

If you have any questions please reach out to your  
Lisgar Shores Rec Team  
Jenn or Amy

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

# September 2026

## Lisgar Shores



| Sunday                                                                                                                                                   | Monday                                                                                                                                                                                                | Tuesday                                                                                                                                                                       | Wednesday                                                                                                                                                                                                           | Thursday                                                                                                                             | Friday                                                                                                                               | Saturday                                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                          |                                                                                                                                                                                                       | 9:30 1:1 Visits <b>1</b><br>9:45 Pump it UP LSDR<br>10:45 Manicures - RR<br>1:15 Board Games<br>2:00 Ball Toss<br>3:45 Chair Yoga                                             | 9:00 1:1 Visits RR <b>2</b><br>10:00 Hymn Sing- Chapel<br>2:00 Mexican Train<br>6:30 Sing and Smile!                                                                                                                | 9:45 Mindful Moments - Meditation Class <b>3</b><br>10:45 Trivia Time<br>2:00 Bingo<br>3:30 Hand Massages<br>6:30 Devotions - Chapel | 1:00 1:1 Visits <b>4</b><br>2:00 Google it Game<br>3:00 Bowling<br>6:15 Name that Sound/Tune                                         | GET OUTSIDE DAY <b>5</b><br>9:45 Balloon Badminton - Courtyard<br>10:45 Outdoor Walks<br>2:00 Name that Sound- Courtyard<br>3:45 Pieces in the Breeze! |
| 10:30 Creative Corner <b>6</b><br>10:45 Chair Yoga -Chapel<br>2:00 Church Service - Chapel<br>3:30 Connect 4                                             | LABOUR DAY <b>7</b><br>9:45 Remember When? Labor Day Trivia<br>10:45 A Walk Down Memory Lane<br>2:00 Bingo<br>3:45 Name that 'Tool'                                                                   | 9:30 1:1 Music Therapy <b>8</b><br>10:45 Coffee and Conversation<br>1:30 Balloon Badminton<br>3:30 Book Club                                                                  | 9:45 Think, Match and Sort! <b>9</b><br>10:45 Shuffleboard<br>1:30 Songs we Love!<br>2:45 Creative Corner<br>3:45 Friendly Visits                                                                                   | 1:15 Memory Match <b>10</b><br>2:00 Bingo<br>3:45 Manicures/Hand Massages<br>6:15 Tales around the Table                             | 10:30 Collaborative Art Project with Daycare <b>11</b><br>1:15 1:1 Montessori<br>2:00 Men's Club<br>3:00 Bowling<br>6:15 Bible Study | 1:15 Friendly Visits <b>12</b><br>2:30 Balloon Badminton<br>3:45 Name, Place, Animal, Thing!<br>6:15 Reminiscing Circle                                |
| 1:15 Brain Boosters <b>13</b><br>2:00 Church Service - Chapel<br>3:45 Recreation Exercise Programs<br>3:45 Zumba Class<br>6:15 Karaoke Night             | 9:45 Colorful Creations <b>14</b><br>10:45 1:1 Music Therapy<br>2:00 Bingo<br>3:30 Pump it UP- LSDR<br>3:45 Moments of Grace                                                                          | 9:15 Friendly Visits <b>15</b><br>9:45 Pump it UP-LSDR<br>10:45 Resident Council<br>2:00 Butterfly Art<br>3:45 Hymn Sing                                                      | 9:00 1:1 Visits RR <b>16</b><br>10:00 Bible Study- Biblical Food LSDR<br>11:00 Helping Hands<br>2:00 Paper Blooms Craft<br>6:15 Balloon Toss                                                                        | 9:30 Hymn Sing <b>17</b><br>10:45 Connect 4<br>1:15 Pump it UP- LSDR<br>2:00 Bingo<br>3:45 Stories to Share!                         | 9:45 PEOPLECARE COMMUNITY WALK TO WELLNESS <b>18</b><br>2:00 Sunset Painting<br>3:30 Bowling<br>6:15 Scripture Art                   | 9:30 Zumba <b>19</b><br>10:45 1:1 Montessori<br>1:15 Match the Cards!<br>2:30 Shuffleboard<br>3:45 Word Fun                                            |
| Happy Birthday Ross <b>20</b><br>9:15 Bible Trivia<br>10:45 Chair Yoga -Chapel<br>1:15 Friendly Visits<br>2:00 Church Service - Chapel<br>3:45 Ball Toss | 9:15 1:1 Montessori <b>21</b><br>10:30 Move and Groove!<br>1:15 Friendly Visits<br>2:00 Bingo<br>3:30 Pump it UP- LSDR<br>3:45 Reminiscing Circle                                                     | 9:15 Manicures/Hand Massages <b>22</b><br>9:45 Pump it UP-LSDR<br>10:30 Colouring Group<br>2:00 Birthday Party- Cafe<br>3:45 Recreation Exercise Programs                     | 9:15 I Had One of Those! <b>23</b><br>10:15 Coffee and Conversation<br>1:15 Touch2Play Visits<br>2:30 Balloon Badminton<br>3:45 1:1 Montessori                                                                      | 1:15 Hangman <b>24</b><br>1:15 Pump it UP- LSDR<br>2:00 Bingo<br>3:30 Sing Along<br>6:15 Outdoor Walks                               | 10:30 Making Candy Bags <b>25</b><br>1:15 5 - Minute Crafts<br>2:00 Its Patio Time!<br>3:00 Bowling<br>6:15 Youtube Concerts         | 1:15 Friendly Visits <b>26</b><br>2:00 Jeopardy<br>3:45 Move and Groove!<br>5:00 Name that Tune                                                        |
| 1:15 Sort it Out! <b>27</b><br>2:00 Church Service with New Hope - Chapel<br>3:45 Courtyard Visits<br>6:15 Shuffleboard                                  | OKTOBERFEST <b>28</b><br>9:30 Making German Apple Cake<br>2:00 Oktoberfest Music with Archie and Jim<br>3:30 Pump it UP- LSDR<br>3:45 Oktoberfest Celebrations!<br>6:30 All about Oktoberfest- Chapel | 9:15 Four Seasons Art! <b>29</b><br>9:45 Pump it UP-LSDR<br>10:30 Outdoor Wheels/Walk<br>1:30 Finish the Scripture<br>3:45 Manicures/Hand massages<br>6:15 Paint Night - Cafe | TRUTH & RECONCILIATION DAY <b>30</b><br>Wear an Orange Shirt Today<br>9:00 1:1 Visits RR<br>9:30 Selling Candy Bags to support local Indigenous Organization<br>10:15 Stories of Resilience<br>1:15 Friendly Visits |                                                                                                                                      |                                                                                                                                      |                                                                                                                                                        |