



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

September 2026
Nassagaweya Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:00 SIT N GET FIT (NASS-PHYSIO) 1 1:00 Neighbourhood Time 1:30 Calendar Drop-off 3:30 Butter Tarts ! (with raisins) 6:00 Meet me in Montreal	9:30 Neighbourhood Time 2 11:00 Painting Outdoors 2:30 Balloon Tennis 3:30 Soothing Sensations 3:30 You and Me	9:30 Neighbourhood Time 3 10:30 Rosary & Communion - SC 2:00 Writing a Story 3:30 You and Me	10:00 For the Soul 4 1:00 Neighbourhood Time 2:00 Bowling 4:00 Stepping Out 6:00 Trivia	9:30 Neighbourhood Time 5 10:30 Circle of Friends 2:00 Pizza and Pop 3:30 Musical Moments
	9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 Musical Trivia 6	Labour Day 9:30 Neighbourhood Time 10:00 For the Fun of Fit 2:30 Labour Day Celebration 3:30 Musical Moments 7	9:30 For the Soul 11:00 SIT N GET FIT (NASS-PHYSIO) 1:00 Neighbourhood Time 2:00 What am I 4:00 Stepping Out 6:00 Womens Club 8	9:30 Neighbourhood Time 11:00 Left Centre Right 2:30 Crafty Corner (CC) 3:30 Soothing Sensations 9	9:30 Neighbourhood Time 10:30 Rosary and Communion - SC 11:00 MUSIC & MOTION (NASS-PAL) 2:00 Pass the Parcel 3:30 You and Me 10	9:30 Neighbourhood Time 11:00 Chair Yoga 2:00 General Knowledge Trivia 3:30 Specialized Exercise Class 4:00 Stepping Out 11
	Grandparents Day 9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Grandparents Day Celebration (MS) 3:30 Card Bingo 13	9:30 Neighbourhood Time 10:00 Movie 2:30 What am I? 3:00 SIT N GET FIT (NASS-PAL) 3:30 Musical Moments 14	9:30 For the Soul 11:00 SIT N GET FIT (NASS-PHYSIO) 1:00 Neighbourhood Time 2:00 Cranium 3:30 Drawing Class (CC) 6:00 Slide into the Wild 15	9:30 Neighbourhood Time 11:00 Flower Crowns 1:30 Young at Heart Painting (CC) 3:30 Java 16	9:30 Neighbourhood Time 10:30 Catholic Mass 11:00 MUSIC & MOTION (NASS-PAL) 2:30 Pickles to Penguins 3:30 You and Me 3:30 For the Soul 17	11:30 Burger Party 1:00 Neighbourhood Time 2:00 Bowling 2:30 Residents' Council Meeting 3:30 Specialized Exercise Class 4:00 Stepping Out 6:00 Trivia 18
	9:30 Neighbourhood Time 10:30 Church Service(SC) 11:30 Diner's Club 3:00 Active Game 20	9:30 Neighbourhood Time 10:00 For the Fun of Fit 2:30 Star of the Month 3:00 SIT N GET FIT (NASS-PAL) 3:30 Musical Moments 21	9:30 For the Soul 11:00 SIT N GET FIT (NASS-PHYSIO) 1:00 Neighbourhood Time 2:30 Welcoming Fall 4:00 Stepping Out 6:00 Baking Cookies 22	9:30 Neighbourhood Time 11:00 Sunflower Art 1:30 Multi-Cultural Celebration (MS) 2:30 Balloon Tennis 3:30 Soothing Sensations 23	9:30 Neighbourhood Time 10:30 Rosary & Communion 11:00 MUSIC & MOTION (NASS-PAL) 2:30 You and Me 3:30 Trivia 24	Birthday Celebration 9:30 Neighbourhood Time 11:00 Guess the Aero 2:30 Birthday Celebration - MS 3:30 Specialized Exercise Class 4:00 Stepping out 25
9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Special Bingo 3:30 Believable or Batty? 27	9:30 Neighbourhood Time 10:00 Movie 2:30 Guess the Aero 3:00 SIT N GET FIT (NASS-PAL) 3:30 Musical Moments 28	9:30 Scenic Drive 11:00 SIT N GET FIT (NASS-PHYSIO) 1:00 Neighbourhood Time 2:30 Octoberfest Celebration (MS) 4:00 Stepping Out 29	National Day for Truth & Reconciliation 9:30 Neighbourhood Time 11:00 Origami Club 2:30 You be the Judge with Teresa 3:30 Soothing Sensations 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.		