

Legend :  
CC - Community Centre  
MS - Main Street  
SC - Spiritual Centre

September 2026  
Auburn Neighbourhood

| Sunday                                                                          | Monday                                                                                                                                                                    | Tuesday                                                                                                                | Wednesday                                                                                                                                                                                    | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Friday                                                                                                                                                                            | Saturday                                                                                         |
|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
|  |                                                                                                                                                                           | 9:30 Neighbourhood Time<br>11:00 For the Fun of Fit<br>2:00 Java<br>4:00 Soothing Sensations                           | 11:00 SIT N GET FIT (AUB-PHYSIO)<br>1:00 Neighbourhood Time<br>2:30 In the Kitchen<br>3:30 You and Me<br>4:00 For the Soul<br>6:15 Movie                                                     | 9:30 Neighbourhood Time<br>10:30 Rosary & Communion - SC<br>2:00 Brain Games<br>3:30 You and Me                                                                                                                                                                                                                                                                                                                                                                                                      | 9:30 Neighbourhood Time<br>11:00 For the Fun of Fit<br>2:00 Express Yourself<br>3:30 Soothing Sensations                                                                          | 9:30 Neighbourhood Time<br>11:00 Circle of Friends<br>2:00 Pizza and Pop<br>3:30 Stepping Out    |
|                                                                                 | 9:30 Neighbourhood Time<br>10:30 Church Service(SC)<br>2:30 Active Game - MS<br>3:30 Soothing Sensations<br>4:00 For the Soul                                             | 9:30 Neighbourhood Time<br>11:00 For the Fun of Fit<br>2:00 Express Yourself<br>3:30 Soothing Sensations               | 11:00 SIT N GET FIT (AUB-PHYSIO)<br>1:00 Neighbourhood Time<br>2:30 Bingo<br>2:30 Crafty Corner (CC)<br>4:00 Soothing Sensations<br>6:15 Musical Moments                                     | 9:30 Neighbourhood Time<br>10:30 Rosary and Communion - SC<br>2:00 Circle of Friends<br>3:30 You and Me                                                                                                                                                                                                                                                                                                                                                                                              | 9:30 Neighbourhood Time<br>11:00 MUSIC & MOTION (AUB-PAL)<br>1:30 Scenic Drive<br>3:30 Specialized Exercise Class<br>3:30 Stepping Out                                            | 9:30 Neighbourhood Time<br>11:00 Circle of Friends<br>2:00 Special Bingo<br>3:30 Stepping Out    |
|                                                                                 | 9:30 Neighbourhood Time<br>9:30 Neighbourhood Time<br>10:30 Church Service(SC)<br>2:30 Grandparents Day Celebration (MS)<br>3:30 Soothing Sensations<br>4:00 For the Soul | 9:30 Neighbourhood Time<br>11:00 Brains and Banter<br>2:00 Java<br>3:30 Soothing Sensations<br>3:30 Drawing Class (CC) | 11:00 SIT N GET FIT (AUB-PHYSIO)<br>1:00 Neighbourhood Time<br>2:30 In the Kitchen<br>4:00 Soothing Sensations<br>6:15 Movie                                                                 | 9:30 Neighbourhood Time<br>10:30 Catholic Mass<br>2:00 Circle of Friends<br>3:30 You and Me                                                                                                                                                                                                                                                                                                                                                                                                          | 9:30 Neighbourhood Time<br>11:00 MUSIC & MOTION (AUB-PAL)<br>11:30 Burger Party<br>2:30 Residents' Council Meeting<br>3:30 Soothing Sensations<br>3:30 Specialized Exercise Class | 9:30 Neighbourhood Time<br>11:00 Circle of Friends<br>2:00 Bingo<br>3:30 Stepping Out            |
|                                                                                 | 9:30 Neighbourhood Time<br>10:30 Church Service(SC)<br>11:30 Diner's Club<br>3:00 Active Game<br>4:00 For the Soul<br>4:00 You and Me                                     | 9:30 Neighbourhood Time<br>11:00 For the Fun of Fit<br>2:00 Java<br>2:30 Welcoming Fall<br>3:30 Stepping Out           | 11:00 SIT N GET FIT (AUB-PHYSIO)<br>1:00 Neighbourhood Time<br>1:30 Multi-Cultural Celebration (MS)<br>4:00 Soothing Sensations<br>6:15 Board and Card Games                                 | 9:30 Neighbourhood Time<br>10:30 Rosary & Communion<br>2:00 Express Yourself<br>3:30 For the Soul<br>3:30 You and Me                                                                                                                                                                                                                                                                                                                                                                                 | Birthday Celebration<br>9:30 Neighbourhood Time<br>11:00 MUSIC & MOTION (AUB-PAL)<br>2:30 Birthday Celebration - MS<br>3:30 You and Me<br>3:30 Specialized Exercise Class         | 9:30 Neighbourhood Time<br>11:00 Circle of Friends<br>1:30 Memorial Service<br>3:30 Stepping Out |
| 9:30 Neighbourhood Time<br>10:30 Church Service(SC)<br>2:30 Special Bingo       | 9:30 Neighbourhood Time<br>11:00 SIT N GET FIT (AUB-PHYSIO)<br>2:30 Circle of Friends<br>3:30 Manicures                                                                   | 9:30 Neighbourhood Time<br>11:00 For the Fun of Fit<br>2:30 Octoberfest Celebration (MS)<br>3:30 Soothing Sensations   | National Day for Truth & Reconciliation<br>11:00 SIT N GET FIT (AUB-PHYSIO)<br>1:00 Neighbourhood Time<br>2:30 Bingo<br>2:30 You be the Judge with Teresa<br>4:00 For the Soul<br>6:15 Movie | RIGHT TO AN OPTIMAL QUALITY OF LIFE<br>6. Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference.<br><br>7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home.<br><br>8. Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available. |                                                                                                                                                                                   |                                                                                                  |