## Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
M	ay 2	024	1:30 Kootenay Rocks Art	11:00 Exercises	Kootenay Columbia College Student Massage Visits	1:30 Crossword Puzzle
			Painting ~RR	1:30 Music Therapy	1:30 Performance by Philip Seagram! 6:30 Movie Night	3:30 Exercises
5	6	7	8	9	10	11
	11:00 Exercises	1:30 United Church	10:00 Baking	11:00 Exercises		
2:30 Cards & Games	1:30 Workshop	1:30 Basic Tech Support 2:30 Manicures	10:30 Russian Gathering  1:30 Performance by	1:30 Music Therapy	12:30 General Store	2:00 Mother's Day Tea &
	3:00 Bingo	with Tracy	Second Wind!		6:30 Movie Night	Fashion Show
12	13	14	15	16	17	18
3 Happy	11:00 Tenant Council	1:30 Basic Tech Support				1:30 Crossword
Mother's *	Meeting	2:00 Library Visit 2:30 Anglican Church	2:00 Performance by Diamond Willow!	11:00 Exercises	1:30 Birthday Social with the Jubilakers!	Puzzle
2:30 Cards &	1:30 Workshop	2:30 Manicures		1:30 Music Therapy	6:30 Movie Night	3:30 Exercises
Games	3:00 Bingo	with Tracy				
19	20	21	22	23	24	25
	11:00 Exercises	11:30 Lunch Outing:			12:30 General Store	
2:30 Cards &	1:30 Workshop	TBA		11:00 Exercises	1:30 Catholic Mass	1:30 Shuffleboard
Games	3:00 Bingo	1.20 Designate Command	1:30 Hymn Sing	1.20 Music Thomas	Kootenay Columbia	2.20 Evensions
	(Hictoria	1:30 Basic Tech Support 2:30 Manicures		1:30 Music Therapy	College Student Massage Visits	3:30 Exercises
	* DAY	with Tracy			6:30 Movie Night	
26	27	28	29	30	31	
	11:00 Exercises	2:00 First Baptist			10:30 Health Arts	
2:30 Cards &		Church	2:00 Sing-along with	11:00 Exercises	Society Concert	2
Games	1:30 Workshop	1:30 Basic Tech Support	Paola & Kevin! ~RR			7
	3:00 Bingo	2:30 Manicures with Tracy		1:30 Music Therapy	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
			1	2	3	4
1	102 2	<b>024</b>	10:30 Stand & Stretch	10:00 Alpine Music Therapy 11:00 Music Therapy	10:30 Music with Onami	1:30 Crossword
[~]	lay 2	UZT	1:30 Kootenay Rocks Art Painting	1:30 Reading & Reminiscing 3:00 Bingo	1:30 Performance by Philip Seagram!	Puzzle
5	6	7	8	9	10	11
	9:30 Bingo	10:00 Singersize	10:00 Baking	10:00 Alpine Music Therapy	10:00 Manicures	
		11:30 Outing:	10:30 Russian	11:00 Music Therapy		2:00 Mother's
	1:30 Workshop	Lunch in Taghum	Gathering	1:30 Resident/Family	1:30 Garden Club	Day Tea &
	3:00 Tover Time		1:30 Performance by	Council Meeting	3:00 Sensory Visits	Fashion Show
1	in Alpine	2:00 United Church	Second Wind!	3:00 Bingo		
12	13	14	15	16	17	18
* Happy *  Mother's *  * Day	9:30 Bingo	10:00 Singersize	11:00 Lakeside	10:00 Alpine Music Therapy	10:30 Music with	
		11:30 Outing:	Montessori Preschool	11:00 Music Therapy	Onami	1:30 Shuffleboard
	1:30 Workshop	Scenic Drive	Visit			
	3:00 Tover Time	1:00 Library Visit	2:00 Performance by	1:30 Chair Yoga	1:30 Birthday Social	
	in Alpine	2:30 Anglican Church	Diamond Willow!	3:00 Bingo	with the Jubilakers!	
19	20	21	22	23	24	25
	9:30 Bingo	10:00 Singersize	11:00 Lakeside	10:00 Alpine Music Therapy	10:00 Manicures	
	1:30 Workshop		Montessori Preschool	11:00 Music Therapy		1:30 Crossword
	HAPPY	2:30 Word Games &	Visit	1:30 Reading & Reminiscing	1:30 Catholic Mass	Puzzle
	Sicioria	Trivia	1:30 Hymn Sing	3:00 Bingo	3:00 Sensory Visits	
	DAY		~Assisted Living	6:00 Movie Night		
26	27	28	29	30	31	
	9:30 Bingo	10:00 Singersize	11:00 Lunch with	10:00 Alpine Music Therapy	10:30 Health Arts	4 -0
		11:30 Outing:	Leonard	11:00 Music Therapy	Society Concert	
	1:30 Spring Planting	Lunch at A&W	2:00 Sing-along with	1:30 Chair Yoga	1:30 Garden Club	A THE STATE OF THE
	Party!	2:00 First Baptist Church	Paola & Kevin!	3:00 Bingo	3:00 Sensory Visits	9

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