



SEPTEMBER 2026



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30- Spelling Bee 10:30- Sit & Be Fit 1:15 – Horse Races 	2 9:00- Crib 10:30- Bible Study 11:30 – Lunch at the wooden Shoe! 	3 10:00- Walk Around the Block 11:30-Phoenix Buffet 1:00- Canasta 6:30- Bingo 	4 9:30 – Yahtzee 10:30- Sit & Be Fit 11:00 – Rocky Mountain House Fort 	5 2:00- Netflix- Movie Afternoon with Popcorn 
6 1:10PM - Standardbred Horse Races – Lacombe Track on 2 2pm Church Service (Bethany Sylvan Lake- 2nd floor Great Room)	7  OFFICE CLOSED	8 9:30 – Jeopardy 10:30- Sit & Be Fit 1:30 – Pictionary 2:30 – Bean Bag Toss 	9 9:00- Crib 10:30- Bible Study 1:15 – Mini Golf 2:15- Shuffleboard Bowling 	10 9:00- J & J Manicures & Hand Massages 1:00- Canasta 10:30- Library Cart 6:30- Bingo 	11 9:30 – Yahtzee 10:30- Sit & Be Fit 1:15 – Cover Your Number 2:15- Play Nine Golf 	12 1:15- Train Acres- Charity Train Ride (Benalto) (\$10.00/person- with all proceeds donated to Stollery and Alberta Children's Hospitals) 
13 2pm Church Service (Bethany Sylvan Lake- 2nd floor Great Room) 	14 10:00- Pet Therapy 1:15- Chase the Ace 6:30- Bingo 	15 9:30 – Hangman Game 10:30- Sit & Be Fit 1:15 – Western Bingo 	16 9:00- Crib 10:30- Bible Study 1:15- Resident Council Meeting	17 10:00- Walk Around the Block 1:00- Canasta 1:30- Downtown Errand Bus 6:30- Bingo 	18 9:30 – Yahtzee 10:30- Sit & Be Fit 2:00 – Entertainment by The Plaiders!! 	19 2:00- Netflix- Movie Afternoon with Popcorn 
20 2pm Church Service (Bethany Sylvan Lake- 2nd floor Great Room) 	21 10:00- Pet Therapy w/ Churros! 1:15- Chase the Ace 6:30- Bingo 	22 Pancake Breakfast 10:30- Sit & Be Fit 1:15 – Ladder Ball 2:15- Axe Throwing 	23 9:00- Crib 10:30- Bible Study 1:15 – KerPlunk 2:15- Horse Races 	24 10:00- Walk Around the Block 1:00- Canasta 10:30- Library Cart 6:30- Bingo 	25 9:30 – Yahtzee 10:30- Sit & Be Fit 1:30 – The Bakery in Spruce View! 	26 3pm Seventh Day Adventist Church Service (Bethany Sylvan Lake- 2nd floor Great Room) 
27 	28 10:00- Pet Therapy 1:15- Chase the Ace 6:30- Bingo 	29 September Birthday Party! 9:30 – Play 9 Golf 10:30- Sit & Be Fit 2:00 – September Birthday Party Celebration! 	30  OFFICE CLOSED Reconciliation Day			September Birthdays Doug R – 1 st Annie L – 10 th Kathryn S – 14 th Martha L – 24 th Bonita P – 26 th Bev J – 26 th Garry N – 26 th Myrna P – 28 th