

September 2026 Activities & Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	
6	7	8	9	10	11	12 SPECIAL EVENT
11am Super Bingo	CLOSED HOLIDAY	9am Knit & Stitch 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Walk For Seniors
13	14 SPECIAL EVENT	15 SPECIAL EVENT	16	17	18	19 SPECIAL EVENT
11am Super Bingo	MUSIC MONDAY 10am Therapeutic Music 12pm Lunch 1pm Concert in Care	9am Knit & Stitch 10am Service Canada Q&A 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Lunch 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch	10am Caregivers Education Session
20	21 SPECIAL EVENT	22 SPECIAL EVENT	23	24 SPECIAL EVENT	25 BIRTHDAY CAKE DAY	26
11am Super Bingo	10am Therapeutic Music 12pm Lunch 1pm Craft Club	9am Knit & Stitch 9:30am Mobile Food Market 10am Lunch & Learn 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 12pm Lunch 12:30pm Cards	12pm Chicken Lunch & Olympics 1pm Choir 2:45pm Line Dancing	9am Fun & Fitness 9am Foot Care 10:10am Chair Fitness 12pm Lunch 12pm Birthday Cake Day	
27	28	29 NEW EVENT!	30 SPECIAL EVENT			
11am Super Bingo	10am Therapeutic Music 12pm Lunch	9am Knit & Stitch 9:30am Mobile Food Market 11:45am Lunch 1pm Member Bingo	9am Fun & Fitness 10:10am Chair Fitness 11am Lunch & Learn 12pm Lunch 12:30pm Cards			
	Special Events Sept. 12 Walk for Seniors Sept. 14 Music Monday Sept. 15 Service Canada Q&A Sept. 21 Craft Club Sept. 22 Lunch & Learn Sept. 22 Mobile Food Market Sept. 24 Chicken Lunch & Olympics Sept. 29 Mobile Food Market Sept. 30 Lunch & Learn September 2026					

September 2026 In House Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Chilli, Roll, Cherry Turnover	Roast Beef w/ Gravy, Mashed Potato, Carrots, Jello w/ Cream	Pork & Veggie Stir-Fry with Chinese Noodles, Vanilla Coconut Cake	Chicken Parmigiana, Pasta, Broccoli, Pineapple Delight	
6	7	8	9	10	11	12
	CLOSED HOLIDAY	Beef Stew, Mashed Potato, Roll, Chocolate Chip Cookies	Roast Pork w/ Gravy, Mashed Potato, Peas, Caramel Pudding	Sweet & Sour Meatballs, Rice, Veggie Medley, Jello w/ Cream	Salmon Loin w/ Dill Sauce, Rice Pilaf, Veg of the Day, Trifle	
13	14	15	16	17	18	19
	Honey Garlic Chicken Thigh, Rice, Carrots, Coconut Pudding	Meatloaf w/ Gravy, Mashed Potato, Yellow Beans, Jello w/ Cream	Chicken & Veggie Stir-Fry, Rice, Triple Chocolate Cookies	Shepherd's Pie, Three Bean Salad, Tea Biscuit, Fruited Jello	Baked Haddock w/ Sweet Onion, Chive & Cheddar Mash Potato, Peas, Bread Pudding	
20	21	22	23	24 SPECIAL EVENT	25 BIRTHDAY CAKE DAY	26
	Spaghetti w/ Meat Sauce, Garlic Bread, Fruit Cocktail	Turkey a La King, Yellow Beans, Tea Biscuit, Chocolate Pudding	Pancakes, Scrambled Eggs, Home Fries, Blueberry Turnover	2 pcs Mary Brown Chicken, Potato Wedges, Coleslaw, Gingerbread Cake w/ Lemon Sauce \$20 Member \$25 Non-Member	Breaded Fish & Hashbrowns, Coleslaw, Birthday Cake	
27	28	29	30			
	Baked Chicken Thigh, Sweet Potato Mash, Gingered Carrots, Pears	Cheese, Ham & Bacon Quiche, Jello Pudding Parfait	Pork Loin in Mushroom Sauce, Egg Noodles, Veggie Medley, Chocolate Cake			

September 2026

Meal Prices: Eat In: \$10.50 Member / \$11.50 Non-Member

Takeout: \$11.00 Member / \$12.00 Non-Member

Meal Times: Monday, Wednesday, Thursday, Friday 12pm. Your ticket must be bought before 12.
Tuesday 11:45am. Your ticket must be bought before 11:45am
Special Lunches Check Posters for Details