

If you have any questions please reach out to your
Tillson Ave. Rec Team
Lovedeep or Manveen

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

September 2026

Tillson Ave

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1:00 Board Games 2:00 Ball Toss 3:00 1:1 Visits 6:15 Singalong1	1:00 Hymn Sing 2:00 Nail session 3:00 Colour the World 6:15 Walk and Talk2	1:00 Short Stories 2:00 Bingo 3:00 Outside Walks 6:15 Balloon Badminton3	9:15 Trivia 9:45 Pump it UP TADR 10:15 Doll Therapy 2:00 Board Games 3:00 Hand Massage4	GET OUTSIDE DAY 9:45 Balloon Badminton - Courtyard 2:00 Name that Sound- Courtyard 3:30 Patio Visits5
9:15 Dr. Abbey 10:45 Chair Yoga -Chapel 2:00 Church Service - Chapel6	LABOUR DAY 10:00 Labour Day Who What Where TAD 1:00 Color Coat Service 2:00 Bingo 3:00 Songfest 6:15 Reading Circle7	1:00 Friendly Visits 1:15 Four in a Row 2:00 Painting 6:15 Balloon Volleyball8	9:30 Playing with Words 10:30 Trivia Group 2:00 Easygoing Walking 3:00 Hand Massage9	9:15 Hand Massages 10:45 Reminiscing-Back to School 2:00 Bingo 3:30 Hymn Sing10	10:30 Collaborative Art Project with Daycare 1:15 Doll Therapy 2:00 Guided Imagery 3:00 Helping Hands 6:00 Movie Night11	9:30 Hand Grooming 10:30 Tabletop Games 2:00 Sing-along 3:00 Bowling12
9:30 Window Visits 10:30 Crafts 2:00 Church Service - Chapel 3:00 Reading Group13	10:45 Cards - TADR 1:15 Pump it UP-TADR 2:00 Bingo 3:00 Donuts & Discussion14	10:45 Resident Council 1:00 Manicures 2:00 Butterfly Art 3:00 Room Visits 6:15 Docudrama15	9:45 Pump it UP- TADR 1:00 Colouring Corner 2:00 Word Fun 3:00 Sensory Visits 6:15 Trivialities16	1:00 Fictional Stories 2:00 Bingo 3:00 Outside Walks 6:15 Balloon Badminton17	9:45 PEOPLECARE COMMUNITY WALK TO WELLNESS 1:00 Singalong 2:00 Sunset Painting 3:00 Doll Therapy18	10:45 News & Views 2:00 Mexican Train 8:00 Sports Trivia19
10:45 Chair Yoga -Chapel 2:00 Church Service - Chapel 3:30 Connect Four20	1:15 Pump it UP-TADR 2:00 Bingo 3:00 Color Coat Service 6:15 Music and Movement21	1:00 Hymn Sing 2:00 Birthday Party- Cafe 3:00 Room Visits 6:15 Painting the Flowers22	9:30 EZ Trivia 9:45 Pump it UP- TADR 10:30 Morning Talks 2:00 Word Games 3:00 Colouring Group23	Happy Birthday Pam 9:30 Morning Stretch 2:00 Bingo 8:00 Manicures24	9:45 Pump it UP-TADR 1:00 Friendly Visits 2:00 Songfest 3:00 Doll Therapy 6:15 Craft Time25	9:15 Hand Massages 10:30 Making Candy Bags 2:00 Jeopardy 3:00 Outdoor Strolls26
9:30 Window Visits 10:30 Reading Circle 2:00 Church Service with New Hope - Chapel 3:00 Craft Time27	OKTOBERFEST 1:15 Pump it UP-TADR 2:00 Oktoberfest Music with Archie and Jim 6:30 All about Oktoberfest- Chapel28	1:00 Room Visits 2:00 Bowling 3:00 Devotion 6:15 Paint Night - Cafe29	TRUTH & RECONCILIATION DAY Wear an Orange Shirt Today 9:30 Selling Candy Bags to support local Indigenous Organization 9:45 Pump it UP- TADR 1:00 Walking and Talking 2:00 Learning about Truth & Reconciliation 3:00 Trivia about the Day 6:00 Playing with Words30			