









# Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

| SUNDAY   | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   | SATURDAY  |
|--|---|---|---|--|--|---|
|  <h1 style="font-size: 4em; margin: 0;">February 2019</h1> |   |   |   |  | <b>1</b><br>10:15 Book Club<br>11:00 Chair Yoga<br><br>1:30 Art Club<br>1:30 Crossword Puzzle  | <b>2</b><br><b>1:30 Entertainment with Paola! ~AL</b><br> <small>Groundhog Day 2019!</small> |
| <b>3</b><br><br>1:30 Games Afternoon   | <b>4</b><br>10:15 Morning Meditation<br>11:00 Exercises<br>1:00 Workshop<br>1:30 Bible Stories with Jehovah's Witnesses<br>2:30 Bell Choir  | <b>5</b><br>10:00 Sensory Visits<br>10:00 Stand & Stretch<br>11:30 Outing: <i>Senior's Branch</i><br>2:15 Bethel Christian Church<br>3:00 Bingo   | <b>6</b><br>10:00 Catholic Church<br>10:45 Bowling<br><br>1:30 Bingo & Tea<br>3:45 Alpine Visits  | <b>7</b><br>11:00 Manicures<br><br><b>1:30 Sing-along &amp; Birthday Social ~AL</b><br>3:00 Bingo  | <b>8</b><br>10:15 Book Club<br>11:00 Chair Yoga<br><br>1:30 Art Club<br>1:30 Crossword Puzzle  | <b>9</b><br><br>1:30 Massage Visits   |
| <b>10</b>  | <b>11</b><br>10:15 Morning Meditation<br>11:00 Exercises<br>1:00 Workshop<br>1:30 Bible Stories with Jehovah's Witnesses<br>2:30 Bell Choir | <b>12</b><br>10:00 Sensory Visits<br>10:00 Stand & Stretch<br>11:30 Outing: <i>Mall</i><br><br>2:00 United Church<br>3:00 Bingo                   | <b>13</b><br>10:00 Catholic Church<br>10:45 Bowling<br><b>Library Visit</b><br>1:30 Bingo & Tea<br>3:45 Alpine Visits<br>6:00 Movie Night | <b>14</b><br>10:30 Anglican Church<br><b>12:00 Sweetheart Luncheon</b> <br>1:30 Sing-along <i>~Lombardy</i><br>3:00 Bingo | <b>15</b><br>10:15 Book Club<br>11:00 Chair Yoga<br><br><b>2:00 Second Wind entertains! ~AL</b>  | <b>16</b><br><br>1:30 Cards & Games   |
| <b>17</b><br><br>1:30 Games Afternoon  | <b>18</b><br>   | <b>19</b><br>10:00 Sensory Visits<br>10:00 Stand & Stretch<br>11:30 Outing: <i>Scenic Drive</i><br><br>2:15 Bethel Christian Church<br>3:00 Bingo | <b>20</b><br>10:00 Catholic Church<br>10:45 Bowling<br><br><b>1:30 Entertainment by "All Aboard!" ~AL</b>                                 | <b>21</b><br>11:00 Musical Visits<br><br><b>2:00 Health Arts Society Concert ~AL</b><br>3:00 Bingo   | <b>22</b><br>10:15 Book Club<br>11:00 Chair Yoga<br>1:30 Art Club<br><b>1:30 Community Council Meeting</b><br><b>3:30 Mountain Lake House Band performs!</b>   | <b>23</b><br><br><b>1:30 Frank Brooke entertains! ~AL</b>   |
| <b>24</b>  | <b>25</b><br>10:15 Morning Meditation<br>11:00 Exercises<br><br>1:30 Bible Stories with Jehovah's Witnesses<br>2:30 Bell Choir              | <b>26</b><br>10:00 Sensory Visits<br>10:00 Stand & Stretch<br>11:30 Outing: <i>Mall</i><br><br>2:00 First Baptist Church<br>3:00 Bingo            | <b>27</b><br>10:00 Catholic Church<br>10:45 Bowling<br><br>1:30 Bingo & Tea<br>3:45 Alpine Visits<br>6:00 Movie Night                     | <b>28</b><br>10:30 Anglican Church<br>11:00 Manicures<br><br><b>1:30 Broader Horizons Band performs! ~AL</b><br>3:00 Bingo   | <b>AL = Assisted Living</b><br><i>This calendar is subject to change. Please refer to the whiteboard near the front entrance for daily activities</i><br> |   |

