

September 2025

3 West Sunshine Lane



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Recreation Coordinator Hermela Phone Number 416-964-9321 ext 250	Labour Day 1 10:15 🌿 Balloon Badminton 12:00 🍷 Labour Day Dinner	9:30 🌿 Sunshine Yoga 2 10:00 🌿 Strolls about Belmont 10:30 🕊️ Morning Prayers 11:00 🎓 New of the day 1:45 ❤️ Lets Get Folding 3:15 ❤️ Strike & Spare	9:30 🌿 Balloon Tennis 3 10:00 ❤️ Sensory Touches 10:45 🍷 Pet Visits with Milo 11:00 🌿 Strolls about Belmont 1:30 🕊️ 1:1 Spiritual Corner 2:30 🍷 Sing and Dance Along 3:15 🎓 Lets Play Bingo	TIFF Begins 4 1:00 ❤️ 1:1 Short Stories 2:00 🍷 TIFF at Belmont - Auditorium 3:00 🕊️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:30 🎓 Back to School Trivia Night 7:00 🍷 Movie Night	9:30 🌿 Move to the Beat! 5 10:30 🎓 Historical Fridays: Back to School - 100 years back! 11:05 🕊️ Hymn Sing 1:45 ❤️ Backpack Coloring Arts 2:30 🍷 Summer Treats Ice Cream Social	10:15 🌿 Balloon 6 Badminton	
Grandparents day 7 Grandparents theme week 2:30 🍷 Refreshments	9:30 🌿 Morning Stretch 8 10:00 🌿 Strolls about Belmont 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:30 🕊️ 1:1 Spiritual Corner 2:00 ❤️ Flower Arrangement 2:30 🎓 Grandparent Jokes and Giggles	9:30 🌿 Sunshine Yoga 9 10:00 🌿 Strolls about Belmont 10:30 🕊️ Morning Prayers 11:00 🎓 News of the Day! 1:45 ❤️ Lets Get Folding 2:00 ❤️ Art Expressions with Sara - Craft room 3:15 🌿 Grandmas Kitchen: Grandma Ruth's Snickerdoodle Cookies	9:30 🌿 Balloon Tennis 10 10:00 ❤️ Sensory Touches 10:45 🍷 Pet Visits with Milo 11:00 🌿 Strolls about Belmont 1:00 🕊️ 1:1 Spiritual Corner 2:30 🎓 Birthday Party celebrating August, September & October	1:00 ❤️ 1:1 Short Stories 11 2:30 🍷 Tea and Talk: Grandparents 3:30 🕊️ 1:1 Spiritual Corner 4:00 ❤️ Gardening 6:00 🎓 Trivia Night 7:00 🍷 Movie Night	9:30 🌿 Bean Bag Toss 12 10:30 🎓 Historical Fridays: Famous Grandparents 11:05 🕊️ Hymn Sing 1:30 ❤️ Grandparents Coloring Arts 2:20 🍷 Summer Treats Ice Cream Social/Live Music 3:15 🎓 Have You Ever?	10:15 🌿 Balloon 13 Badminton 1:45 ❤️ Short Stories	
Emmy Awards Night 14 Hollywood Glam theme week 2:30 🍷 Refreshments	9:30 🌿 Morning Stretch 15 10:00 🎓 Scattergories 11:00 ❤️ Doll therapy 1:30 🕊️ 1:1 Spiritual Corner 2:15 ❤️ Flower Arrangement 2:45 🎓 Amazing Animals: Blue Jays 3:30 🍷 Friendly Visits	9:30 🌿 Sunshine Yoga 16 10:00 🌿 Strolls about Belmont 10:30 🕊️ Morning Prayers 11:00 🎓 News of the Day! 2:00 ❤️ Art Expressions with Sara - Craft room 3:15 ❤️ Grandmas Kitchen: Hollywood Star Cookies	9:30 🌿 Balloon Tennis 17 10:00 ❤️ Sensory Touches 10:45 🍷 Pet Visits with Milo 11:00 🌿 Strolls about Belmont 1:30 🕊️ 1:1 Spiritual Corner 2:30 🍷 Sing and Dance Along 3:15 🎓 Let's Play Bingo	9:30 ❤️ Gardening 18 10:00 🌿 Balloon Tennis 10:30 🎓 Hollywood Trivia! 11:00 🕊️ Hymn Sing 1:30 ❤️ 1:1 Short Stories 2:30 🍷 Hollywood Glam Affair! 3:30 🌿 Bean Bag Toss	9:30 🌿 Move to the Beat! 19 10:30 🎓 Historical Fridays: Hollywood Families 11:05 🕊️ 1:1 Spiritual Corner 1:45 ❤️ Walk of Fame Coloring Arts 2:20 🍷 Autumn Treats Ice Cream Social 3:15 🎓 Board Games	Oktoberfest Begins 20 10:15 🌿 Balloon Badminton 1:45 🎓 Trivia	
Autumn Theme 21 Week 2:30 🍷 Refreshments	9:30 🌿 Morning Stretch 22 11:00 🌿 Balloon Badminton 1:30 🕊️ 1:1 Spiritual Corner	9:30 🌿 Sunshine Yoga 23 10:00 🌿 Strolls about Belmont 10:30 🕊️ Morning Prayers 11:00 🎓 News of the Day! 1:45 ❤️ Lets Get Folding 2:00 ❤️ Art Expressions with Sara - Craft room 3:15 🌿 Grandmas Kitchen: Apple Pie	9:30 🌿 Balloon Tennis 24 10:00 ❤️ Sensory Touches 10:45 🍷 Pet Visits with Milo 11:00 🌿 Strolls about Belmont 1:30 🕊️ 1:1 Spiritual Corner 2:30 🍷 Sing and Dance Along	1:00 ❤️ 1:1 Short Stories 25 2:00 🌿 Bean Bag Toss 2:30 🍷 Welcome Fall Social 3:30 🍷 Karaoke 6:30 🎓 Autumn Trivia Night 7:00 🍷 Movie Night	9:30 🌿 Bean Bag Toss 26 10:30 🎓 Historical Fridays: Autumn Equinox 11:05 🕊️ Hymn Sing 1:45 ❤️ Autumn Leaves Coloring Arts 2:20 🍷 Autumn Treats Ice Cream Social 3:15 🎓 Have You Ever?	10:15 🌿 Balloon 27 Badminton	
Oktoberfest theme 28 week 2:30 🍷 Refreshments	9:30 🌿 Morning Stretch 29 10:00 🍷 Strolls about Belmont 10:30 🎓 Tales of Poetry 11:00 ❤️ Doll therapy 1:30 🕊️ 1:1 Spiritual Corner 2:00 ❤️ Travelogue: Oktoberfest in Munich 3:30 🍷 Friendly Visits	9:30 🌿 Sunshine Yoga 30 10:00 🌿 Strolls about Belmont 10:30 🕊️ Morning Prayers 11:00 🎓 News of the Day! 1:45 ❤️ Lets Get Folding 2:00 ❤️ Art Expressions with Sara - Craft room 3:15 🌿 Strike & Spare				September Highlights 1th - Labour Day 4th - TIFF at Belmont 9th, 16th, 23rd & 30th- Art Expressions with Sara in Craftroom 10th - Birthday Party in Auditorium 15th - Summer Ice Cream Treats Social & Live Music 22nd - First Day of Autumn 30th - National Truth & Reconciliation Day 	