

If you have any questions please reach out to your
Annandale Heights Rec Team
Leah or Nisha

Please note programs may change at times. See
Recreation board for any cancellations.

September 2026

Annandale Heights



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:45 Manicures - RR 1 2:00 Travelogue - Wonders of France 3:15 Horseraces	9:00 1:1 Visits RR 2 10:45 Reminiscing-Back to School 2:00 Bowling 3:00 Colour the World 6:15 Chair Yoga	9:45 Pump it UP AHDR 3 2:00 Bingo 3:15 Guided Imagery 6:15 Balloon Badminton	1:15 Room Visits 4 2:00 Shuffleboard 3:15 Word Games 6:15 Card Bingo	GET OUTSIDE DAY 5 9:30 Courtyard walks 10:45 Ball Toss 2:00 Name that Sound-Courtyard 3:30 Baking Club
10:45 Chicken Soup Stories 6 10:45 Chair Yoga -Chapel 2:00 Church Service - Chapel 3:30 Puzzles	LABOUR DAY 7 2:00 Bingo 3:45 All about Professions 6:15 Miss Polly	2:00 Travelogue - Aquarium 8 3:15 Garden Club 6:15 Tai Chi and Aromatherapy	10:00 Fact or Fiction? 9 10:30 Trivia Group 2:00 Guess the word 3:00 Hand Massage 3:30 1:1 Visits	9:45 Devotional/Bible Study 10 9:45 Pump it UP- AHDR 10:45 Puzzles 2:00 Bingo 3:15 Poetry Club	9:45 Dear Abby 11 10:30 Collaborative Art Project with Daycare 2:00 1:1 Visits	2:00 Chair Yoga 12 3:15 Cards - your choice 3:45 Outdoor Walks 6:00 Pass the Ball : Stop the Music
2:00 Church Service - Chapel 13 3:30 Puzzles 6:15 EZ Trivia	9:45 Guided Meditation 14 10:45 Chicken Soup 2:00 Bingo 3:00 Donuts & Discussion	9:45 Origami 15 10:45 Resident Council 1:15 Pump it UP-AHDR 2:00 Butterfly Art 3:30 Move & Groove	9:00 1:1 Visits RR 16 10:30 Guided Imagery 2:00 Bowling 3:15 Short Stories 6:15 Hymn Sing	9:45 Pump it UP-AHDR 17 2:00 Bingo 3:15 Poetry Club 6:15 Quigong	9:45 PEOPLECARE COMMUNITY WALK TO WELLNESS 18 1:15 Pump it UP-AHDR 1:30 1:1 Visits 2:00 Sunset Painting	9:30 Zumba 19 10:45 Hangman 2:00 Jokes and Riddles 3:00 Manicures and Hand Massage
9:45 EZ Trivia 20 10:45 Chair Yoga -Chapel 2:00 Church Service - Chapel 3:30 Puzzles	2:00 Bingo 21 3:15 Beach ball Volleyball 6:00 Movie - TBD	1:15 Pump it UP-AHDR 22 2:00 Birthday Party- Cafe 3:15 Tai Chi and Aromatherapy 6:15 Singalong	10:00 Fact or Fiction? 23 2:00 1:1 Visits 3:15 Music in the Courtyard	9:45 Devotional/Bible Study 24 9:45 Pump it UP-AHDR 10:45 Shuffleboard 2:00 Bingo 3:15 Poetry Club	9:45 Manicures and Hand Massage 25 10:45 Dear Abby 1:15 Pump it UP- AHDR 2:00 Zumba 3:15 Youtube Concert - Dolly Parton	10:30 Making Candy Bags 26 2:00 Jeopardy 3:15 Trivia / Discussion Group 6:00 Pass the Ball : Stop the Music
2:00 Church Service with New Hope - Chapel 27 3:30 Puzzles 6:15 EZ Trivia	OKTOBERFEST 28 Happy Birthday Denis 9:45 Pictionary 10:45 1:1 Visits 10:45 Cards - AHL 2:00 Oktoberfest Music with Archie and Jim 6:30 All about Oktoberfest-Chanel	9:45 Curling 29 10:45 Jokes and Riddles 1:15 Pump it UP-AHDR 2:00 Garden Club 3:15 Tai Chi and Aromatherapy 6:15 Paint Night - Cafe	TRUTH & RECONCILIATION DAY 30 Wear an Orange Shirt Today 9:00 1:1 Visits RR 9:30 Selling Candy Bags to support local Indigenous Organization 11:30 Indigenous Music Appreciation 2:00 Sun & Stretch			