September 2025

Fenwyck Heights



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Please note: Residents joining outings must sign up and provide the \$6 bus fee to Jinky to attend. Any cost of food or activities on the outings are the responsibility of the residents	Sorry! No Programs!	2 1:30 Canasta (RL) 2:00 Hymn Sing (MR) 2:45 Fit minds (MR)	3 9:30 Crossword Puzzle (5) 10:30 Stretch and Strength (MR) 1:15 Bingo (AR) 2:30 Horse Races (MR)	9:30 Word Search (5 th) 10:30 Smart Phone Games & Apps (MR) 1:00 Smart Phone Games & Apps (MR) 3:00 Axe/Dart Throwing (MR)	9:30 Concentration Puzzles (5 th) 10:30 Stretch & Strength (MR) 1:15 Sip N Soda (AR) 2:30 All Age Jokes & Puns (AR) 7:50 CPS Singers (MR)	6 2:30 Shuffleboard (RL)
	8 Backto School	8 9:30 Idioms (AR) 10:30 Spelling Hive (5) 1:15 Stretch \$ Strength (MR) 2:30 Crib (AR)	9:30 Think Fast (AR) 10:30 Stretch and Strength (MR) 1:30 Afternoon Entertainment with Paul Lamoureux (MR)	9:30 Book Fair Set up (MR) 10:30 Ecumenical Church (MR) 10:30 River Cree Casino Trip Must Sign up \$6	9:30 Quiz Blitz (5) 10:00 Free Fall Book Fair (MR) 10:00 Catholic Communion Service (AR) 1:00 Health Presentation: Depression (AR) 2:30 Balloon Volleyball (MR)	All Day: Walker Clinic (MR) All Day: Free Fall Book Fair (MR) 9:30 Back to School Word Search (AR) 10:30 Dice Bingo (AR) 1:15 Stretch & Strength (AR) 2:30 Pub Afternoon (AR)	2:30 Shuffleboard (RL)
/	14	15 10:00 Resident Meeting (MR) 1:15 Stretch & Strength (MR) 2:30 Crib (AR)	16 9:30 Funny Baby Moments (5) 10:30 Stretch and Strength (MR) 1:30 Canasta (AR) 2:00 Hymn Sing (MR) 2:45 Fit Minds (MR)	17 9:30 What's that Sound (5) 10:30 What would you do	18 9:30 Word Search (AR) 10:30 Stretch and Strength (MR) 11:00 High Park School Visit (MR) 1:15 Magazine Wars (AR) 2:30 Men's Group (5)	19 9:30 Uno (AR) 10:30 Card Bingo (AR) 1:15 Cinnamon Bun Social (AR) \$3 (MUST SIGN UP) 2:30 Pub Afternoon (AR)	2:30 Shuffleboard (RL)
1	21 3:00 Baptist Church Service (MR)	9:30 Seed Harvesting (AR) 10:30 Stretch & Strength (MR) 1:15 Afternoon Movie: Max (MR) 2:30 Crib (AR)	9:30 Seniors Humor (AR) 10:30 Stretch and Strength (MR) 1:30 Canasta (AR) 1:15 Travel Video (MR) 2:30 Craft (AR)	249:30 Gardening (P)10:30 Dice Game (AR)1:15 Bingo (AR)2:30 Horse Races (MR)	9:30 Think Fast (AR) 10:00 Catholic Communion Service (AR) 10:30 Stretch and Strength (MR) 11:00 High Park School Visit (MR) 1:30 Birthday Party with Donna Hansen (MR)	 9:30 Therapeutic Coloring (AR) 11:00 Bings Restaurant bus trip- Sign up \$6 1:30 Card Bingo (AR) 	2:30 Shuffleboard (RL)
1	28	29 2:00 Sing-along (MR)	30 National Day for Truth and Reconciliation Sorry! No Programs!	SEPT	EMBER	LOCATION LEGEND MR- Multi Purpose Room AR- Activity Room DR- Dining Room 2 nd – 2 nd floor Lounge P – Patio outside Bistro RL- Residents Lounge	5 th – 5 th floor Lounge R- Reception T - Terrace B- Bistro

If you have questions about the calendar or programs, please see the Activities Convener, Joan, in her office or phone her at 780-962-6598 ext. 213