



September 2026

Sandy Fields

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Please reach out to Fisayo or Pam with any Program Suggestions or Ideas		9:15 Pump it Up! (SFDR) 1 10:15 Montessori (SFDR) 11:00 Active Games (SFDR) 1:30 Walk over to Dalton White Farms (O) 2:30 Bingo (GLWD) 4:00 Around the Harvest Table (SFDR)	9:15 Body Balance (SFDR) 2 1:30 hand Massage (RR) 2:30 Entertainment with Jack Coulson (C) 4:00 Outdoor Walks/Wheels (C) 6:30 Balloon Badminton (SFDR)	9:15 Get Energized (SFDR) 3 2:00 Catholic Church Service (CH) 3:00 Axe Throwing (SFDR) 4:00 Coloring (SFDR) 6:30 Sing Along (SFL)	9:15 Stretching Class (SFDR) 4 3:00 Bowling (QLDR) 6:30 Karaoke (CH)	10:15 Baking (SFDR) 5 11:00 Card Games (SFDR) 2:30 Bingo (GLWD) 4:00 Outdoor Walks/Wheels (C)
10:15 Ladder Ball (SFDR) 6 11:00 Word Fun (SFDR) 2:30 Hymn Sing (CH) 3:30 Trivia! (CH)	Labour Day 7 10:15 Seating Yoga (SFDR) 11:00 Manicures (RR) 3:00 Rock Painting (SFDR)	2:00 Coloring Apples (SFDR) 8 3:00 Parachute Game (SFDR) 4:00 Bistro Visits (B) 6:30 Community Bingo (GLWD)	9:15 Body Balance (SFDR) 9 10:00 Lunch at Hidden Acres (O) 10:30 Discussion Group (CH) 1:45 Baking (SFDR) 3:00 Dance Club (SFDR) 4:00 Card Games (SFDR) 6:30 Refreshments On The Patio (SA)	10:15 Ring Toss (SFDR) 10 11:00 Sing Along (SFDR) 1:30 Wood Working with Bill (QLDR) 3:00 Bean Bag Toss (SFDR) 3:45 Hand Masseges (RR)	10:00 Montessori (SFDR) 11 11:00 Cut And Paste! (SFDR) 2:30 Music with Susie Q (CH) 6:30 Meditation (SFDR)	1:45 Reader's Corner (SFDR) 12 2:30 Bingo (GLWD) 4:00 Manicures (SFDR) 6:30 Sing Along (SFL)
1:45 Daily Chronicles (SFDR) 13 2:30 Hymn Sing (CH) 4:00 Dance Club (SFDR) 6:30 Apple Fest Decor Craft! (SFDR)	Apple Fest Week (Vari) 14 10:15 Zumba Dance (SFDR) 11:00 Around the Harvest Table (SFDR) 1:45 Montessori (SFDR) 3:00 Frisbee Toss (SFDR)	Apple Fest Week (Vari) 15 9:15 Pump it Up! (SFDR) 10:15 1:1 Visit (RR) 11:00 Balloon Badminton (SFDR) 2:30 Bingo (GLWD) 4:00 Outdoor Walks/Wheels (C)	Apple Fest Week (Vari) 16 9:15 Body Balance (SFDR) 11:00 Lunch at Boston Pizza (O) 2:00 You be the Judge (SFDR) 3:00 Apple Bowling (QLL) 6:30 Sing Along (SFL)	Apple Fest Week (Vari) 17 Lost and Found (CH) 9:15 Get Energized (SFDR) 1:30 Bistro Visits (B) 2:30 Melody Makers (CH) 4:00 Montessori (SFDR) 6:30 Baking Apple Muffins (SFDR)	Apple Fest Week (Vari) 18 9:15 Stretching Class (SFDR) 10:00 Walk to Wellness (P) 2:00 Apple Festival! (B) 4:00 Reader's Corner The Story Of Johnny Apple Seed! (SFDR) 6:30 Apple Themed Karaoke! (CH)	10:15 Armchair Travel (SFDR) 19 11:00 Manicures (RR) 2:30 Bingo (GLWD) 4:00 1:1 Visit (RR)
10:15 Zumba Dance (SFDR) 20 11:00 Word Fun (SFDR) 2:30 Hymn Sing (CH) 3:30 Trivia! (CH) 4:00 Doll Care (RR)	10:15 Floor Hockey (SFDR) 21 11:00 Card Games (SFDR) 1:45 Colouring (SFDR) 3:00 Bean Bag Toss (SFDR)	First Day of Autumn 22 1:30 1:1 Visit (RR) 2:30 Bingo (GLWD) 4:00 Around the Harvest Table (SFDR) 6:30 Sing Along (SFDR)	9:15 Body Balance (SFDR) 23 10:30 Church Service with Chaplain Peggy (CH) 2:30 Hawaiian Social (CH) 3:30 Casino Slots (CH) 4:00 Coconut Cream Hand Massage! (SFDR) 6:30 Blue Hawaii Movie & Munchies! (SFL)	10:15 Seating Yoga (SFDR) 24 11:00 Group Puzzling (SFDR) 1:45 Card Games (SFDR) 3:00 Frisbee Toss (SFDR)	10:00 Dance Club (SFDR) 25 11:00 Montessori (SFDR) 3:00 Bowling (QLDR) 4:00 Manicures (RR) 6:30 Meditation (SFDR)	1:30 Around the Harvest Table (SFDR) 26 2:30 Bingo (GLWD) 4:00 Reader's Corner (SFDR) 6:30 Sing Along (SFL)
1:30 Dance Club (SFDR) 27 2:30 Hymn Sing (CH) 4:00 Reader's Corner (SFDR) 6:30 Crafters Corner (SFDR)	10:15 hand massages (RR) 28 11:00 Ladder Ball (SFDR) 1:45 Trivia (SFDR) 2:00 Discussion & Donuts with Chris Gill (CH) 3:00 Sing Along (SFDR)	9:15 Pump it Up! (SFDR) 29 10:15 Zumba Dance (SFDR) 11:00 Floor Hockey (SFDR) 1:30 Around the Harvest Table (SFDR) 2:30 Bingo (GLWD) 4:00 Outdoor Walks/Wheels (SFDR) 6:30 Baking (SFDR)	9:15 Body Balance (SFDR) 30 9:45 Montessori (SFDR) 10:45 Cut & Paste! (SFDR) 2:30 Birthday Party with Ken L (HWDR) 4:00 Manicures (RR) 6:30 Hang Man (SFDR)	<u>Locations Legend</u> Sandy Fields Dining Room (SFDR) Chapel (CH) Resident Room (RR) Gold Leaf Walk Dining Room (GLWD) Sandy Fields Lounge (SFL) Various Locations (Vari) Courtyard (C) Outing (O) Quance Lane Dining Room (QLDR) Bistro (B) sandy Fields main balcony (SA) Quance Lane Lounge (QLL) Parking Lot (P) Harvest Way Dining Room (HWDR)		