

News from Home



Gibson Family Health Care Newsletter — *Our family caring for your family*

September 2026

"September tries its best to have us forget summer." - Bernard Williams

Back to school

It's time to go back to school for many youth. Best of luck this school year!

Support Staff Week

We're celebrating the good work of our maintenance, dietary and housekeeping staff Sept. 14-18.

Fall in love with fall

Ontario in the fall transforms into a vibrant landscape of blazing reds, oranges, and golds, famously enjoyed on boat tours weaving through the Thousand Islands.

Resident Spotlight

Bev Lacharite has been to Disneyland more times than we can count. We thought it would be fun to capture her love of Disney, just as Winnie the Pooh celebrates 100 years next month. See details on Page 3.



THE GREAT
CARVETH

SPELLING BEE



*Test your words. Have some fun.
Everyone's a winner!*

TUESDAY, SEPT. 8
Literacy Day!

10:30 AM

**SUNSHINE
SENSORY ROOM**



*Come for the challenge,
stay for the smiles!*



Labour Day in Canada (Sept. 7, 2026) — is celebrated on one of the first Mondays in September. Traditionally Labour Day was an occasion to campaign for, and celebrate, workers' rights during parades and picnics organized by trade unions. These still play a role in Labour Day for some Canadians, but many people see the first Monday in September as an opportunity to take a late summer trip or enjoy the company of family & friends at picnics, fairs, festivals and fireworks displays.





The end of summer

Summer is almost behind us which means the dazzling colours of fall are almost here. Did you know that leaves change colour because they need a break after a summer of photosynthesizing (using sunlight to convert water and carbon dioxide into sugar). Sick trees often change colour and shed early, which means they don't have long to live .

The September Full Moon

This year, the full moon is Sept. 26. The September Full Moon is usually known as the Harvest Moon or the **Full Corn Moon** because it traditionally corresponds with the time of harvesting corn. It is also called the **Barley Moon** because this is the time to harvest and thresh ripened barley.

Meet our footcare provider

Have you met our footcare provider Brad James, RPN, of Family Foot Care? He has been with us for two years and can provide advanced footcare such as nail cutting, nail thickness reduction, fungal nail management, ingrown removal/prevention, callus reduction and corn removal. To arrange this service, please complete the form located at any nursing station.

"I used to love September, but now it just rhymes with remember." — **Dominic Riccitello**

Tell us what you think



Do you have a story idea or feedback?

Contact Catherine Reynolds at 613-382-4752 ext. 114 or catherinereynolds@gibsonfamilyhealthcare.com

Fun facts about September

According to the Georgian calendar, September is the ninth month. But, on the Roman calendar, it was the seventh month. September has had 29 days, and 31 days; but, since the time of the Emperor Augustus, it has had only 30 days. The Autumn Equinox is Sept. 22 .

To many ancient people, the waning of the light signaled death. For example, in Welsh mythology, this is the day of the year when the God of Darkness, Goronwy, defeats the God of Light, Llew, and takes his place as king of the world.

To this day in Japan, the equinox is celebrated by visits to the graves of family members, at which time offerings of flowers and food are made and incense is burned. The three days preceding and following the equinox are called "higan," or the "Other side of the River of Death."

The definition of a Harvest Moon is: the full moon closest to the fall equinox. The Harvest Moon was thus named because it rises within a half-hour of when the sun sets. In early days, when farmers did not have tractors, it was essential that they work by the light of the moon to bring in the harvest.

This moon is the fullest moon of the year. When you gaze at it, it looks very large and gives a lot of light throughout the entire night. No other lunar spectacle is as awesome as the Harvest Moon.

September is one of the warmest months in the Southern United States. Northern states have warm September days, but the nights get much cooler. It is also harvest time for crops. In Switzerland, September is called Harvest Month.

"By all these lovely tokens September days are here, with summer's best of weather and autumn's best of cheer."

Resident Spotlight

As Winnie-the-Pooh celebrates 100 years of friendship, imagination and adventure next month, it seems fitting to shine a spotlight on a couple who have spent decades embracing a little Disney magic of their own.

