

If you have any questions please reach out to your Turtle's Rest Rec Team
Ravneet

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

September 2026

Turtle's Rest

peopleCare communities

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 Active Games-TRD 1 10:45 Manicures - RR 2:00 Dancing to Country Tunes -TRL 3:30 Riddles-TRL	9:00 1:1 Visits RR 2 9:45 Pump it UP TRDR 10:00 Hymn Sing- Chapel 2:00 Painting Group 3:30 Busy Hands	2:00 Bingo 3 3:30 Outdoor Walks 6:30 Short Stories-TRL	2:00 Exercise Group 4 3:30 Puzzles 6:30 Helping Hands -TRDR	GET OUTSIDE DAY 5 9:45 Colouring Group -TRL 3:00 1:1 Outdoor Walks
2:00 Church Service - Chapel 6 3:30 Connect 4-LSDR	LABOUR DAY 7 9:45 Five Clues- What job is it? 10:45 1:1 Visits 2:00 Bingo 3:30 Crazy Eight - TRL	10:00 Active Games-TRD 8 10:45 Manicures 2:00 Singalong 3:30 EZ Trivia	9:45 Pump it UP- TRDR 9 2:00 Word Games 3:30 Travelogue- TRDR 6:30 Would you rather? -TRDR	2:00 Bingo 10 3:30 Puzzles 6:30 EZ Trivia -TRL	9:45 Chicken soup for the soul- TRL 11 2:00 Rhyme Rhyme Wrong - TRDR	9:45 Sunrise Stretch 12 2:00 Hymn sing-TRDR 3:30 Matching Cards- TRL
9:45 Fact or Fiction?- TRL 13 10:45 Gentle Fit- TRDR 2:00 Church Service - Chapel 3:30 Walk and Talk	9:45 Amazing Animal Facts- TRL 14 10:45 Monthly Gazette 2:00 Bingo 3:00 UNO -TRL	10:00 Active Games-TRD 15 10:45 Resident Council 2:00 Social visits 3:30 Pump it UP-TRDR	9:00 1:1 Visits RR 16 2:00 Balloon Volleyball - TRDR 3:30 Pump it UP- TRDR	2:00 Bingo 17 3:30 Bookmarks and memories- TRDR 6:30 Scattegories -TRL	9:45 PEOPLECARE COMMUNITY WALK TO WELLNESS 18 2:00 Name 5-word game 3:30 Junk drawer detective- TRL 6:30 Art Adventure -TRDR	2:00 Card Games 19 3:30 Exercise Group- TRDR 6:30 1:1 Visits
2:00 Church Service - Chapel 20 3:45 Ball Toss LSDR	9:45 Gentle Fit- TRDR 21 10:45 Singalong -TRDR 2:00 Bingo 3:30 1:1 Visits	10:00 Active Games-TRD 22 10:45 Manicures 2:00 Birthday Party- Cafe 3:30 Pump it UP-TRDR	1:15 Hand Massages 23 2:00 Bowling- TRDR 3:30 Board Games 6:30 Helping Hands -TRDR	2:00 Bingo 24 3:30 Name Eight- TRDR 6:30 Montessori	9:45 Bible Study 25 10:45 Obie- Sensory 2:00 Balloon Badminton- TRDR 3:30 Singalong with Suzie	9:45 Balcony Social 26 10:45 Tai Chi- TRDR 2:00 Rock Painting-TRDR 3:30 Think And Link- TRL
9:45 Cup Knockdown- TRDR 27 2:00 Church Service with New Hope - Chapel 3:30 Outside walks	OKTOBERFEST 28 10:30 Oktoberfest Colouring Group 2:00 Oktoberfest Music with Archie and Jim 3:30 Name that flower- TRL	10:00 Active Games-TRD 29 10:45 Reading Group 2:00 Pictionary- TRL 3:30 Pump it UP-TRDR	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			