



September 2026

La Résidence L'Alto - Care Unit



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		3:00 p.m. Exercises 1	1:30 p.m. Movie 2	1:30 p.m. Walking Club 3 1:30 Mobile Library	1:30 p.m. Bingo 4	5
10:00 a.m. Mass at Radio-Canada 6	7 	3:00 p.m. Exercises 8	02:00 p.m. Music with Marie-Jeanne 9	10:00 a.m. Mary-Kay Shop 10 1:30 a.m. Walking Club	2:30 p.m. Memory game with Roula 11	12
10:00 a.m. Mass at Radio-Canada 13	3:00 p.m. Ball game 14	1:30 p.m. Sound therapy 15	2:00 p.m. Karaoke with Abi 16	1:30 p.m. Walking Club 17	18	19
10:00 a.m. Mass at Radio-Canada 20	3:00 p.m. Ball game 21	22	2:00 p.m. Music with Marie-Jeanne 23	2:00 p.m. Pet therapy 24	2:00 p.m. Memory Game with Roula 25	26
10:00 a.m. Mass at Radio-Canada 27	3:00 p.m. Ball game 28	3:00 p.m. Exercises 29	2:00 p.m. Monthly Birthdays 30 			