



September 2026

La Résidence L'Alto - Independent Living



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:30 a.m. Memory Game 1:30 p.m. Big dice Game	10:30 a.m. Pool 1:30 p.m. Movie	10:30 a.m. Walking Club 1:30 p.m. Bookmobile	10:30 a.m. Exercises with weights 1:30 p.m. Bingo	1:30 p.m. Board Games Club
10:00 a.m. Mass at Radio-Canada	1:30 p.m. Push My Luck 	10:30 a.m. Exercises 1:30 a.m. Billiards	10:30 a.m. Memory Game 1:30 p.m. Bocce	10:00 a.m. Mary-Kay Shop 10:30 a.m. Walking Club	10:30 a.m. Exercises with weights 1:30 p.m. Bingo	1:30 p.m. Board Games Club
10:00 a.m. Mass at Radio-Canada	10:30 a.m. Exercises 1:30 p.m. DIY	1:30 p.m. Sound therapy 2:00 p.m. Karaoke with Abi	10:30 a.m. Memory Game	10:30 a.m. Walking club 1:30 p.m. Bookmobile	10:30 a.m. Exercises with weights 1:30 p.m. Bingo	1:30 p.m. Board Games Club
10:00 a.m. Mass at Radio-Canada	10:30 a.m. Exercises 1:30 p.m. DIY	10:30 p.m. Snakes & Ladders 1:30 p.m. Bowling	10:30 a.m. Bocce 1:30 p.m. Walking Club	10:30 a.m. Walking Club 3:00 p.m. Pet therapy	10:30 a.m. Exercises with weights 1:30 p.m. Bingo	1:30 p.m. Board Games Club
10:00 a.m. Mass at Radio-Canada	10:30 a.m. Exercises 1:30 p.m. Bocce	10:30 a.m. Memory Game	2:00 p.m. Monthly Birthdays 			