





Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>March 2019</h1>						1 10:15 Book Club 11:00 Chair Yoga 1:30 Art Club 1:30 Crossword Puzzle	2 1:30 Massage Visits
3 2:00 Games Afternoon	4 10:00 Russian Singalong 11:00 Exercises 1:30 Bible Stories with Jehovah's Witnesses 2:30 Bell Choir	5 10:00 Sensory Visits 10:00 Stand & Stretch 11:30 Outing: <i>Senior's Branch</i> 2:15 Bethel Christian Church 3:00 Bingo	6 10:00 Catholic Church 10:45 Bowling Library Visit 1:30 Bingo & Tea 3:45 Alpine Visits	7 11:00 Celebration of Life Service 1:30 Sing-along ~ <i>Evergreen</i> 3:00 Bingo	8 10:15 Book Club 11:00 Chair Yoga 1:30 Art Club 1:30 Crossword Puzzle	9 1:30 Entertainment with Paola! ~AL	
10  Time to Spring Ahead	11 10:00 Russian Singalong 11:00 Exercises 1:00 Workshop 1:30 Bible Stories with Jehovah's Witnesses 2:30 Bell Choir	12 10:00 Sensory Visits 10:00 Stand & Stretch 11:30 Outing: <i>Mall</i> 2:00 United Church 3:00 Bingo	13 10:00 Catholic Church 10:45 Bowling 1:30 Bingo & Tea 3:45 Alpine Visits 6:00 Movie Night	14 11:00 Musical Visits 1:30 Sing-along & Birthday Social ~AL 3:00 Bingo	15 10:15 Book Club 11:00 Chair Yoga 2:00 Second Wind entertains! ~AL	16 1:30 St. Patrick's Pub & Games ~Games Room	
17 	18 10:00 Russian Singalong 11:00 Exercises 1:00 Workshop 1:30 Bible Stories with Jehovah's Witnesses 2:30 Bell Choir	19 10:00 Sensory Visits 10:00 Stand & Stretch 11:30 Outing: <i>Scenic Drive</i> 2:15 Bethel Christian Church 3:00 Bingo	20 10:00 Catholic Church 10:45 Bowling 1:30 Entertainment by "All Aboard!" ~AL 	21 10:30 Anglican Church 1:30 Sing-along ~ <i>Lombardy</i> 3:00 Bingo	22 10:15 Book Club 11:00 Chair Yoga 1:30 Art Club 1:30 Community Council Meeting	23 1:30 Massage Visits	
24 2:00 Games Afternoon	25 10:00 Russian Singalong 11:00 Exercises 1:30 Bible Stories with Jehovah's Witnesses 2:30 Bell Choir	26 10:00 Sensory Visits 10:00 Stand & Stretch 11:30 Outing: <i>Mall</i> 2:00 First Baptist Church 3:00 Bingo	27 10:00 Catholic Church 10:45 Bowling 1:30 Bingo & Tea 3:45 Alpine Visits 6:00 Movie Night	28 10:30 Anglican Church 11:00 Manicures 2:00 Health Arts Society Concert ~AL 3:00 Bingo	29 10:15 Book Club 11:00 Chair Yoga 2:00 Entertainment with Claire Ness! ~AL	30 1:30 Cards & Games	

AL = Assisted Living

This calendar is subject to change.

Please refer to the whiteboard near the front entrance for daily activities

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<h1>March 2019</h1>						1 10:15 Book Club ~RR 11:00 Chair Yoga ~RR 1:30 Art Club 1:30 Crossword Puzzle 2:00 Making Placemats	2 3:45 Chair Yoga
3 2:00 Games Afternoon 2:00 Manicures	4 10:00 Russian Singalong 11:00 Exercises ~RR 1:30 Bible Stories with Jehovah's Witnesses 2:00 Cribbage	5 11:00 Exercises Upstairs 11:30 Outing: <i>Senior's Branch</i> 1:30 Art Therapy 2:15 Bethel Christian Church 3:00 Bingo	6 10:00 Catholic Church 10:45 Bowling ~RR Library Visit 1:30 Bingo & Tea 3:30 Bell Choir	7 11:00 Exercises Upstairs 11:00 Celebration of Life Service 1:30 Sing-along ~Evergreen 3:00 Bingo	8 10:15 Book Club ~RR 11:00 Chair Yoga ~RR 1:30 Art Club 1:30 Crossword Puzzle 2:00 Making Placemats	9 1:30 Entertainment with Paola! 3:45 Chair Yoga	
10 2:00 Manicures 	11 10:00 Russian Singalong 11:00 Exercises ~RR 1:00 Workshop 1:30 Bible Stories with Jehovah's Witnesses 2:00 Cribbage	12 11:00 Exercises Upstairs 11:30 Outing: <i>Mall</i> 1:30 Art Therapy 2:00 United Church 3:00 Bingo	13 10:00 Catholic Church 10:45 Bowling ~RR 1:30 Bingo & Tea 3:30 Bell Choir 6:00 Movie Night ~RR	14 11:00 Exercises Upstairs 1:30 Sing-along & Birthday Social 3:00 Bingo	15 10:15 Book Club ~RR 11:00 Chair Yoga ~RR 2:00 Second Wind entertains	16 1:30 St. Patrick's Pub & Games ~Games Room 3:45 Chair Yoga	
17  2:00 Manicures	18 10:00 Russian Singalong 11:00 Exercises ~RR 1:00 Workshop 1:30 Bible Stories with Jehovah's Witnesses 2:00 Cribbage	19 11:00 Exercises Upstairs 11:30 Outing: <i>Scenic Drive</i> 2:15 Bethel Christian Church 3:00 Bingo	20 10:00 Catholic Church 10:45 Bowling ~RR 1:30 "All Aboard" entertains! 3:30 Bell Choir 	21 10:30 Anglican Church 11:00 Exercises Upstairs 1:30 Sing-along ~Lombardy 3:00 Bingo	22 10:15 Book Club ~RR 11:00 Chair Yoga ~RR 1:30 Art Club 1:30 Community Council Meeting ~RR	23 3:45 Chair Yoga	
24 12:30 General Store 2:00 Games Afternoon 2:00 Manicures	25 10:00 Russian Singalong 11:00 Exercises ~RR 1:30 Bible Stories with Jehovah's Witnesses 2:00 Cribbage	26 11:00 Exercises Upstairs 11:30 Outing: <i>Mall</i> 1:30 Art Therapy 2:00 First Baptist Church 3:00 Bingo	27 10:00 Catholic Church 10:45 Bowling ~RR 1:30 Bingo & Tea 3:30 Bell Choir 6:00 Movie Night ~RR	28 10:30 Anglican Church 11:00 Exercises Upstairs 2:00 Health Arts Society Concert 3:00 Bingo	29 10:15 Book Club 11:00 Chair Yoga 2:00 Entertainment with Claire Ness!	30 1:30 Cards & Games 3:45 Chair Yoga	

RR = Rec Room

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