For Carveth Care Centre resident Bev Lacharite, Disney is much more than a place. It has been a lifelong passion — and a wonderful source of memories shared with her husband, Robert.

Bev first visited Walt Disney World in 1971, when the Florida resort consisted of just one park: Magic Kingdom. Over the decades that followed, she returned again and again, missing only about five or six years between that first visit and 2022, when the couple sold their Disney Vacation Club membership.

Robert admits that he enjoys Disney World almost as much as Bev does. “For us, you can forget about reality for a while and get lost in the imagination of the people who work there,” he says.

But Robert says there is another important part of the Disney experience that has kept them coming back: the people.

“One of the things that attracts us to Disney is the cast members,” Robert explains. “They are not called employees. They are known as cast members. Like Carveth, it is the people who work there every day that make the difference.”

That connection between Disney and Carveth is especially meaningful to Robert today. While the surroundings may be different, he sees the same kind of dedication in the people who care for Bev each day.

The couple has collected countless Disney memories over the years, but for Robert, one stands out above the rest: taking his father to Walt Disney World (WDW).

“I guess my favourite memory is taking my dad to WDW,” Robert recalls. “Bev and I had an 80-year-old child with us.”

Robert laughs when remembering how his father approached the Disney attractions. Rather than simply enjoying the rides, he was always trying to figure out exactly how they worked.

It is a perfect example of the sense of wonder that has kept Disney special for Bev and Robert for so many years.

Today, Bev is making new memories at Carveth Care Centre, a long-term care home in Gananoque where she has lived since March 13, 2026. Robert says there are good days and not-so-good days, but he is pleased with the care and kindness Bev has received.

“The staff has been very good with Bev,” he confirms.

And while life may look different now, the imagination and happy memories that have been such an important part of Bev and Robert’s lives, remain.

As Winnie-the-Pooh reaches the remarkable milestone of 100 years in October 2026, his enduring message about friendship, adventure and finding joy in the simple things seems especially appropriate for Bev and Robert.



Bev and Winie the Pooh



Enjoy clean glasses by the
Crystal clear cleaning crew
at Carveth Care Centre

Sept. 14 & 28
10:30 am




Keeping residents engaged and connected
at Carveth Care Centre
www.gibsonfamilyhealthcare.com



Residents' Council Meeting *Everyone welcome*

Sept. 15
2 pm



www.GibsonFamilyHealthCare.com



Karaoke with Carrie

SING-ALONG FUN AT
MAIN DINING ROOM, LTC
AT CARVETH CARE CENTRE
Join us at 2pm on Sept. 10th!
Everyone welcome!



COWBOY MARK

Sept. 24
2 pm

Main Dining Room
of LTC



PROGRESS
in Motion

LET'S TAKE A CLOSER LOOK AT THE
EXCITING REDEVELOPMENT OF OUR HOME!

WEDNESDAY MORNING WALKS
FOR RESIDENTS OF
CARVETH CARE CENTRE

EVERY WEDNESDAY
in August and
September

10:30 AM

**MEET AT THE
LONG-TERM CARE
MAIN LOBBY DOORS**



BUILDING TODAY FOR A BETTER TOMORROW.





Dear Ann: I have kept a copy of this essay since I saw it in your column. Will you print it again?

- Longtime Reader

Dear Reader: With pleasure. Here it is. It was written by Frank Laubach.

Life Begins at 80

I have good news for you. The first 80 years are the hardest. The second 80 are a succession of birthday parties.

Once you reach 80, everyone wants to carry your baggage and help you up the steps. If you forget your name or anybody else's name, or an appointment, or your own telephone number, or promise to be three places at the same time, or can't remember how many grandchildren you have, you need only explain that you are 80.

Being 80 is a lot better than being 70. At 70, people are mad at you for everything. At 80, you have a perfect excuse, no matter what you do. If you act foolishly, it's your second childhood. Everybody is looking for symptoms of softening of the brain.

Being 70 is no fun at all. At that age, they expect you to retire to a house in Florida and complain about your arthritis, and you ask everybody to stop mumbling because you can't understand them. (Actually, your hearing is about 50 per cent gone.)

