

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 2:00 United Church 2:30 Manicures with Tracy	<b>2</b> 10:00 Baking 1:00 Art Therapy	<b>3</b> 11:00 Exercises 1:00 Music Therapy 1:30 Performance by Fiddle DeeDee!	<b>4</b> 10:00 Kootenay Kids Preschool Visit ~RR 12:30 General Store	<b>5</b> 1:30 Shuffleboard 3:30 Exercises
<b>6</b> 2:30 Cards & Games	<b>7</b> 11:00 Exercises 1:30 Workshop 3:00 Bingo	<b>8</b> 11:30 Outing: Main Street Diner 2:00 Library Visit 2:30 Anglican Church	<b>9</b> 10:00 Lakeside Montessori Preschool Visit ~RR  1:00 Art Therapy 1:30 Travel Log: Republic of Columbia 6:00 Movie Night ~RR	<b>10</b> 11:00 Exercises 1:00 Music Therapy	<b>11</b> 10:30 Chair Yoga ~RR  1:30 Birthday Social with The Jubilakers!	<b>12</b> 1:30 Thanksgiving Reflections ~RR 3:30 Exercises
<b>13</b> 10am-3pm Personal Touch Fashions Clothing Sale	<b>14</b> 11:00 Exercises 1:30 Workshop 3:00 Bingo 	<b>15</b> 2:00 Winter Craft Faire Planning Meeting 2:30 Manicures with Tracy	<b>16</b> 9:30 Cooking with Nellie 1:00 Art Therapy	<b>17</b> 11:00 Exercises 1:00 Music Therapy	<b>18</b> 10:00 Kootenay Kids Preschool Visit ~RR 12:30 General Store Kootenay Columbia Student Massage Visit	<b>19</b> 2:30 Creative Colouring ~RR
<b>20</b> 2:30 Cards & Games	<b>21</b> 11:00 Resident & Family Council Meeting 1:30 Workshop 3:00 Bingo	<b>22</b> 2:00 First Baptist Church 3:00 Storytelling with Mike Funergy ~RR	<b>23</b> 10:00 Lakeside Montessori Preschool Visit ~RR 1:00 Art Therapy 3:30 Crossword Puzzle ~RR 6:00 Movie Night ~RR	<b>24</b> 11:00 Exercises 1:00 Music Therapy	<b>25</b> 10:30 Chair Yoga ~RR  2:00 Happy Hour!	<b>26</b> 2:30 Creative Colouring ~RR
<b>27</b> 2:30 Cards & