

# September 2026 Calendar

| MONDAY                                                                                                                            | TUESDAY                                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                 | THURSDAY                                                                                                                                                                                                               | FRIDAY                                                                                                                                                                                                                                  |
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|                                                  | <b>1</b><br>9:30a=Chair Yoga 1<br>9:30a=Health Worker<br>10a=B/P<br><i>10a=Farmers Market</i><br>10:30a=Chair Yoga 2<br>11:30a=Café Lunch<br>11:30a=Chair Yoga 3<br>12:30p=Bingo        | <b>2</b><br>9:30a=Stretch/Tone<br>10a=BCH Nutrition<br><i>10:30a=Quassy Boat Ride -\$15/pp Bus leaves 10:30a</i><br>11a=Drumming<br>11a=Brass Crochet<br>12:30p-2p=Monitor My Health (21) | <b>3</b><br><i>9:30a=Chorus</i><br>10a=BRASS Quilting<br><i>10:30a=Ukulele</i><br>11a=Poker<br>11:30a=Café Lunch<br><i>12:30p=Wisdom Years</i><br><i>12:30p= Tai Chi w/ Matt</i>                                       | <b>4</b><br>9:30a=BRASS Chair Strength<br>10a=Tech Help<br><i>11a=City Mission</i><br>11a=Sewing<br>11a=Computer Class<br>11a=Paint w/Silvia \$2<br>11a=Spades                                                                          |
| <b>7</b><br>                                      | <b>8</b><br>9:30a=Chair Yoga 1<br>9:30a=SB Library<br>10a=B/P<br>10:30a=Chair Yoga 2<br>11:30a=Café Lunch<br>11:30a=Chair Yoga 3<br>12:30p=Bingo<br><br><i>No Farmers Market</i>        | <b>9</b><br>9:30a=Stretch/Tone<br>10a=BCH Nutrition<br>11a=Drumming<br>11a=Brass Crochet                                                                                                  | <b>10</b><br><i>9:30a=Chorus</i><br>10a=BRASS Quilting<br><i>10:30a=Ukulele</i><br>11a=Poker<br>11:30a=Café Lunch<br><i>12:30p= Tai Chi w/ Matt</i>                                                                    | <b>11</b><br><i>Anniversary party</i><br><i>10a-1p</i><br><i>\$5/pp</i><br><i>No Activities</i><br>                                                  |
| <b>14</b><br>10a=BRASS Paint \$2<br>11a=BRASS Zumba<br>11a=Setback                                                                | <b>15</b><br>9:30a=Chair Yoga 1<br>10a=B/P<br><i>10a=Farmers Market</i><br>10:30a=Chair Yoga 2<br>11:30a=Café Lunch<br>11:30a=Chair Yoga 3<br><i>11:30p=Reflexology</i><br>12:30p=Bingo | <b>16</b><br>9:30a=Stretch/Tone<br>10a=BCH Nutrition<br>10a=Dolce<br>11a=Brass Crochet<br>11a=Drumming<br>12:30p-2p=Monitor My Health (22)                                                | <b>17</b><br><i>9:30a=Chorus</i><br>10a=BRASS Quilting<br><i>10:30a=Ukulele</i><br>11a=Poker<br>11:30a=Café Lunch<br><i>12:30p=Senior Dine Sign-up</i><br><i>12:30p=Mandy DuPont</i><br><i>12:30p= Tai Chi w/ Matt</i> | <b>18</b><br>9:30a=BRASS Chair Strength<br>9:30a=AARP Driver<br>10a=Tech Help<br>11a=Sewing<br>11a=Computer Class<br>11a=Paint w/Silvia \$2<br>11a=Spades                                                                               |
| <b>21</b><br>10a=BRASS Paint \$2<br>11a=BRASS Zumba<br>11a=Setback<br><i>12:30p=Revolutionary Homes in WTBV Lunch &amp; Learn</i> | <b>22</b><br>9:30a=Chair Yoga 1<br>10a=B/P<br><i>10a=Farmers Market</i><br>10:30a=Chair Yoga 2<br>11:30a=Café Lunch<br>11:30a=Chair Yoga 3<br>12:30p=Bingo                              | <b>23</b><br>9:30a=Stretch/Tone<br>10a=BCH Nutrition<br>11a=BRASS Crochet<br>11a=Drumming<br><i>12p=Fragile Beauty \$5</i><br>12:30p-2p=Monitor My Health (23)                            | <b>24</b><br><i>9:30a=Chorus</i><br>10a=BRASS Quilting<br><i>10:30a=Ukulele</i><br>11a=Poker<br>11:30a=Café Lunch<br><i>12:30p= Tai Chi w/ Matt</i><br><br><i>Good Neighbor Day</i>                                    | <b>25</b><br>9:30a=BRASS Chair Strength<br>10a=Tech Help<br><i>10a=Vets Coffee Hour</i><br>11a=Computer Class<br>11a=Paint w/Silvia \$2<br>11a=Sewing w/Maggie<br>11a=Spades<br>11:30a=Reiki<br><i>12:30p=Jessica Dornier Nutrition</i> |
| <b>28</b><br>10a=BRASS Paint \$2<br>11a=BRASS Zumba<br>11a=Setback<br>12:30p=Estevan City Health Coach = <u>Sarcopenia</u>        | <b>29</b><br>9:30a=Chair Yoga 1<br>10a=B/P<br><i>10a=Farmers Market</i><br>10:30a=Chair Yoga 2<br>11:30a=Café Lunch<br>11:30a=Chair Yoga 3<br>12:30p=Bingo                              | <b>30</b><br>9:30a=Stretch/Tone<br><i>10a=BCH Nutrition to Price Rite</i><br>11a=BRASS Crochet<br>11a=Drumming                                                                            |                                                                                                                                   |                                                                                                                                                                                                                                         |



