

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

# September 2026

## Kelso Neighbourhood

| Sunday                                                                          | Monday                                                                                                                                                                                                                        | Tuesday                                                                                                                                                                                               | Wednesday                                                                                                                                                                                                        | Thursday                                                                                                                                                                                                  | Friday                                                                                                                                                                                                | Saturday                                                                                                                                                                                                                       |
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|  |                                                                                                                                                                                                                               | 9:00 Neighbourhood Time <b>1</b><br>10:00 MUSIC & MOTION (KEL-PAL)<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 You and Me<br>4:00 Express Yourself<br>6:00 Soothing Sensations           | 9:00 Neighbourhood Time <b>2</b><br>10:00 Soothing Sensations<br>11:00 For the Soul<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 In the Kitchen         | 9:00 Neighbourhood Time <b>3</b><br>10:30 Rosary & Communion - SC<br>11:30 Stepping Out<br>2:00 Java Time<br>3:00 MUSIC & MOTION (KEL-PAL)<br>3:30 You and Me<br>6:00 Soothing Sensations                 | 9:00 Neighbourhood Time <b>4</b><br>10:00 Brains and Banter<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Express Yourself<br>3:30 You and Me<br>6:00 Musical Moments                      | 9:00 Neighbourhood Time <b>5</b><br>10:00 For the Fun of Fit<br>11:30 Stepping Out<br>2:00 Pizza and Pop<br>3:30 You and Me<br>6:00 Movie                                                                                      |
|                                                                                 | 9:00 Neighbourhood Time <b>6</b><br>10:30 Church Service<br>11:30 Stepping Out<br>2:30 Active Game - MS<br>3:30 You and Me<br>6:00 Circle of Friends                                                                          | <b>Labour Day</b> <b>7</b><br>9:00 Neighbourhood Time<br>10:00 Circle of Friends<br>11:30 Stepping Out<br>1:00 For the Soul<br>2:30 Labour Day Celebration<br>3:30 You and Me<br>6:00 Musical Moments | 9:00 Neighbourhood Time <b>8</b><br>10:00 MUSIC & MOTION (KEL-PAL)<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 You and Me<br>3:30 Express Yourself<br>4:00 For the Soul<br>6:00 Soothing Sensations | 9:00 Neighbourhood Time <b>9</b><br>10:00 Musical Moments<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>2:30 Crafty Corner (CC)<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 In the Kitchen | 9:00 Neighbourhood Time <b>10</b><br>10:30 Rosary and Communion - SC<br>11:30 Stepping Out<br>2:00 Java Time<br>3:00 MUSIC & MOTION (KEL-PAL)<br>3:30 You and Me<br>6:00 Soothing Sensations          | 9:00 Neighbourhood Time <b>11</b><br>10:00 Brains and Banter<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Specialized Exercise Class<br>3:30 Express Yourself<br>3:30 You and Me<br>6:00 Musical Moments           |
|                                                                                 | <b>Grandparents Day</b> <b>13</b><br>9:00 Neighbourhood Time<br>10:30 Church Service<br>11:30 Stepping Out<br>2:30 Grandparents Day Celebration (MS)<br>3:30 Soothing Sensations<br>3:30 You and Me<br>6:00 Circle of Friends | 9:00 Neighbourhood Time <b>14</b><br>10:00 Manicures<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 Musical Moments                            | 9:00 Neighbourhood Time <b>15</b><br>10:00 MUSIC & MOTION (KEL-PAL)<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Drawing Class (CC)<br>3:30 You and Me<br>6:00 Soothing Sensations                   | 9:00 Neighbourhood Time <b>16</b><br>10:00 Musical Moments<br>11:30 Stepping Out<br>1:00 Scenic Drive<br>2:00 For the Fun of Fit<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 In the Kitchen      | 9:00 Neighbourhood Time <b>17</b><br>10:30 Catholic Mass<br>11:30 Stepping Out<br>1:00 For the Soul<br>2:00 Java Time<br>3:00 MUSIC & MOTION (KEL-PAL)<br>3:30 You and Me<br>6:00 Soothing Sensations | 9:00 Neighbourhood Time <b>18</b><br>10:00 Brains and Banter<br>11:30 Burger Party<br>2:00 For the Fun of Fit<br>2:30 Residents' Council Meeting<br>3:30 Specialized Exercise Class<br>3:30 You and Me<br>6:00 Musical Moments |
|                                                                                 |                                                                                                                                                                                                                               |                                                                                                                                                                                                       |                                                                                                                                                                                                                  |                                                                                                                                                                                                           |                                                                                                                                                                                                       | 9:00 Neighbourhood Time <b>19</b><br>10:00 For the Fun of Fit<br>11:30 Stepping Out<br>2:00 Bingo<br>3:30 Circle of Friends<br>3:30 You and Me<br>6:00 Movie                                                                   |

