me in Montreal (P)
Gender Equality Week 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Sunday Morning Coffee Party (B) 10:30 Archdiocese of Regina Catholic Mass Livestream (P) 1:30 Sunday Fun-Day Outing with Len: Regina Floral Conservatory* (V) 2:00 Table Tennis (PHL) 2:00 DrumFIT (W) 6:30 Movie Night (Romance): Four Weddings and a Funeral (P)	Gender Equality Week Weekly Activity Challenge Due Date: Double Trouble (P) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Brain Games (Resident-led) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Bingo (P) 2:00 Fit Minds in Harbour House (HAR) 6:45 Board Games & More! (P) 7:00 Entertainment: Friendly Folk (B)	Footcare Today 9:00 Tuesday Morning Coffee Party (B) 9:30 Music Therapy with Morgan (HAR) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Fit Minds (P) 10:30 Music Therapy with Morgan (HER) 1:30 Card Bingo (HER) 1:30 Whist Game * (P) 2:00 Rosary (E) 2:00 Can Fit Pro Low Impact Exercise Class (W) 3:00 Techy Tuesdays (Phone Life Enrichment for assistance) (IS) 3:00 Fit Minds in Heritage House (HER) 7:00 Entertainment: Jim Harty (B)	National Day for Truth & Reconciliation: Wear Orange Shirts (EB) 10:00 Go 4 Life Walking (Resident run; indoors or outdoors any time of day) (EB) 10:00 Shuffleboard League (10:00 AM - 3:00 PM; check your schedules) (P) 10:30 Can Fit Pro Exercise Class (F) 2:00 Can Fit Pro Low Impact Exercise Class (W) 2:00 Come & Go Bannock Roast with Chef Amy (CP) 6:45 Bridge Game * (P) 7:00 Crokinole (BN)			

Day for Truth and Reconciliation

Be Supported

Locations Legend		Calendar Legend
Prairie Schooner (P)	Reception Area (RA)	Outing
Entire Building (EB)	In Suite (IS)	Special Program
Bistro (B)	Private Dining Room (PD)	Sign up Required *
Wascana Way - 3rd FL. (W)	Library (LB)	Signature Program
Heritage House (HER)	Pool Hall Lounge (PHL)	Highlight
Fireplace Lounge (F)	Courtyard Patio (CP)	
Education Room - 2nd Fl. (E)	Dining Room (D)	
Van Service (V)	Waiting Area (WAI)	
Harbour House (HAR)	Main Floor (MAI)	
Breakfast Nook (BN)	HouseHolds (HH)	