

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CR</b> – Craft Room <b>MPR</b> – Multipurpose Room <b>EDR</b> - Education Room <b>FH</b> – Fellowship Hall <b>L</b> – Lobby <b>FP</b> – Front Patio <b>GR</b> – Games Room <b>DR</b> – Dining Room	<b>Labour Day</b> 1 9:30 Lower Body Strength (CR) 10:30 Crokinole (GR) 1:30 Ladder Ball Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)  Labor Day	2 <b>10:00 Music with Henry Winter (FH)</b> 1:30 Bean Bag Toss (CR) <b>2:00 Suites Resident Drop-In (DR)</b> 2:30 Yahtzee (MPR)	3 9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) <b>12:00 Kindness Walk Fundraising Lunch: Poutine (FH) *sign up required</b> 1:30 Dominoes (MPR) 2:30 Creative Painting (MPR)	4 9:30 Lower Body Strength (CR) 10:30 Word Games (CR) 1:15 Hot Wax Treatment (Gym) 2:30 UNO (MPR)	5 9:30 Flexibility Fitness (CR) <b>10:30 Kindness Walk Winning Team Celebration *Invitation Only</b> 1:30 Outdoor Strolls *weather permitting (L)	6 2:00 Crochet Club (FH)
<b>Grandparent's Day</b> 7  10:30 Sunday Service with Chaplain Ellen (FH)  <b>Mennonite Heritage Week →</b> Grandparents Day	8 9:30 Lower Body Strength (CR) 10:30 Paint by Numbers (MPR) 1:30 Ring Toss (CR) <b>2:30 WPL Tech Support *Sign-up required</b> 2:30 Spirit Circle with Chaplain Ellen (CR)	Kindred Credit Union 10-11 9 1:30 Bean Bag Toss (CR) 2:30 Current Events (MPR)	10 9:30 Seated Dance with Lauren (FH) 10:20 RC Communion Visits 10:30 Hymn Sing (MPR) 2:30 BINGO (MPR)	11 9:30 Lower Body Strength (CR) <b>10:30 September Birthday Celebration (MPR)</b> 1:15 Hot Wax Treatment (Gym)	12 9:30 Kindness Walk Kickoff (FH) 10:30 Flexibility Fitness (CR) <b>2:00 Music with Bill Loeb sack (FH)</b>	13
14 10:30 Sunday Service with Chaplain Lisa (FH)	15 <b>8:30 Outing: Stacked Pancake *Sign-up required</b> 1:30 Bean Bag Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	16 <b>9:30 Men's Club Outing: City of Waterloo Museum Tour *Sign up required</b> 1:30 Poetry Reading (MPR) 2:30 UNO (MPR)	17 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) <b>11:30 Outing: East Side Mario's *Sign-up required</b> <b>2:30 Music with Bob Maclean (FH)</b>	18 9:30 Upper Body Strength (CR) 10:30 Worship with Janice (FH) 1:15 Hot Wax Treatment (Gym)	19 <b>8:00 Suites Fried Egg Breakfast (DR)</b> 10:00 Flexibility Fitness (CR) 1:30 Relax & Colour (MPR) 2:30 Dominoes (MPR)	20  2:00 Crochet Club (FH)  Oktoberfest Begins
21 10:30 Sunday Service with Laura Carr-Pries (FH) <b>2:00 Piano Drop-In with Doug &amp; Wilf (FH)</b>	22 9:30 Upper Body Strength (CR) 10:30 Creative Painting (MPR) 1:30 Ring Toss (CR) <b>2:30 Pharmacy Education (RSV/COVID/Flu) (EDR)</b> 2:30 Spirit Circle with Chaplain Ellen (CR)  Rosh Hashanah Begins Autumn Begins	Kindred Credit Union 10-11 23 1:30 Manicures (MPR) 2:30 Bean Bag Toss (CR) <b>5:00 Suites 6<sup>th</sup> Floor Dinner (MPR)</b>	24 9:30 Seated Dance with Lauren (FH) 10:30 Catholic Mass (FH) 10:30 Hymn Sing (MPR) 1:30 Ladder Ball Toss (CR) 2:30 Travelogue: Spain (CR)	25 9:30 Upper Body Strength (CR) 10:30 Jeopardy (CR) 1:15 Hot Wax Treatment (Gym) 2:30 Dominoes (MPR)	<b>Fall Fair Day</b> 26 9:30 Fall Fair Games (FH) 2:00 Triple C Farm Petting Zoo (FP) <b>5:00 Resident &amp; Family BBQ (FH) *sign up required</b>	27
28 10:30 Sunday Service with Chaplain Lisa (FH)	29 <b>10:00 Outing: Dollarama Sign-up required</b> 1:30 Ladder Ball Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	<b>Orange Shirt Day</b> 30 <b>10:30 National Day for Truth &amp; Reconciliation/Orange Shirt Day Program with Chaplain Ellen (FH)</b> 1:30 Bocce Ball (CR Hallway) 2:30 BINGO (MPR) 3:30 UNO (MPR)	<div> <h1>September 2025</h1> <p>Suites, Garden Homes, &amp; DLMA</p> </div>			



# ACTIVITY CALENDAR

## SEPTEMBER 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Pool programs will be 30 minutes each <b>Highlighted =</b> Being held at a different time than usual	1 2:30 Aquafit 3:00 Open Swim	2 4:00 Aquafit 6:30 Open Swim	3	4 2:30 Aquafit 3:00 Open Swim	5 2:30 Aquafit 3:00 Open Swim	6
7 2:30 Aquafit 3:00 Open Swim	8 4:00 Aquafit 6:30 Open Swim	9	10 2:30 Aquafit 3:00 Open Swim	11 2:30 Aquafit 3:00 Open Swim	12 2:30 Aquafit 3:00 Open Swim	13
14 2:30 Aquafit 3:00 Open Swim	15 2:30 Aquafit 3:00 Open Swim	16 2:30 Aquafit 3:00 Open Swim	17 2:30 Aquafit 3:00 Open Swim	18 2:30 Aquafit 3:00 Open Swim	19 2:30 Aquafit 3:00 Open Swim	20
21 2:30 Aquafit 3:00 Open Swim	22 3:30 Aquafit	23	24 2:30 Aquafit 3:00 Open Swim	25 2:30 Aquafit 3:00 Open Swim	26	27
28 2:30 Aquafit 3:00 Open Swim	29 4:00 Aquafit 6:30 Open Swim	30	<div>September 2025</div> <div>Parkwood Pool Schedule</div>			

You have any questions about aquatic programs, please contact Recreation at (519) 885 – 0090 Ext. 275 or [recreation@parkwoodmnh.com](mailto:recreation@parkwoodmnh.com)