

September 2026

Shepherd Village Terrace

-All programs are subject to change.
-All programs will be held in the Music Room,
unless specified otherwise.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 GROUP EXERCISE 1 11:00 Brain Fitness- Trivia 2:00 Back to School Social 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 2 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 3 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary Rick Steves' Europe/Germany's Black Forest and Cologne 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 4 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Francis De Mello 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 5 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Welcome September Tea Social 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
	10:00 Church in the Village 6 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 7 11:00 Brain Fitness/Trivia 2:00 MOVIE MATINEE & DRINKS 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 8 11:00 Brain Fitness- Trivia 2:00 Art & Music with John 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 9 11:00 This is Jeopardy! 2:00 Resident Bell Choir performance in the Community Hall 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing	9:30 Physio/Strengthening 11 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Live Performance with Alisa Kanda 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 12 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 BINGO! 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
	10:00 Church in the Village 13 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 14 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:20 British Columbia Canada's Most Beautiful Province Documentary 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 15 11:00 Brain Fitness- Trivia 2:00 Happy Grandparents Day!!!! (Social) 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 16 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing 	10:00 GROUP EXERCISE 17 10:30 1:1 Pet Visits with Cloe 11:00 Brain Fitness- Trivia 2:00 SPIRITUAL LIFE / Bible study 3:15 Documentary Rick Steves' Europe /North Wales & South England 6:00 MOVIE NIGHT	10:00 GROUP EXERCISE 19 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Travelogue/ Meet Me in Montreal 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
	10:00 Church in the Village 20 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 21 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Newfoundland - On the Shores of Canada's Most Spectacular Coast Documentary 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 22 11:00 Brain Fitness- Trivia 2:00 FOOD MEETING 2:30 Timeless Melodies/ Dance Hawaiian with Shanta /Sing Along Your Favourite Songs and Icecream 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	Hatch the Chicken is back!!!! September 23- October 28 23 9:30 Physio/Strengthening 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing	9:30 Physio/Strengthening 25 10:15 Physio /Stretching 11:00 Brain Fitness/Trivia 2:00 Hymn Sing with Eileen Goodman in the Community Hall 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 26 11:00 Brain Fitness- Trivia 1:00 Games with Gil in the Game Room 2:00 Live Entertainment John Kim 3:15 Play Whist with Bruno in the Game Room 6:00 Evening Hymn Singing
	10:00 Church in the Village 27 1:00 MOVIE MATINEE WITH GIL IN THE GAME ROOM 6:00 Evening Hymn Singing 	9:30 Physio/Strengthening 28 11:00 Brain Fitness/Trivia 2:00 SPIRITUAL LIFE / Hymn singing 3:20 Wonders of Ontario Is this the Most Beautiful Place in Canada? Documentary 6:00 Evening Hymn Singing	10:00 GROUP EXERCISE 29 11:00 Brain Fitness- Trivia 2:00 The Price is Right Game and Mango Smoothie 3:30 Manicure 1:1 in the Game Room 4:00 Prayer Group in the Library 6:00 MOVIE NIGHT	9:30 Physio/Strengthening 30 11:00 This is Jeopardy! 2:00 BINGO! 3:20 Games with Gil in the Game Room 6:00 Evening Hymn Singing	<i>This is the day the Lord has made let us rejoice and be glad.</i> Psalm 118:24	