If you survive until you are 80, everybody is surprised that you are still alive. They treat you with respect just for having lived so long. Actually, they seem surprised that you can walk and talk sensibly.

So, please, folks, try to make it to 80. It's the best time of life. People forgive you for anything.

If you ask me, life begins at 80.



Residents ventured to a nearby lemonade stand last month to support Sadie (Activity Aide Kelsey's niece) who was raising money for the Humane Society. We think this special girl is going places.

Celebrating Residents' Council Week



What is Residents' Council?

A Residents' Council is an independent, self-determining group made up of only residents of a long-term care (LTC)



home. The council is intended and designed to form the collective

voice of all residents who reside in the LTC home, whether or not they attend meetings. All residents have the right to participate in the Residents' Council.

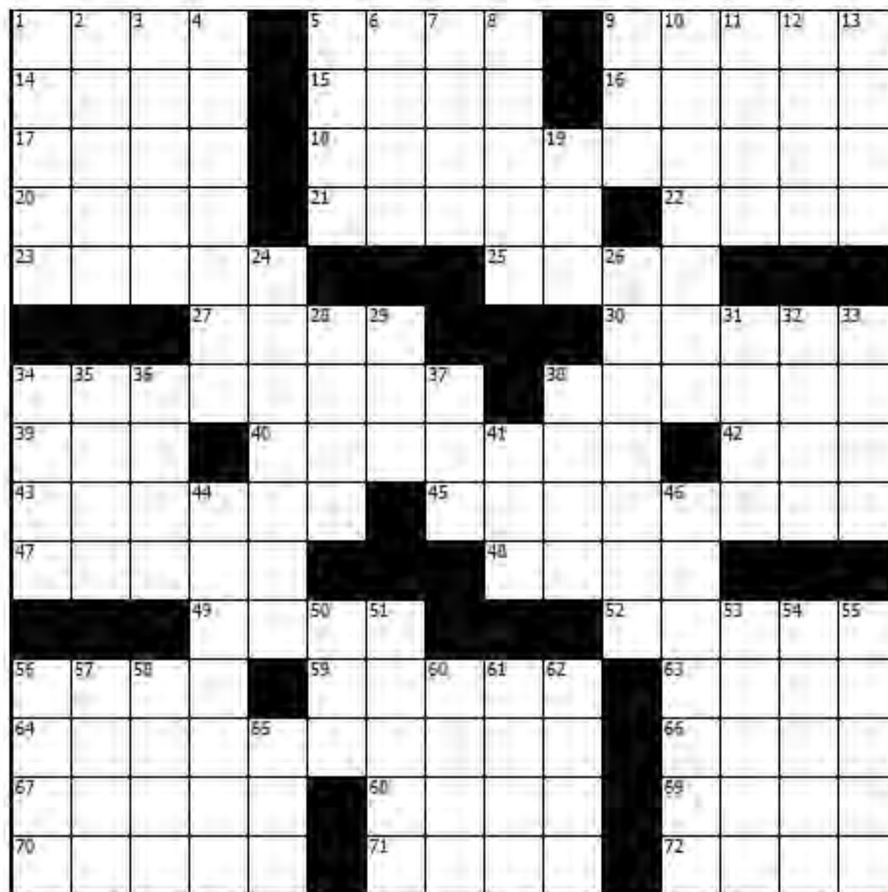
FOR RESIDENTS,
BY RESIDENTS

Sept. 14-20

The Carveth Crossword Puzzle

Across

1. Send out
5. Zipped
9. Infuriate
14. Extinct bird
15. She, to Pierre
16. Depart
17. Froster
18. Figured
20. Guy
21. Heavyweight Mike ____
22. Nevada city
23. Yarns
25. Part
27. Holland sight
30. Requested
34. Surprise
38. Canada's capital
39. Zodiac sign
40. Dancer Fred ____
42. ____-gallon hat
43. Nasal sounds
45. Appetizers
47. Furry swimmer
48. Cabbage salad
49. Tree juices
52. Malicious looks
56. Endure
59. Holdup
63. Leave
64. Restlessness
66. Fork prong
67. Ham it up
68. School gps.
69. Alternative word
70. Jotted down
71. Categorize
72. Not shallow



