

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

September 2026
Omagh Neighbourhood

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		9:30 Neighbourhood Time 10:30 Active Games 1:30 Neighborhood Bingo 4:00 You and Me 1	9:30 Neighbourhood Time 10:30 Curling 2:30 Bracelet Making 3:30 Stepping Out 3:30 You and Me 2	10:30 Rosary & Communion - SC 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Flow Painting 4:00 Word In Word 6:30 You and Me 3	9:30 Neighbourhood Time 11:00 Manicures 2:30 Wildlife Documentary 3:30 Stepping Out 4	9:30 Neighbourhood Time 11:00 Balloon Toss 2:00 Pizza and Pop 3:30 Movie Afternoon 5
9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Active Game - MS 3:30 You and Me 6	Labour Day 9:30 Neighbourhood Time 11:00 Manicure Monday 2:30 Labour Day Celebration 7	9:30 Neighbourhood Time 11:00 MUSIC & MOTION (OM-PAL) 1:00 For the Soul 2:30 Neighborhood Social 3:30 You and Me 8	9:30 Neighbourhood Time 10:30 Shooting 2:30 Crafty Corner (CC) 4:00 Stepping Out 9	10:30 Rosary and Communion - SC 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Painting Club 4:00 Java Music 6:30 You and Me 10	9:30 Neighbourhood Time 11:00 Manicures 2:00 Banana Bread Baking 3:30 Stepping Out 3:30 Specialized Exercise Class 11	9:30 Neighbourhood Time 11:00 Ball Toss 2:00 Special Bingo 3:30 Movie Afternoon 12
Grandparents Day 9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Grandparents Day Celebration (MS) 4:00 You and Me 13	11:00 SIT N GET FIT (OM-PHYSIO) 1:30 Neighbourhood Time 2:30 Manicure Monday 3:30 Name 5 6:30 Soothing Sensations 14	9:30 Neighbourhood Time 11:00 MUSIC & MOTION (OM-PAL) 1:00 For the Soul 2:30 Musical Moments 3:30 Drawing Class (CC) 15	9:30 Neighbourhood Time 10:30 Ring Toss 1:30 Young at Heart Painting (CC) 3:00 Let's Do Puzzles 16	10:30 Catholic Mass 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Painting Club 4:00 Neighborhood Bingo 6:30 You and Me 17	9:30 Neighbourhood Time 11:30 Burger Party 2:30 Residents' Council Meeting 3:30 Stepping Out 3:30 Specialized Exercise Class 18	9:30 Neighbourhood Time 11:00 Curling 2:00 Bingo 3:30 Movie Afternoon 19
9:30 Neighbourhood Time 10:30 Church Service(SC) 11:30 Diner's Club 3:00 Active Game 3:30 You and Me 20	9:30 Neighbourhood Time 11:00 Manicure Monday 11:00 SIT N GET FIT (OM-PHYSIO) 1:30 Alphabet Game 3:30 Soothing Sensations 21	9:30 Neighbourhood Time 11:00 MUSIC & MOTION (OM-PAL) 1:00 For the Soul 2:30 Welcoming Fall 4:00 You and Me 22	9:30 Neighbourhood Time 10:30 Bowling 1:30 Multi-Cultural Celebration (MS) 4:00 You and Me 23	9:00 For the Soul 10:30 Rosary & Communion 11:00 SIT N GET FIT (OM-PHYSIO) 1:00 Neighbourhood Time 2:30 Tote Bag Painting 4:00 Java Music 6:30 You and Me 24	Birthday Celebration 9:30 Neighbourhood Time 11:00 Manicures 2:30 Birthday Celebration - MS 3:30 Specialized Exercise Class 3:30 You and Me 25	9:30 Neighbourhood Time 11:00 Ball Toss 1:30 Memorial Service 3:30 Movie Afternoon 26
9:30 Neighbourhood Time 10:30 Church Service(SC) 2:30 Special Bingo 4:00 You and Me 27	9:30 Neighbourhood Time 11:00 Manicure Monday 11:00 SIT N GET FIT (OM-PHYSIO) 2:00 Baking Club 3:00 Socials 28	9:30 Neighbourhood Time 9:30 Scenic Drive 11:00 MUSIC & MOTION (OM-PAL) 2:30 Octoberfest Celebration (MS) 3:30 You and Me 29	National Day for Truth & Reconciliation 9:30 Neighbourhood Time 10:30 Curling 2:30 You be the Judge with Teresa 3:45 Connect 4 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.		