



September 2026

3 East Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:00pm Courtyard Club Social - C 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	2 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E	3 10:30am Catholic Service - MPR 10:30am Trivia - TV3E 2:30pm Live Entertainment - Ensemble Vivant - MPR 6:30pm Courtyard Club -Evenings - C	4 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR	5 10:30am Church Service - MPR
6 2:30pm courtyard socials - C	7 Labour Day 10:30am Adapted Dance with Riki - MPR 2:30pm Courtyard Club - C	8 10:00am Ball Toss - TV3E 10:30am Sing along - V 3E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	9 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E	10 10:00am 1:1 - V 3E 10:30am Trivia - TV3E 2:30pm Men's Club - Baseball Fall Classic - MPR 6:30pm Courtyard Club - Evenings - C	11 Rosh Hashananh 10:00am Bingo - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR	12 Rosh Hashananh 10:30am Church Service - MPR 3:00pm Bethel SDA Group - MPR
13 Grandparents' Day Rosh Hashanah 2:30pm courtyard socials - C	14 Residents Council Week 10:30am Adapted Dance with Riki - MPR 2:30pm Residents' Council Meeting - MPR	15 Residents Council Week 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:00pm Residents Council Week - Memorial Garden Planting - MPR 6:30pm Courtyard Club - Evenings - C	16 Residents Council Week 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:00pm Residents Council Week - Webinar - MPR 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E	17 Residents Council Week 10:00am Board Games - AR3W 2:00pm Residents Council Week - OARC Forum 2:30pm 1:1 - V 3E 2:30pm Community Bingo Club - MPR 6:30pm Courtyard Club - Evenings - C	18 Residents Council Week 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Residents Council Week - Open House - MPR 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR	19 10:30am Church Service - MPR 3:00pm Japanese SDA Group - MPR
20 Yom Kippur 10:30am Community Melodies - MPR 2:30pm courtyard socials - C	21 Yom Kippur 10:30am Adapted Dance with Riki - MPR 2:30pm Courtyard Club - C	22 First Day of Autumn 10:00am Arts & Crafts for Fall - V 3E 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	23 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E	24 10:00am 1:1 - V 3E 10:30am Trivia - TV3E 2:30pm 1:1 - V 3E 2:30pm Live Entertainment - The West Enders - MPR 6:30pm Courtyard Club - Evenings - C	25 Sukkot 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 1:30pm Group Exercise - TV3E 2:30pm Jewish Service - MPR	26 Sukkot 10:30am Church Service - MPR 2:30pm cook show - V 3E
27 Sukkot 2:30pm courtyard socials - C	28 Sukkot 10:30am Adapted Dance with Riki - MPR 2:30pm Courtyard Club - C	29 Sukkot 10:00am 1:1 - V 3E 10:30am Cognitive game - AR3E 10:30am Nature appreciation. - 2:30pm Throwback Tuesdays - MPR 6:30pm Courtyard Club - Evenings - C	30 Sukkot 10:30am Church Service - MPR 10:30am cook show - V 3E 1:30pm Group Exercise - TV3E 2:30pm Birthday Party - MPR 2:30pm Cognitive game - AR3E 2:30pm animal show - TV3E			

- 3rd East

AR3E - Activity Room 3E

AR3W - Activity Room 3W

C - Courtyard

MPR - Multi-Purpose Room

TV3E - TV Room 3E

V 3E - Varied 3E

Some programs may take place outdoors, weather permitting. Programs may be subject to change.

