


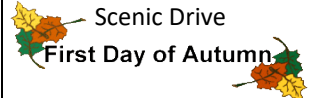






Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2 2:00 Parking Lot Performance: <i>Bill Reid on the Keyboard!</i>	3	4 10:30 Parking Lot Performance: <i>Morning Mountain String Band!</i>	5
6	7  LABOUR DAY	8 10:30 Parking Lot Performance: <i>Gillian Russell!</i>	9 12:00 Alpine & Beachview BBQ!	10	11	12
13	14 10:30 Parking Lot Performance: <i>Health Arts Society presents Bessie Wapp, Nicola Everton & Paul Landsberg!</i>	15 11:30 Falcon Ridge Scenic Drive	16 2:00 Parking Lot Performance: <i>All Aboard!</i>	17 2:00 Parking Lot Performance: <i>Fiddle DeeDee!</i> 	18	19
20	21	22 11:30 Evergreen Cottage Scenic Drive  First Day of Autumn	23 12:00 Lombardy & Diamond BBQ!	24	25	26
27	28	29 11:30 Diamond Cottage Scenic Drive	30 12:00 Evergreen & Falcon Ridge BBQ!	SEPTEMBER 2020		

***We are practicing social distancing; keeping our programs small and staying 6-feet apart from each other.
We are continuing to offer in-cottage programming; including Exercises, Chair Yoga, Bingo, Crossword Puzzle,
Hymn Sing, Sing-along & musical entertainment by our talented Recreation Aids!
We are also beginning Scenic Drive outings with the Nelson HandyDart, cottage by cottage.***

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 11:00 Exercises 1:30 Art Club	2 11:00 Hymn Sing  2:00 Parking Lot Performance: <i>Bill Reid on the Keyboard!</i>	3 11:00 Exercises	4 10:30 Parking Lot Performance: <i>Morning Mountain String Band!</i> 2:30 Mountain Lake House Band	5 11:00 Exercises 3:30 Chair Yoga
6 2:30 Mountain Lake House Band	7  LABOUR DAY	8 10:30 Parking Lot Performance: <i>Gillian Russell!</i>	9 2:30 Bingo	10 11:00 Exercises	11 2:30 Mountain Lake House Band	12 11:00 Exercises 3:30 Chair Yoga
13 2:30 Mountain Lake House Band	14 10:30 Parking Lot Performance: <i>Health Arts Society presents Bessie Wapp, Nicola Everton & Paul Landsberg!</i>	15 11:00 Exercises 1:30 Art Club	16 12:00 Assisted Living BBQ! 2:00 Parking Lot Performance: <i>All Aboard!</i>	17 11:00 Exercises 2:00 Parking Lot Performance: <i>Fiddle DeeDee!</i>	18 2:30 Mountain Lake House Band 	19 11:00 Exercises 3:30 Chair Yoga
20 2:30 Mountain Lake House Band	21	22 11:00 Exercises 1:30 Art Club	23 2:30 Bingo	24 11:00 Exercises	25 2:30 Mountain Lake House Band	26 11:00 Exercises 3:30 Chair Yoga
27 2:30 Mountain Lake House Band	28 2:30 Virtual Library Visit	29 11:00 Exercises 1:30 Art Club	30 2:30 Bingo	<h1>SEPTEMBER 2020</h1>		

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