Down

1. Decree
2. Coffee variety
3. Flawless
4. Underwater weapon
5. Religious group
6. Romp
7. Building wings
8. Room theme
9. Everybody
10. Least distant
11. Fence door
12. Flat
13. Decorator's advice
19. Numero ____
24. Singer Frank ____
26. Type of football pass
28. Mistletoe payoff
29. Detroit time zone (abbr.)
31. Model ____ Moss
32. Wide-spouted pitcher
33. Rather and Quayle
34. As well
35. Mailed
36. Horn blast
37. Holds
38. Of the mouth
41. ____ a girl!
44. Tell again
46. Chirped
50. ____ Beta Kappa
51. Leaks slowly
53. Banish
54. Remove soap
55. Make tea
56. Property right
57. Bullets, for short
58. Location
60. Involved with
61. "The Lion King" villain
62. Exam
65. Koppel or Williams

See someone doing a **GREAT** job?
Please inform your manager...
and nominate them for Employee of the Month



An employee appreciation program by
Gibson Family Health Care

Answers on Page 10

Happy birthday staff

Akanksha A, Sept. 5

Glory M, Sept. 6

Karen L, Sept. 8

Ramandeep K,

Sept. 8

Lisa S, Sept. 9

Elissa K, Sept. 17

Athira A, Sept. 18

Damanpreet K, Sept. 19

Elizabeth A, Sept. 23

Nimrat K, Sept. 24

Noito G, Sept. 25

Juanita S, Sept. 26

Asia A, Sept. 27

Trina S, Sept. 30

Happy birthday volunteers

Karel H, Sept. 1

John H, Sept. 21

Sharon M, Sept. 30



Diabetes and worker safety

Managing this chronic disease is crucial.

As the seventh leading cause of death in the nation, diabe-

tes can lead to heart disease, stroke, kidney disease, vision problems and lower limb amputation if not controlled.

So what are the implications for worker safety?

The blood of a person with diabetes has too much glucose, resulting in possible health issues. In people with type 1 diabetes, the pancreas makes little or no insulin, which is needed to turn sugar and other food into energy. With type 2 diabetes – the most common type – the body improperly uses insulin, leading to abnormal blood glucose levels.

Concerns about worker safety focus mainly on hypoglycemia, a state of low blood glucose. Symptoms of hypoglycemia range from hunger and dizziness to confusion and unconsciousness. In contrast, hyperglycemia occurs when blood glucose is high because the body has too little insulin or is improperly using insulin, resulting in symptoms such as hunger, thirst and frequent urination. Left untreated, hyperglycemia can lead to diabetic coma.

Experts say that, regardless of type, an individual with diabetes can work safely as long as he or she can effectively control the disorder and perform the job's essential functions. "It's very dependent on the person's job duties," said Wendy Strobel Gower, an expert in the field.

"Diabetes can be very mild and it can be very significant. It really depends on how you experience it and how you manage it."

To learn more, go to diabetes.ca or call Diabetes Canada at **1-800-BANTING (226-8464)**



Celebrating the PEOPLE WHO MAKE OUR HOME SHINE

*Thank You to Our Environmental
and Support Services Teams!*

Your hard work, dedication and care
behind the scenes keep our homes clean,
safe, comfortable and welcoming
for everyone.

We see you, we appreciate you,
and we couldn't do it without you.

You make a difference every day!

**SUPPORT STAFF WEEK
SEPT. 14-18**

 Carveth
Care Centre

 HELEN
HENDERSON
Care Centre

Supported by
Gibson Family
Health Care



Life lessons that have stood the test of time

Life is now. We keep waiting for that amazing thing to happen in the future that will be the key to our happiness. But this is it. Right now. Life continues to be a series of right nows. So learn to love right now, and you'll have an amazing life.

Fear is an illusion (mostly). Most of the things we fear never happen. Or if they do happen, they are rarely as bad as we fear they will be. For most of us, fear is the worst thing that will happen to us. Reality isn't as painful.

