



September 2026

Héritage Plateau



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00 a.m. Sandbags 1 1:30 p.m. Maple products tasting	10:00 a.m. Music therapy 2 1:30 p.m. Coloring	10:00 a.m. Basketball 3 1:30 p.m. Horse race	10:00 a.m. Exercise 4 1:30 p.m. Bingo	 5
11:00 a.m. Mass 6	10:00 a.m. 7 Documentary - Hawaii 1:30 p.m. Musical Memories	10:00 a.m. Sandbags 8 1:30 p.m. Apple pie tasting	10:00 a.m. Dancing 9 1:30 p.m. Coloring	10:30 a.m. Pet therapy 10 1:30 p.m. Corn roast 	12:00 p.m. Exercise 11 1:30 p.m. Bingo 7:00 p.m. Choir	 12
11:00 a.m. Mass 13	10:00 a.m. 14 Documentary - Russia 1:30 p.m. Musical Memories	10:00 a.m. Sandbags 15 1:30 p.m. Apple tasting	10:00 a.m. Music therapy 16 1:30 p.m. Coloring 2:30 Chair yoga	10:00 a.m. Basketball 17 1:30 p.m. Horse race	10:00 a.m. Exercise 18 1:30 p.m. Bingo	 19
11:00 a.m. Mass 20	10:00 a.m. 21 Documentary - France 1:30 p.m. Musical Memories	10:00 a.m. Music therapy 22 1:30 p.m. Cheese tasting	1:30 p.m. Coloring 23 2:30 Chair yoga	10:00 a.m. Pet therapy 24 1:30 p.m. Horse race	10:00 a.m. Exercise 25 1:30 p.m. Bingo	 26
11:00 a.m. Mass 27	10:00 a.m. 28 Documentary - Morocco 1:30 p.m. Musical Memories	10:00 a.m. Sandbags 29 11:30 p.m. Monthly Birthdays	10:00 a.m. Music Therapy 30 10:30 a.m. Coloring 11:30 a.m. Chair Yoga			