# September 2026 Menu



| MONDAY                                                                                                                         | TUESDAY                                                                                                      | WEDNESDAY                                                                            | THURSDAY                                                                                                                                                                                   | FRIDAY                                                                                                                                      |
|--------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Café Lunch served<br/>11:30a to 12:30p<br/>Tuesday &amp;<br/>Thursday</b><br><br><b>All menus are<br/>subject to change</b> | <b>1</b><br>Beef chili<br>Corn<br>Carrots<br>WG corn muffin<br>Mixed fruit                                   |                                                                                      | <b>3</b><br>Chili hot dog w/bun<br>Potato salad<br>Coleslaw<br>Fruit juice<br>Fruited gelatin                                                                                              | <b>Suggested<br/>Donation for<br/>Seniors<br/>\$4.00</b>                                                                                    |
| <b>If you are on<br/>Meals on<br/>Wheels, you<br/>are not eligible<br/>for Café Lunch</b>                                      | <b>8</b><br>Broccoli & cheese<br>frittata<br>Tater tots<br>Tossed salad w/<br>Italian dressing<br>Applesauce |                                                                                      | <b>10</b><br>Turkey taco salad<br>(lettuce, tomato, ground<br>turkey, cheddar cheese,<br>Ranch dressing)<br>Black bean & corn<br>salad<br>Pineapple tidbits                                | <b>PLEASE NOTE<br/>Aids &amp; Guests<br/>are asked to pay<br/>\$9.73 for lunch.<br/>That is what the<br/>WSC pays New<br/>Opp for lunch</b> |
|                                                                                                                                | <b>15</b><br>Szechuan chicken<br>Brown rice<br>Broccoli<br>Wheat bread<br>Cookie<br>Fruit juice              |                                                                                      | <b>17</b><br>Potato soup/crx<br>Chef salad (lettuce,<br>tomato, carrots, ham,<br>turkey, egg, cheddar<br>cheese, Ranch dressing)<br>Rye bread<br>Mandarin oranges<br>Cookie<br>Fruit juice |                                                                                                                                             |
|                                                                                                                                | <b>22</b><br>BBQ pork rib patty<br>w/bun<br>Ranch beans<br>Cucumber salad<br>Seasonal fruit                  |                                                                                      | <b>24</b><br>Salisbury steak w/<br>gravy<br>Whipped potatoes<br>Brussel sprouts<br>Wheat bread<br>Cookie<br>Fruit juice                                                                    |                                                                                                                                             |
|                                                                                                                                | <b>29</b><br>WG macaroni &<br>cheese<br>Baked beans<br>Collard greens<br>Cornbread muffins<br>Diced pears    |  |                                                                                                                                                                                            |                                                                                                                                             |