Relationships rule. At the end of the day, what matters most are the people in our lives. Put them first every single day. Before work. Before the computer. Before your hobbies. Treat them like they are your everything. Because they are.

Debt isn't worth it. Nothing is more draining and humiliating than being in debt. Buying things you can't afford might give you a short-term buzz, but in the long run, it's extremely stressful. Spend below your means. Save money. Wait until you can afford it. Live free.

Your kids aren't you. You are the vessel to bring your children into the world and their caretakers until they can care for themselves. You can teach them, love them, and support them, but you can't change them. They are unique individuals who must live their own lives and learn from their own mistakes. Let them.

Things gather dust. Time and money spent accumulating material things will one day irritate you. You have to clean, maintain, store, and move stuff. The less stuff you have, the freer you are. Purchase mindfully. Simplify.

Fun is underrated. How much of your day is fun? Really fun life is short. You should enjoy it. Don't make things serious that don't have to be. Create more fun in your life. Don't worry about what other people think of your fun. Just enjoy it.

Failure is good. We try so hard to avoid failure, but failure is the real evidence that we've had the courage to try. If you avoid failure, you avoid taking action. Expect and accept that failure is part of the experience. Learn from it, grow from it, and move on.

Friendships need care. One of the top five regrets of the dying is that they let their friendships fade away. Friendships need time and attention. They need to be prioritized not just in word but in deed. Nurture them like a prized garden. The payoff is so worth it.

Prioritize experiences. The pleasure and positive memories afforded by great experiences far outweigh material things. If you're trying to decide between the new sofa or the family trip, take the trip every time. Save and plan for new adventures and meaningful experiences. Don't just dream about them — make them happen.

Anger isn't worth it. The feel-good release of anger lasts a few minutes. The repercussions last far longer. Regret, stress, and unhappiness are the by-products of angry outbursts. Learn healthier ways to communicate your feelings, and when anger arises, step away until it dissipates.

Kindness matters. Small expressions of kindness have an enormous positive impact on other people and on your own happiness.

It doesn't take much to be kind. Practice it every day, in every situation, until it's your natural way of being.

Age is a number. When you're twenty you think fifty is old. When you're fifty, you feel thirty. When you're seventy, fifty looks like adolescence. Our chronological age doesn't have to define us. Don't allow a number to hold you back or prevent you from being the person you are inside. Just be the person you are inside.

Vulnerability heals. Being real, open, and vulnerable invites people in and allows them to relate to you on a much deeper and more intimate level. Vulnerability, practiced with safe and loving people, can heal emotional pain and strengthen relationships. Let down your walls and connect. It's surprisingly liberating.

Posturing builds walls. Creating a persona to impress or shield yourself from pain diminishes intimacy and authenticity. People generally see through this, and it pushes them away. And you look like a fool.

Exercise is power. Exercise should be a daily priority for everyone. It makes you physically, mentally, and emotionally stronger. It improves your health and your outlook. It is the panacea for just about everything.



Dates to Remember

Sept. 7... Labour Day

Sept. 14 to 18...Support Staff Week

Sept. 30... Orange Shirt Day

Long-Term Care

Sept. 2...Teamific Quiz at 2 pm in Sunshine Sensory Room

Sept. 3...Live music by Chris Murphy at 2 pm in Main Dining Room

Sept. 4 to 7... Lost & Found

Sept. 8... Literacy Day w/ spelling bee at 10:30 am

Sept. 10...Karaoke with Carrie at 2 pm

Sept. 14 & 28...Crystal Clear Cleaning Crew at 10:30 am

Sept. 15...Residents' Council Meeting at 2 pm

Sept. 17...Birthday Diners' Club at noon

Sept. 23...Culture Club at 2 pm

Sept. 24...Music by Cowboy Mark in Main Dining Room at 2 pm

Retirement Lodge

Sept. 2...Teamific Quiz at 2 pm in Sunshine Sensory Room

Sept. 3...Music by Andy Clark at 2 pm in Dining Room

Sept. 4 to 7... Lost & Found

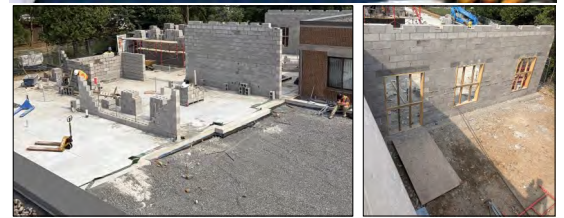
Sept. 8... Literacy Day w/ spelling bee at 10:30 am

