





Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|--|--|---|--|---|
| <h1>May 2024</h1> | | | 1 1:30 Kootenay Rocks Art Painting ~RR | 2 11:00 Exercises 1:30 Music Therapy | 3 <i>Kootenay Columbia College Student Massage Visits</i> 1:30 Performance by Philip Seagram! 6:30 Movie Night | 4 1:30 Crossword Puzzle 3:30 Exercises |
| | | | 5 2:30 Cards & Games | 6 11:00 Exercises 1:30 Workshop 3:00 Bingo | 7 1:30 United Church 1:30 Basic Tech Support 2:30 Manicures with Tracy | 8 10:00 Baking 10:30 Russian Gathering 1:30 Performance by Second Wind! |
| 12  2:30 Cards & Games | 13 11:00 Tenant Council Meeting 1:30 Workshop 3:00 Bingo | 14 1:30 Basic Tech Support 2:00 Library Visit 2:30 Anglican Church 2:30 Manicures with Tracy | 15 2:00 Performance by Diamond Willow! | 16 11:00 Exercises 1:30 Music Therapy | 17 1:30 Birthday Social with the Jubilakers! 6:30 Movie Night | 18 1:30 Crossword Puzzle 3:30 Exercises |
| 19 2:30 Cards & Games | 20 11:00 Exercises 1:30 Workshop 3:00 Bingo  | 21 11:30 Lunch Outing: TBA 1:30 Basic Tech Support 2:30 Manicures with Tracy | 22 1:30 Hymn Sing | 23 11:00 Exercises 1:30 Music Therapy | 24 12:30 General Store 1:30 Catholic Mass <i>Kootenay Columbia College Student Massage Visits</i> 6:30 Movie Night | 25 1:30 Shuffleboard 3:30 Exercises |
| 26 2:30 Cards & Games | 27 11:00 Exercises 1:30 Workshop 3:00 Bingo | 28 2:00 First Baptist Church 1:30 Basic Tech Support 2:30 Manicures with Tracy | 29 2:00 Sing-along with Paola & Kevin! ~RR | 30 11:00 Exercises 1:30 Music Therapy | 31 10:30 Health Arts Society Concert 12:00 BBQ Lunch! 2:00 Happy Hour! |  |

**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 |
|--|---|---|--|--|--|--|
| <h1>May 2024</h1> | | | 1 10:30 Stand & Stretch 1:30 Kootenay Rocks Art Painting | 2 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Reading & Reminiscing 3:00 Bingo | 3 10:30 Music with Onami 1:30 Performance by Philip Seagram! | 4 1:30 Crossword Puzzle |
| 5 | 6 9:30 Bingo 1:30 Workshop 3:00 Tover Time in Alpine | 7 10:00 Singersize 11:30 Outing: <i>Lunch in Taghum</i> 2:00 United Church | 8 10:00 Baking 10:30 Russian Gathering 1:30 Performance by Second Wind! | 9 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Resident/Family Council Meeting 3:00 Bingo | 10 10:00 Manicures 1:30 Garden Club 3:00 Sensory Visits | 11 2:00 Mother's Day Tea & Fashion Show  |
| 12  | 13 9:30 Bingo 1:30 Workshop 3:00 Tover Time in Alpine | 14 10:00 Singersize 11:30 Outing: <i>Scenic Drive</i> 1:00 Library Visit 2:30 Anglican Church | 15 11:00 Lakeside Montessori Preschool Visit 2:00 Performance by Diamond Willow! | 16 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Chair Yoga 3:00 Bingo | 17 10:30 Music with Onami 1:30 Birthday Social with the Jubilakers! | 18 1:30 Shuffleboard |
| 19 | 20 9:30 Bingo 1:30 Workshop  | 21 10:00 Singersize 2:30 Word Games & Trivia | 22 11:00 Lakeside Montessori Preschool Visit 1:30 Hymn Sing ~Assisted Living | 23 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Reading & Reminiscing 3:00 Bingo 6:00 Movie Night | 24 10:00 Manicures 1:30 Catholic Mass 3:00 Sensory Visits | 25 1:30 Crossword Puzzle |
| 26 | 27 9:30 Bingo 1:30 Spring Planting Party! | 28 10:00 Singersize 11:30 Outing: <i>Lunch at A&W</i> 2:00 First Baptist Church | 29 11:00 Lunch with Leonard 2:00 Sing-along with Paola & Kevin! | 30 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Chair Yoga 3:00 Bingo | 31 10:30 Health Arts Society Concert 1:30 Garden Club 3:00 Sensory Visits |  |

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