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

| SUNDAY   | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   |
|--|---|--|--|---|--|--|
|  <h1 style="font-size: 4em; margin: 0;">February 2019</h1> |   |  |  |   | <b>1</b><br>10:15 Book Club ~RR<br>11:00 Chair Yoga ~RR<br>1:30 Art Club<br>1:30 Crossword Puzzle<br>2:00 Making Placemats   | <b>2</b><br><p style="text-align: center;"><b>1:30<br/>Entertainment<br/>with Paola!</b></p> 3:45 Chair Yoga |
| <b>3</b><br>1:30 Games Afternoon<br>2:00 Manicures   | <b>4</b><br>10:15 Morning Meditation<br>11:00 Exercises ~RR<br>1:00 Workshop<br>1:30 Bible Stories with Jehovah's Witnesses<br>2:00 Cribbage  | <b>5</b><br>11:00 Exercises Upstairs<br>11:30 Outing: <i>Senior's Branch</i><br>1:30 Art Therapy<br>2:15 Bethel Christian Church<br>3:00 Bingo | <b>6</b><br>10:00 Catholic Church<br>10:45 Bowling ~RR<br>1:30 Bingo & Tea<br>3:30 Bell Choir  | <b>7</b><br>11:00 Exercises Upstairs<br><p style="text-align: center;"><b>1:30 Sing-along &amp;<br/>Birthday Social</b></p> 3:00 Bingo  | <b>8</b><br>10:15 Book Club ~RR<br>11:00 Chair Yoga ~RR<br>1:30 Art Club<br>1:30 Crossword Puzzle<br>2:00 Making Placemats   | <b>9</b><br>3:45 Chair Yoga  |
| <b>10</b><br>2:00 Manicures  | <b>11</b><br>10:15 Morning Meditation<br>11:00 Exercises ~RR<br>1:00 Workshop<br>1:30 Bible Stories with Jehovah's Witnesses<br>2:00 Cribbage | <b>12</b><br>11:00 Exercises Upstairs<br>11:30 Outing: <i>Mall</i><br>1:30 Art Therapy<br>2:00 United Church<br>3:00 Bingo                     | <b>13</b><br>10:00 Catholic Church<br>10:45 Bowling ~RR<br><p style="text-align: center;"><b>Library Visit</b></p> 1:30 Bingo & Tea<br>3:30 Bell Choir<br>6:00 Movie Night ~RR | <b>14</b><br>10:30 Anglican Church<br>11:00 Exercises Upstairs<br><p style="text-align: center;"><b>12:00 Sweetheart<br/>Luncheon</b> </p> 1:30 Sing-along ~Lombardy<br>3:00 Bingo | <b>15</b><br>10:15 Book Club ~RR<br>11:00 Chair Yoga ~RR<br><p style="text-align: center;"><b>2:00 Second Wind<br/>entertains</b></p>  | <b>16</b><br>1:30 Cards & Games<br>3:45 Chair Yoga   |
| <b>17</b><br>1:30 Games Afternoon<br>2:00 Manicures  | <b>18</b><br>   | <b>19</b><br>11:00 Exercises Upstairs<br>11:30 Outing: <i>Scenic Drive</i><br>1:30 Art Therapy<br>2:15 Bethel Christian Church<br>3:00 Bingo   | <b>20</b><br>10:00 Catholic Church<br>10:45 Bowling ~RR<br><p style="text-align: center;"><b>1:30 "All Aboard"<br/>entertains!</b></p> 3:30 Bell Choir                         | <b>21</b><br>11:00 Exercises Upstairs<br><p style="text-align: center;"><b>2:00 Health Arts Society<br/>Concert</b></p> 3:00 Bingo  | <b>22</b><br>10:15 Book Club ~RR<br>11:00 Chair Yoga ~RR<br>1:30 Art Club<br>1:30 Community Council Meeting<br>3:30 Mountain Lake House Band performs!   | <b>23</b><br><p style="text-align: center;"><b>1:30 Frank<br/>Brooke<br/>entertains!</b></p> 3:45 Chair Yoga |
| <b>24</b><br>2:00 Manicures  | <b>25</b><br>10:15 Morning Meditation<br>11:00 Exercises ~RR<br>1:30 Bible Stories with Jehovah's Witnesses<br>2:00 Cribbage                  | <b>26</b><br>11:00 Exercises Upstairs<br>11:30 Outing: <i>Mall</i><br>1:30 Art Therapy<br>2:00 First Baptist Church<br>3:00 Bingo              | <b>27</b><br>10:00 Catholic Church<br>10:45 Bowling ~RR<br>1:30 Bingo & Tea<br>3:30 Bell Choir<br>6:00 Movie Night ~RR   | <b>28</b><br>10:30 Anglican Church<br>11:00 Exercises Upstairs<br><p style="text-align: center;"><b>1:30 Broader Horizons<br/>Band performs!</b></p> 3:00 Bingo   | <p><b>RR = Rec Room</b></p> <p><i>This calendar is subject to change. Please refer to the whiteboard near the front entrance for daily activities.</i></p>  |  |