Sept. 10...Music by Julia Moore at 2 pm in Dining Room

Sept. 14 & 28...Crystal Clear Cleaning Crew at 10:30 am

Sept. 17...Music by Vicki Spurrell at 2 pm in Dining Room

Sept. 23...Culture Club at 2 pm in Sunshine Sensory Room



The Carveth WORDSEARCH (Answers on Page 15)

Words meaning "Beautiful"

U	T	T	L	S	U	P	E	R	B	G	G	N	E
E	G	V	U	E	E	G	N	S	E	O	N	B	H
T	N	Q	L	N	G	N	I	S	G	R	I	E	C
I	I	L	E	B	L	I	S	A	R	G	L	W	U
S	R	O	L	W	U	N	U	E	R	E	A	I	T
I	U	V	E	S	F	N	B	U	A	O	E	T	E
U	L	E	G	C	R	U	L	Q	V	U	P	C	D
Q	L	L	A	L	E	T	I	S	I	S	P	H	I
X	A	Y	N	A	D	S	M	E	S	N	A	I	V
E	E	L	T	S	N	T	E	U	H	N	A	N	I
I	E	O	X	S	O	V	U	T	I	O	R	G	N
B	I	L	E	Y	W	Q	E	A	N	O	N	N	E
P	R	E	T	T	Y	A	W	T	G	A	S	H	V
G	N	I	M	R	A	H	C	S	E	I	E	H	V

STUNNING
 RAVISHING
 EXQUISITE
 PRETTY
 SUBLIME
 CUTE
 LOVELY
 CHARMING
 SUPERB
 STATUESQUE
 GORGEOUS
 WONDERFUL
 BEWITCHING
 APPEALING
 CLASSY
 ALLURING
 ELEGANT
 DIVINE

Crossword solution

(puzzle on Page 6)

E	M	I	T		S	P	E	D		A	N	G	E	R
D	O	D	O		E	L	L	E		L	E	A	V	E
I	C	E	R		C	A	L	C	U	L	A	T	E	D
C	H	A	P		T	Y	S	O	N		R	E	N	O
T	A	L	E	S						R	O	L	E	
					D	I	K	E				A	S	K
A	S	T	O	N	I	S	H			O	T	T	A	W
L	E	O		A	S	T	A	I	R	E		T	E	N
S	N	O	R	T	S					S	T	A	R	T
O	T	T	E	R						S	L	A	W	
					S	A	P	S				L	E	E
L	A	S	T		H	E	I	S	T			E	X	I
I	M	P	A	T	I	E	N	C	E			T	I	N
E	M	O	T	E		P	T	A	S			E	L	S
N	O	T	E	D		S	O	R	T			D	E	E


 Carveth
 Care Centre

BIRTHDAY Diners' Club

at Carveth Care Centre

Noon on
Thursday, Sept. 17

Featuring a gourmet meal
 by Chef Laurie Blodgett
 at Carveth Care Centre for
 every resident celebrating
a birthday in September!

TODAY'S MENU

Roasted Chicken Leg
with Creamy Garlic Sauce

Duchess Potatoes

Roasted Beets

Strawberry Shortcake
for Dessert



Good food. Great company. Wonderful memories.

teamific

TEAMIFIC QUIZ!

TIME: 2 PM

DATE: TUESDAY, SEPT. 2

LOCATION: CARVETH CARE CENTRE

Join us for fun, friendly competition and great prizes!




Carveth Auxiliary

END OF SEASON YARD SALE

Saturday, Sept. 5
8 am to Noon
290 Charles Street North, Gananoque

Find great deals at affordable prices!



Donations can be dropped off on Friday, Sept. 4 between 5 and 7 pm at this address. Please use side door.