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| Sunday                                                                                                                                                                                             | Monday                                                                                                                                                                             | Tuesday                                                                                                                                                                              | Wednesday                                                                                                                                                                                                                                                                                 | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Friday                                                                                                                                                                                                                     | Saturday                                                                                                                                                                |
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| 9:00 Neighbourhood Time <b>20</b><br>10:30 Church Service<br>11:30 Stepping Out<br>11:30 Diner's Club<br>3:00 Active Game<br>3:30 Soothing Sensations<br>3:30 You and Me<br>6:00 Circle of Friends | 9:00 Neighbourhood Time <b>21</b><br>10:00 Circle of Friends<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 Musical Moments | 9:00 Neighbourhood Time <b>22</b><br>10:00 MUSIC & MOTION (KEL-PAL)<br>11:30 Stepping Out<br>2:30 Welcoming Fall<br>3:30 You and Me<br>4:00 For the Soul<br>6:00 Soothing Sensations | 9:00 Neighbourhood Time <b>23</b><br>10:00 Musical Moments<br>11:30 Stepping Out<br>1:30 Multi-Cultural Celebration (MS)<br>3:30 You and Me<br>6:00 In the Kitchen                                                                                                                        | 9:00 Neighbourhood Time <b>24</b><br>10:30 Rosary & Communion<br>11:30 Stepping Out<br>1:00 For the Soul<br>3:00 MUSIC & MOTION (KEL-PAL)<br>3:30 You and Me<br>6:00 Soothing Sensations                                                                                                                                                                                                                                                                                                                        | <b>Birthday Celebration 25</b><br>9:00 Neighbourhood Time<br>10:00 Brains and Banter<br>11:30 Stepping Out<br>2:30 Birthday Celebration - MS<br>3:30 Specialized Exercise Class<br>3:30 You and Me<br>6:00 Musical Moments | 9:00 Neighbourhood Time <b>26</b><br>10:00 For the Fun of Fit<br>11:30 Stepping Out<br>1:30 Memorial Service<br>3:30 Circle of Friends<br>3:30 You and Me<br>6:00 Movie |
| 9:00 Neighbourhood Time <b>27</b><br>10:30 Church Service<br>11:30 Stepping Out<br>2:30 Special Bingo<br>3:30 You and Me<br>6:00 Circle of Friends                                                 | 9:00 Neighbourhood Time <b>28</b><br>10:00 Manicures<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 Musical Moments         | 9:00 Neighbourhood Time <b>29</b><br>10:00 MUSIC & MOTION (KEL-PAL)<br>11:30 Stepping Out<br>2:30 Octoberfest Celebration (MS)<br>3:30 You and Me<br>6:00 Soothing Sensations        | <b>National Day for Truth &amp; Reconciliation 30</b><br>9:00 Neighbourhood Time<br>10:00 Musical Moments<br>11:00 For the Soul<br>11:30 Stepping Out<br>2:00 For the Fun of Fit<br>2:30 You be the Judge with Teresa<br>3:30 Brains and Banter<br>3:30 You and Me<br>6:00 In the Kitchen | <b>RIGHT TO AN OPTIMAL QUALITY OF LIFE</b><br><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. |                                                                                                                                                                                                                            |                                                                                                                                                                         |

