

September 2026 Spruce Court Activities with Krystal

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		September 1 10:00 gentle therapy 1:00 physical games 2:00 Birthday social	September 2 9:00-11:00 Café 1:30 Table Games	September 3 Happy Birthday Tody Happy Birthday Margaret	September 4 10:00 Art 1:30 Music	September 5 8:00 Breakfast Club
September 6	September 7 Labour Day	September 8 10:00 Bingo 1:00 Physical Games 2:00 Travelogue	September 9 9:15 Country Drive with Norfolk Pinery 2:00 Music with Terry	September 10 2:00 Norview Choir Performance	September 11 9:30 Sing a long 1:30 Whitehorse Bowling	September 12
September 13	September 14 10:00 Bingo 1:30 Art Afternoon	September 15 9:30 Sing a long 1:00 Physical Games 2:00 Trivia	September 16 2:00 Celebration of life	September 17 930 Gentle Therapy 10:30 Mass 1:30 Name that Tune	September 18 10:00 Painting 1:15 Country Drive with Poplar Heights	September 19
September 20	September 21 9:30 Gentle Therapy 1:30 Whole Home Bingo	September 22 1:00 Physical Games 2:00 Music with Wally	September 23 10:00 Sing a Long 1:30 Petting Zoo	September 24 1:30 Games Afternoon 6:00 Name that Tune	September 25	September 26 10:30 Snoezelen 1:30 Apple Cider Donuts
September 27 10:00 Hymn Sing 2:00 Bingo	September 28	September 29	September 30	Exercise calendars are posted in the Resident home area.	One to One visit happens when Recreation is present.	Spruce Court Recreation Therapist is Krystal Warman