In support of the residents at Carveth Care Centre.



Specs Boutique

We Bring Sight To Your Site!

Sign Up For Your Appointment At The Front Desk!



Mobile Optometry Clinic!

Sign up for Eye Exam and Eye Glasses with our On-Site Optometrist and Optician

Direct Billing or credit cards, cash, e-transfer and cheques accepted

647-985-7829
specsboutique.ca



Specs Boutique
WE BRING SIGHT TO YOUR SITE

We know




GRANDPARENTS

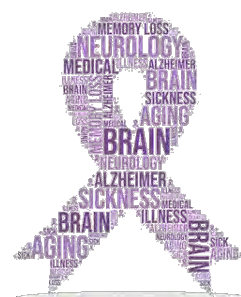
are the **BEST** **KIND**

of **GROWNUPS.** 13 SEPT.

Happy Grandparents Day



www.gibsonfamilyhealthcare.com



Sept. 21
2026
World
ALZHEIMER'S DAY

Music by Vicki Spurrell

Sept. 17

2 pm
at Carveth
Care Centre
Retirement Lodge
Main Dining
Room



Live music



COMING THIS SEPTEMBER!

Live Music

by

Julia Moore

2 pm

**Thursday,
Sept. 10**

**Main Dining Room
at
Carveth
Retirement Lodge**



**LIVE
Music**
BY

ANDY CLARK

SEPT. 3

THURSDAY

2 pm

**MAIN DINING ROOM
CARVETH RETIREMENT LODGE**

*Join us for
an afternoon of
great music!*



The Carveth
Culture Club
CELEBRATING
CULTURES
AROUND THE
WORLD

*Food
Customs
Music*



Sept. 23 at 2 pm

Learn about different people & places



Something missing? Come take a peek!



LOST & FOUND

Come take a look!

FIREPLACE ROOM

We have many items waiting to be reunited with their owners.



SEPTEMBER 4 • 5 • 6 • 7

Your stuff misses you! ♡

GANANOQUE

Terry

Fox Run

SEPT. 20

One Day
Your Way

3km

walk
or run

10 am

Gan Town Hall
Terry Fox Run

www.gibsonfamilyhealthcare.com



Remember the dream



In support of the Terry Fox Foundation
Register at <https://terryfox.org/run/>

Live MUSIC by CHRIS MURPHY

2 PM

SEPT. 3

LTC MAIN
DINING ROOM

Great music.
Great afternoon!



U	T	T	L	S	U	P	E	R	B	G	G	N	E
E	G	V	U	E	E	G	N	S	E	O	N	B	H
T	N	Q	L	N	G	N	I	S	G	R	I	E	C
I	I	L	E	B	L	I	S	A	R	G	L	W	U
S	R	O	L	W	U	N	U	E	R	E	A	I	T
I	U	V	E	S	F	N	B	U	A	O	E	T	E
U	L	E	G	C	R	U	L	Q	V	U	P	C	D
Q	L	L	A	L	E	T	I	S	I	S	P	H	I
X	A	Y	N	A	D	S	M	E	S	N	A	I	V
E	E	L	T	S	N	T	E	U	H	N	A	N	I
I	E	O	X	S	O	V	U	T	I	O	R	G	N
B	I	L	E	Y	W	Q	E	A	N	O	N	N	E
P	R	E	T	T	Y	A	W	T	G	A	S	H	V
G	N	I	M	R	A	H	C	S	E	I	E	H	V

The Carveth Garden of Love

The rose speaks of love silently in a language known only to the heart



Welcome

Reta Berry (Lodge)

