


Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 11:00 Exercises 1:30 Workshop 3:00 Bingo	2 11:30 Lunch Outing: <i>TBA</i> 1:30 United Church 1:30 Basic Tech Support	3 10:00 Baking 10:30 Russian Gathering 1:00 Art Therapy 2:00 Destination: Italy ~RR	4 11:00 Exercises 1:30 Music Therapy 2:00 Celebration of Life Service	5 12:30 General Store 1:30 Garden Club & Spring Cleanup 6:30 Movie Night	6 1:30 Crossword Puzzle 3:30 Exercises
7	8 11:00 Tenant Council Meeting 1:30 Workshop 3:00 Bingo	9 1:30 Basic Tech Support 2:00 Library Visit 2:30 Anglican Church 2:30 Manicures with Tracy	10 1:00 Art Therapy 1:30 Performance by Second Wind!	11 11:00 Exercises 1:30 Music Therapy	12  1:30 Birthday Social with the Jubilakers! 6:30 Movie Night	13 1:30 Shuffleboard 3:30 Exercises
14	15 11:00 Exercises 1:30 Workshop 3:00 Bingo	16 1:30 Basic Tech Support 2:30 Manicures with Tracy 3:00 Storytelling with Mike Funergy!	17 1:00 Art Therapy  2:00 Italian Travel & Song ~RR	18 11:00 Exercises 1:30 Music Therapy	19 12:30 General Store 1:30 Garden Club & Spring Cleanup 6:30 Movie Night	20 1:30 Crossword Puzzle 3:30 Exercises
21	22  11:00 Exercises 1:30 Workshop 3:00 Bingo	23 1:30 Basic Tech Support 2:00 First Baptist Church 2:30 Manicures with Tracy	24 10:00 Baking 2:00 Sing-along with Paola & Kevin! ~RR	25 11:00 Exercises 2:00 Happy Hour!	26 10:30 Health Arts Society Concert 1:30 Catholic Mass 6:30 Movie Night	27 1:30 Shuffleboard 3:30 Exercises
28	29 11:00 Exercises 1:30 Workshop 3:00 Bingo	30  Volunteer Appreciation BBQ Lunch! 1:30 Basic Tech Support 2:30 Manicures with Tracy	 			

**Programs are subject to change.
 Please see whiteboard at main entrance for daily programs.
 RR = Rec Room*

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Bingo 1:30 Workshop	2 10:00 Art Therapy 10:00 Singersize 2:00 United Church	3 10:00 Baking 10:30 Russian Gathering 2:00 Destination: Italy	4 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Art Therapy 2:00 Celebration of Life Service	5 10:30 Music with Onami 1:30 Garden Club & Spring Cleanup	6 1:30 Crossword Puzzle
7	8 9:30 Bingo 1:30 Workshop 3:00 Tover Time in Alpine	9 10:00 Art Therapy 10:00 Singersize 11:30 Outing: Lunch in Taghum 1:00 Library Visit 2:30 Anglican Church	10 10:30 Stand & Stretch 1:30 Performance by Second Wind!	11 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Resident/Family Council Meeting 1:30 Art Therapy 3:00 Bingo 6:00 Movie Night	12 10:00 Manicures  1:30 Birthday Social with the Jubilakers! 3:00 Sensory Visits	13 1:30 Shuffleboard
14	15 9:30 Bingo 1:30 Workshop 2:00 Cherry Blossom Craft & Conversation 3:00 Tover Time in Alpine	16 10:00 Singersize 11:30 Outing: Scenic Drive 3:00 Storytelling with Mike Funergy!	17 11:00 Lakeside Montessori Preschool Visit!  2:00 Italian Travel & Song	18 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Art Therapy 1:30 Salvation Army Church 3:00 Bingo	19 10:30 Music with Onami 1:30 Garden Club & Spring Cleanup	20 1:30 Crossword Puzzle
21	 22 9:30 Bingo 1:30 Workshop 3:00 Tover Time in Alpine	23 10:00 Singersize 11:30 Outing: Lunch at A&W 2:00 First Baptist Church	24 10:00 Baking 10:30 Russian Gathering 2:00 Sing-along with Paola & Kevin!	25 10:30 Stand & Stretch 1:30 Music with Onami 3:00 Bingo	26 10:30 Health Arts Society Concert 1:30 Catholic Mass 3:00 Sensory Visits	27 1:30 Shuffleboard
28	29 9:30 Bingo 1:30 Workshop 2:00 Music with Onami 3:00 Tover Time in Alpine	30 10:00 Singersize  Volunteer Appreciation BBQ Lunch!				

**Programs are subject to change.*

Please see whiteboard at main entrance for daily programs.