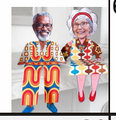
Elston Unit- Convalescent Care

Activity Calendar

September 2026

Recreation Facilitator OksanaMassaro
Ext. 361 omassaro@ioof.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	September Birthday Babies! *Cheers to all the September babies! May your birthday be as fabulous, fun, and sparkly as you are!*	**1** 9:00 Physio 1:00 Group Exercise 2:00 Fancy Fingers **6:00 Night Bingo** 	**2** 9:00 Physio 9:30 Stroke Program - TR **10:30 Church Service with Tony Her - AUD** 1:00 Group Exercise	**3** 9:00 Physio **10:00 Paraffin Wax** 11:00 Tuck Cart $ 1:00 Group Exercise 2:00 Cards 	**4** 9:00 Physio 1:00 Group Exercise **2:00 Bingo** 	**5** **10:00 Trivia - AUD**
6 	**7** 	**8** 9:00 Physio 1:00 Group Exercise 2:00 Fancy Fingers **6:00 Music Entertainment with Two Heart Content: AUD**	**9** 9:00 Physio 9:30 Stroke Program - TR **10:30 Virtual Church Service - AUD** 1:00 Group Exercise **2:00 Chocolate Milkshake Social**	**10** 9:00 Physio **10:00 Paraffin Wax** 11:00 Tuck Cart $ 1:00 Group Exercise 2:00 Hands on the Plants-CY	**11** 9:00 Physio 1:00 Group Exercise **2:00 Bingo**	**12** **10:00 Word Games - AUD**
13 	**14** 9:00 Physio 1:00 Group Exercise **2:00 Paper Doll Craft** 	**15** 9:00 Physio 1:00 Group Exercise 2:00 Fancy Fingers **2:00 Butterfly Release Ceremony - Outdoor** 6:00 Meditation -DTD 	**16** 9:00 Physio 9:30 Stroke Program - TR **10:30 Church Service with Tony Her - AUD** **12:00 Hooked on Fish & Chips Lunch-Elst** 1:00 Group Exercise 2:30 Virtual Adventure	**17** 9:00 Physio **10:00 Paraffin Wax** 11:00 Tuck Cart $ **12:00 Annual IOOF Residents BBQ** 1:00 Group Exercise	**18** 9:00 Physio 1:00 Group Exercise **2:00 Bingo** 	**19** **10:30 Fall Decor Bingo - AUD**
20 	**21** 9:00 Physio 1:00 Group Exercise **2:00 Poetry and Coffeecake Baking for Yom Kippur**	**22** **First Day of Fall** 9:00 Physio 1:00 Group Exercise 2:00 Fancy Fingers **6:00 Music Entertainment with Ed Smith - AUD**	**23** 9:00 Physio 9:30 Stroke Program - TR **10:30 Church Service with Tony Her - AUD** 1:00 Group Exercise **2:00 Tim Horton Social**	**24** 9:00 Physio **10:00 Paraffin Wax** 11:00 Tuck Cart $ 1:00 Group Exercise 2:00 Trivia	**25** **8:00 Rise & Shine Pancake Breakfast-Aud** 9:00 Physio 1:00 Group Exercise **2:00 Bingo**	**26** **10:30 Surprise Bingo - AUD**
27 	**28** 9:00 Physio 1:00 Group Exercise	**29** 9:00 Physio 1:00 Group Exercise 2:00 Fancy Fingers **6:00 Night Bingo** 	**30** **Orange Shirt Day** 9:30 Stroke Program - TR **10:30 Church Service with Tony Her - AUD** 2:00 Documentaries - Truth and Reconciliation: TVL			**Please Note:** - Weekend programs are held in the **Home Auditorium**. - If you need help finding the program location, please don't hesitate to ask for assistance.

Location Codes: FL- Front Lobby AUD- Auditorium DTD- Door To Door GYM- Elston Gym TR- Therapy Room $ Chargable Program

All Programs Subject To Change