Elmer Steacy

Walter Reid

Birthdays

Bob H (Lodge), Sept. 2

Wilma H (Lodge), Sept. 10

Glen P (Lodge), Sept. 18

Geraldine T (Lodge), Sept. 23

Marion M, Sept. 2

Evelyn M, Sept. 2

Angela F, Sept. 3

Susan L, Sept. 21

Lois L, Sept. 23

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 2026						
6 Lost & Found 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	7 LABOR DAY Lost & Found 10:30 Celebrating a lifetime of work. 2:00 Bingo	8 Literacy Day 10:30 Spelling Bee 2:00 Group Crossword	9 10:30 Christ Anglican Church/Progress in Motion 2:00 Apple Pie Competition	10 10:30 DrumFit 2:00 Karaoke w/ Carrie 6:30 Card Bingo	11 10:30 Manicures 2:00 Bingo	12 10:30 Coffee & Chat 2:00 Movie of the Week "Riders of Destiny"
13 10:30 Virtual Roman Catholic Mass 2:00 Pinegrove Community Church Service	14 10:30 Crystal Clear Cleaning 2:00 Bingo	15 10:30 Floral Therapy 2:00 Residents Council Mtg	16 10:30 Bible Study w/ Betty /Progress in Motion 2:00 Shut the box	17 Birthday Diners 10:30 DrumFit 2:00 Wheel of Fortune 6:30 Card Bingo	18 10:30 Manicures 2:00 Bingo	19 10:30 Coffee & Chat 2:00 Movie of the Week "The Star Packer"
Support Staff Week						
20 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	21 10:30 Corn Husk Craft 2:00 Bingo	22 10:30 Leaf Scavenger 2:00 Sheba's Haven Visit	23 10:30 Progress in Motion 2:00 Culture Club	24 Music Therapy 10:30 DrumFit 2:00 Music w/ Cowboy Mark 6:30 Card Bingo	25 10:30 Manicures 2:00 Bingo	26 10:30 Coffee & Chat 2:00 Movie of the Week "Don't Say Good Luck"
27 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	28 10:30 Crystal Clear Cleaning 2:00 Bingo	29 10:30 Chapel Service with Tammy & Joan 2:00 Cornhole	30 National Day of Truth & Reconciliation 10:30 Progress in Motion 2:00 Indigenous Art			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
September 2026—LODGE						
6 Lost & Found 10:30 Virtual Roman Catholic Mass-CH 2:00 Virtual Worship Service	7 LABOR DAY Lost & Found 10:30 Celebrating a lifetime of work.-SS 2:00 Bingo—LDR	8 Literacy Day 10:30 Spelling Bee-SS 2:00 Group Crossword-SS	9 10:30 Christ Anglican Church—CH 2:00 –Apple Pie Competition—SS	10 10:30 DrumFit-SS 2:00 Music w/ Julia Moore—LDR 6:30 Card Bingo-SS	11 10:30 Manicures 2:00 Bingo-LDR	12 10:30 Coffee & Chat—SS 2:00 Movie of the Week “Riders of Destiny”—SS
13 10:30 Virtual Roman Catholic Mass—CH 2:00 Pinegrove Community Church Service-	14 10:30 Crystal Clear Cleaning 2:00 Bingo—LDR	15 10:30 Floral Therapy-SS	16 10:30 Bible Study w/ Betty-CH 2:00 Shut the box—SS	17 Birthday Diners 10:30 DrumFit 2:00 Music w/ Vicki Spurrell—LDR 6:30 Card Bingo-SS	18 10:30 Manicures 2:00 Bingo-LDR	19 10:30 Coffee & Chat—SS 2:00 Movie of the Week “The Star Packer”—SS
Support Staff Week						
20 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	21 10:30 Corn Husk Craft-SS 2:00 Bingo—LDR	22 10:30 Leaf Scavenger 2:00 Sheba’s Haven Visit	23 10:30 Busy Bodies—SS 2:00 Culture Club—SS	24 10:30 DrumFit-SS 6:30 Card Bingo-SS	25 10:30 Manicures 2:00 Bingo-LDR	26 10:30 Coffee & Chat-SS 2:00 Movie of the Week “Don’t Say Good Luck”—SS
27 10:30 Virtual Roman Catholic Mass 2:00 Virtual Worship Service	28 10:30 Crystal Clear Cleaning 2:00 Bingo—LDR	29 10:30 Chapel Service with Tammy & Joan—CH 2:00 Cornhole—SS	30 National Day of Truth & Reconciliation 10:30 Busy Bodies—SS 2:00 Indigenous Art—SS	SS—Sunshine Room CH—Chapel LDR—Lodge Dining Room		