September 2026

First Floor Programs Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:30- Bingo 3:00- Manicure Time 3:30- Garden Visit- Sing-along	**2** 10:00- 1:1 Pastoral Visits 10:30- Ball Toss 11:00- Group Exercise 1:30- Greek Coffee Social 3:30- Garden Visit- Trivia/Proverbs 6:00- 1:1 Visits	**3** 9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Discussion Group "September Tradition" 3:00- Live Music 3:30- Garden Visit- 1:1	**4** 9:45- iPad/iPod Music 10:15- Ball Toss 11:15- Group Exercise 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper	**5** 10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Greek Yogurt Social 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
6 9:00- ΙΔ ΜΑΤΘΑΙΟΥ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Spa Day 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	**7** 10:00- Group Exercise 11:00- Biblical Studies with Fr. Kosta 1:30- 1:1 Visits 2:30- Hangman 3:30- Garden Visit- Small Group Activities 6:00- Memory Games Labor Day	**8** 9:00- Γενεθλιον Υπεραγιας Θεοτοκου - Όρθρος- Θεία Λειτουργία 1:30- Bingo 3:00- Manicure Time 3:30- Garden Visit- Target Toss	**9** 10:00- 1:1 Pastoral Visits 10:15- Ball Toss 10:45- Group Exercise 1:30- Greek Coffee Social 3:30- Garden Visit- Trivia/Proverbs 6:00- 1:1 Visits	**10** 9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Religious Reading 3:00- Live Music 3:30- Garden Visit- 1:1 Activities	**11** 9:45- iPad/iPod Music 10:15- Group Exercise 10:30- Education on Sepsis by IPAC Lead 11:15- Ball Toss 1:30- Arts and Colouring 2:00- International Make-Up Day 3:30- Garden Visit Indigenous Peoples Day	**12** 10:00- iPod/iPad Music 10:15- Bingo 2:00- Pet Therapy 3:00- Knitting, Lacing and Puzzles 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
13 9:00- ΠΡΟ ΤΗΣ ΥΨΩΣΕΩΣ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Grandparents Day: Ice Cream Truck 3:00- Garden Visit: Greek Newspaper Reading Grandparents Day	**14** 9:00- Η ΥΨΩΣΙΣ ΤΟΥ ΤΙΜΙΟΥ ΣΤΑΥΡΟΥ - Όρθρος- Θεία Λειτουργία 1:30- Group Exercise 2:30- ES Week: Raffel Draw/RC Week: Certificate Distribution 3:30- Balloon Tennis 6:00- Memory Games	**15** 10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Bingo 2:30- ES Week: Ice Cream Day 3:30- RC Week: Trivia Tuesday	**16** 10:00- 1:1 Pastoral Visits 10:15- Resident Council Meeting/ Meet & Greet 10:45- Group Exercise 2:30- ES Week/RC Week - BBQ: Greek Cuisine 3:30- Target Toss 6:00- 1:1 Visits	**17** 9:45- iPod/iPad Music 10:15- Coffee Social at Estia 2:00- ES Week: Cookie and Coffee 3:30- RC Week: Discussion on Importance 3:30- 1:1 Activities	**18** 9:45- iPad/iPod Music 10:15- Ball Toss 11:15- Group Exercise 2:30- ES Week: Croissant Day 3:30- RC Week- Council Appreciation 4:00- Newspaper	**19** 10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Watermelon Social 3:45- Garden Visit: Small Group Activities 6:00- Sports Games Oktoberfest Begins
20 9:00- ΜΕΤΑ ΤΗΝ ΥΨΩΣΙΝ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Spa Day 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities Yom Kippur Begins	**21** 10:15- Education on Alzheimer by Social Worker 11:00- Biblical Studies with Fr. Kosta 2:00- Group Exercise 2:30- Hangman 3:30- Garden Visit- Small Group Activities 6:00- Memory Games	**22** 10:00- iPod/iPad Music 10:15- Coffee Social at Estia *1:30- Golden Voices* 2:30- Bingo 3:00- Manicure Time 3:30- Garden Visit- Target Toss Autumn Begins	**23** 10:00- Σύλληψις Ιωάννου του Προδρόμου – Θεία Λειτουργία (Nursing Home) 1:30- Greek Coffee Social 2:30- Group Exercise 3:30- Garden Visit- Sing-along 6:00- 1:1 Visits	**24** 9:45- iPod/iPad Music 10:15- Coffee Social at Estia 1:15- Balloon Tennis 2:00- Religious Reading 3:00- Live Music 3:30- Garden Visit- 1:1 Activities	**25** 9:45- iPad/iPod Music 10:15- Ball Toss 11:15- Group Exercise 1:30- Arts and Colouring 2:00- Movie Time 3:30- Garden Visit- Newspaper Sukkot Begins	**26** 10:00- iPod/iPad Music 10:15- Bingo 1:30- Knitting, Lacing and Puzzles 2:30- Greek Yogurt Social 3:45- Garden Visit: Small Group Activities 6:00- Sports Games
27 9:00- Α ΛΟΥΚΑ - Όρθρος- Θεία Λειτουργία 11:30- Holy Communion 1:30- Group Greek Newspaper Reading 3:00- Garden Visit: Target Toss 4:00- 1:1 Activities	**28** 10:00- Group Exercise 11:00- Biblical Studies with Fr. Kosta 1:30- 1:1 Visits 2:30- Montessori Activities 3:30- Garden Visit 6:00- Memory Games	**29** 10:00- iPod/iPad Music 10:15- Coffee Social at Estia 1:30- Bingo 3:00- Manicure Time 3:30- Garden Visit- Sing-along	**30** 10:00- 1:1 Pastoral Visits 10:15- Residents Birthday Celebration 10:45-Group Exercise 1:30- Greek Coffee Social 3:30- Garden Visit- Trivia/Proverbs 6:00- 1:1 Visits			