












September 2024

The Palace Long-Term Care



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 Church Service on TV 1 10:30 Outdoor Strolls 2:00 Reading Group	Labour Day 2 10:45 Strolls off the floor 2:00 Bingo 	10:30 Rosary Reading (3rd) 3 2:00 School Days Discussion 	10:00 Whoga with Chloe Ann 4 11:00 Spiritual Moments 11:00 Massage 2:00 Coloring 2:00 Tea Tasting with Heather 3:30 Care for Sundowning/Balloon Toss 6:00 Soccer	10:30 Protestant Service 5 11:00 Hand Massage 2:00 Bingo 2:00 Forget me not Games 5:00 Order Out Night	10:00 Rosary Reading 6 10:00 Montessori Reading 2:00 Patio games	10:00 Beauty Spa 7 10:30 Whoga 2:00 Volleyball 4:00 Care for Sundowning/Sing Along
10:00 Church Service on TV 8 10:00 Beauty Spa 2:00 Reminiscing about our grandparents	10:30 Mass with Deacon John 9 10:45 Strolls off the floor 2:00 Bingo 3:00 Pause-Café 4:00 Care for Sundowning/Sing Along	10:30 Rosary Reading (3rd) 10 2:00 Entertainment with Quenneville Sisters 	11:00 Spiritual Moments 11 11:00 Massage 2:00 Arm Chair Travel to Mexico 2:00 Arts & Crafts 3:30 Care for Sundowning/Balloon Toss 6:00 Sandbags	10:30 Reminiscing 12 11:00 Hand Massage 2:00 Bingo 2:00 Forget me not Games 6:00 Story Time	10:00 Rosary Reading (2nd) 13 10:00 Montessori Activity 11:30 Corn on the Cob / BBQ with Bill & Jay 2:00 Outing to Tom's Pantry	10:00 Mind and body exercise 14 2:00 Entertainment with Peter K. 
9:30 Communion with Rosemary 15 10:00 Church Service on TV 10:30 Baking (Apple Crisp) 2:00 Afternoon tea	10:45 Strolls off the floor 16 2:00 Bingo 	10:30 Rosary Reading (3rd) 17 2:00 Trivia Time	11:00 Spiritual Moments 18 11:00 Massage 2:00 Birthday Party with Gérald Côté 3:30 Care for Sundowning/Balloon Toss 6:00 Tai Chi	10:30 Protestant Service 19 11:00 Hand Massage 2:00 Bingo 2:00 Forget me not Games 5:00 Order Out Night	10:00 Rosary Reading (2nd) 20 10:00 Montessori Activity 11:30 Corn on the Cob / BBQ with Bill & Jay 2:00 Outing to the Legion	10:00 Beauty Spa 21 10:30 Whoga 2:00 Horse Races 4:00 Care for Sundowning/Sing Along
First Day of Fall ! 22 10:00 Church Service on TV 10:00 Beauty Spa 2:00 Hymn Singalong 	10:00 Children's Visits 23 10:45 Strolls off the floor 2:00 Bingo 2:00 Computer Puzzle 4:00 Care for Sundowning/Sing Along	10:30 Rosary Reading (3rd) 24 2:00 Easy as 1--2-3	10:00 Sing a long with Chloe Ann 25 11:00 Spiritual Moments 11:00 Massage 2:00 Happy Hour with Robbie 3:30 Care for Sundowning/Balloon Toss 6:00 Basketball	10:30 Reminiscing 26 11:00 Hand Massage 2:00 Bingo 2:00 Forget me not Games 6:00 Board Games	10:00 Rosary Reading (2nd) 27 10:00 Montessori Activity 11:30 Corn on the Cob / BBQ with Bill & Jay 2:00 Outing to Tom's Pantry	10:30 Outdoor Strolls 28 2:00 Fall trivia 
9:30 Communion with Jackie 29 10:00 Church Service on TV 11:00 Balloon Toss 2:00 Movie Matinee	10:45 Strolls off the floor 30 2:00 Bingo 		The Daily Chronicle Daily One on One Short Visits Daily Music & Memory Daily Walk and Talk Monday-Tuesday-Thursday Outdoor Time may replace Activities Scheduled on			