

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

September 2026
Esquesing Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1:00 Neighbourhood Time 1 2:00 Bingo 4:00 Table Talk 6:00 Manicures	9:30 Neighbourhood Time 2 11:00 Board Game 2:00 Word Game 3:30 Guess the Song 3:30 You and Me	9:30 Neighbourhood Time 3 10:30 Rosary & Communion - SC 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 Baking 3:30 You and Me	9:00 For the Soul 4 11:00 SIT N GET FIT (ESQ-PHYSIO) 1:00 Neighbourhood Time 3:30 Board Games 6:00 Music Club	9:30 Neighbourhood Time 5 11:00 In the Kitchen 2:00 Pizza and Pop 3:30 Movie Time
	9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Stepping Out 6	Labour Day 9:00 Neighbourhood Time 11:00 Trivia 2:30 Labour Day Celebration 7	11:00 For the Soul 1:00 Neighbourhood Time 2:00 Bingo 3:30 Story Making 6:00 Manicures 6:00 Womens Club 8	9:30 Neighbourhood Time 11:00 Board Game 2:30 Crafty Corner (CC) 4:00 Circle of Friends 9	9:30 Neighbourhood Time 10:30 Rosary and Communion - SC 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 Baking 3:30 You and Me 10	9:30 Neighbourhood Time 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 You and Me 2:00 Java 3:30 Specialized Exercise Class 3:30 Painting 11
	Grandparents Day 9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Grandparents Day Celebration (MS) 13	9:00 Neighbourhood Time 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:30 Sing along 14	11:00 For the Soul 1:00 Neighbourhood Time 2:00 Bingo 3:30 Drawing Class (CC) 6:00 Manicures 15	9:30 Neighbourhood Time 11:00 Board Game 1:00 Scenic Drive 4:00 You and Me 16	9:30 Neighbourhood Time 10:30 Catholic Mass 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 Baking 3:30 You and Me 17	11:00 SIT N GET FIT (ESQ-PHYSIO) 11:30 Burger Party 1:00 Neighbourhood Time 2:30 Residents' Council Meeting 3:30 Board Games 3:30 Specialized Exercise Class 6:00 Dot Painting 18
	9:30 Neighbourhood Time 10:30 Church Service(SC) 11:30 Diner's Club 3:00 Active Game 20	9:00 Neighbourhood Time 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:30 Sing along 21	11:00 For the Soul 1:00 Neighbourhood Time 2:30 Welcoming Fall 4:00 Pass the Ball 6:00 Manicures 22	9:30 Neighbourhood Time 11:00 Board Game 1:30 Multi-Cultural Celebration (MS) 3:30 Circle of Friends 23	8:00 Breakfast Club 9:30 Neighbourhood Time 10:30 Rosary & Communion 11:00 SIT N GET FIT (ESQ-PHYSIO) 2:00 You and Me 24	Birthday Celebration 9:30 Neighbourhood Time 11:00 SIT N GET FIT (ESQ-PHYSIO) 11:00 You and Me 2:30 Birthday Celebration - MS 3:30 Specialized Exercise Class 3:30 Stepping Out 25
	9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Special Bingo 3:30 Stepping Out 27	9:00 Neighbourhood Time 11:00 You and Me 11:00 MUSIC & MOTION (ESQ-PAL) 2:00 Trivia 3:30 Sing along 28	1:00 Neighbourhood Time 2:30 Octoberfest Celebration (MS) 6:00 Manicures 29	National Day for Truth & Reconciliation 9:30 Neighbourhood Time 11:00 Board Game 2:30 You be the Judge with Teresa 3:30 Circle of Friends 30	RIGHT TO AN OPTIMAL QUALITY OF LIFE 6. Every resident has the right to communicate in confidence, receive visitors of their choice and consult in private with any person without interference. 7. Every resident has the right to form friendships and relationships and to participate in the life of the long-term care home. 8. Every resident has the right to share a room with another resident according to their mutual wishes, if appropriate accommodation is available.	