



September 2026

Gold Leaf Walk

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please reach out to Breelyn with any program suggestions or ideas bflint@peoplecare.ca		9:15 Get Energized (GLWD) 1 10:15 Random Trivia (GLWL) 11:00 Ring Toss (GLWD) 1:30 Walk over to Dalton White Farms (O) 2:30 Bingo (GLWD) 3:45 Hand Masseges (RR)	2:30 Entertainment with Jack Coulson (C) 2	9:15 Pump it Up! (GLWD) 3 2:00 Catholic Church Service (CH) 3:00 Washer Toss (GLWD) 6:30 Roy Orbison Live in Concert on TV (GLWD)	10:15 Movement Matters (GLWD) 4 2:00 Daily Chronicles (GLWL) 3:00 Bean Bag Toss (GLWD) 6:30 Karaoke (CH)	2:30 Bingo (GLWD) 5
2:30 Hymn Sing (CH) 6 3:30 Trivia! (CH)	Labour Day 7 10:15 Walks & Talks (RR) 11:00 Would You Rather? Labor Day Edition (GLWL) 2:00 Bowling (GLWD) 3:45 Around the Harvest Table (GLWD)	10:15 Hang Man (GLWD) 8 11:00 Ladder Ball (GLWD) 2:00 Art & Crafts (GLWD) 3:45 Hand Masseges (RR) 6:30 Community Bingo (GLWD)	10:00 Lunch at Hidden Acres (O) 9 10:30 Discussion Group (CH)	9:15 Get Energized (GLWD) 10 2:30 Wood Working with Bill (GLWD) 3:45 Hand Masseges (RR) 6:30 Pat Benatar Live in Concert on TV (GLWD)	10:15 Stretching Class (GLWD) 11 2:30 Music with Susie Q (CH)	10:15 Daily Chronicles (GLWL) 12 11:00 Boccia Ball (GLWD) 2:30 Bingo (GLWD) 3:45 Outdoor Walks/Wheels (C)
10:15 EZ Does It Trivia (GLWL) 13 11:00 Frisbee Toss (GLWD) 2:30 Hymn Sing (CH) 3:45 Hand Masseges (RR)	Apple Fest Week (Vari) 14 10:15 Walks & Talks (RR) 11:00 Art & Crafts Apple Themed (GLWD) 2:00 Bowling (GLWD) 3:45 Around the Harvest Table (GLWD)	Apple Fest Week (Vari) 15 9:15 Get Energized (GLWD) 10:15 Apple Trivia (GLWL) 11:00 Ring Toss (GLWD) 2:30 Bingo (GLWD) 3:45 Hand Masseges (RR)	Apple Fest Week (Vari) 16 11:00 Lunch at Boston Pizza (O)	Apple Fest Week (Vari) 17 Lost and Found (CH) 9:15 Pump it Up! (GLWD) 2:30 Melody Makers (CH) 3:45 Apple Baking (GLWD) 6:30 Floor Hockey (GLWD)	Apple Fest Week (Vari) 18 10:00 Walk to Wellness (P) 10:15 Movement Matters (GLWD) 2:00 Apple Festival! (B) 6:30 Apple Themed Karaoke! (CH)	2:30 Bingo (GLWD) 19
2:30 Hymn Sing (CH) 20 3:30 Trivia! (CH)	10:15 Walks & Talks (RR) 21 11:00 Art & Crafts (GLWD) 2:00 Bowling (GLWD) 3:45 Around the Harvest Table (GLWD)	First Day of Autumn 22 10:15 '70s TV Character Guess Who? (GLWL) 11:00 Ladder Ball (GLWD) 2:30 Bingo (GLWD) 3:45 Hand Masseges (RR)	10:30 Church Service with Chaplain Peggy (CH) 23 11:00 Manicures (RR) 2:30 Hawaiian Social (CH) 3:30 Casino Slots (CH)	9:15 Get Energized (GLWD) 24 2:00 Trivia (GLWL) 3:00 Axe Throwing (GLWD) 6:30 Toby Keith Live in Concert on TV (GLWD)	10:15 Stretching Class (GLWD) 25	10:15 Daily Chronicles (GLWL) 26 11:00 Boccia Ball (GLWD) 2:30 Bingo (GLWD) 3:45 Outdoor Walks/Wheels (C)
10:15 1970s Trivia (GLWL) 27 11:00 Frisbee Toss (GLWD) 2:30 Hymn Sing (CH) 3:45 Hand Masseges (RR)	10:15 Walks & Talks (RR) 28 11:00 Remembering 1970s Hits (GLWD) 2:00 Bowling (GLWD) 2:00 Discussion & Donuts with Chris Gill (CH) 3:45 Around the Harvest Table (GLWD)	9:15 Get Energized (GLWD) 29 10:15 Hang Man (GLWD) 11:00 Ring Toss (GLWD) 2:30 Bingo (GLWD) 3:45 Hand Masseges (RR)	2:30 Birthday Party with Ken L (HWDR) 30	Locations Legend Gold Leaf Walk Dining Room (GLWD) Chapel (CH) Resident Room (RR) Gold Leaf Walk Lounge (GLWL) Various Locations (Vari) Outing (O) Courtyard (C) Parking Lot (P) Bistro (B) Harvest Way Dining Room (HWDR)		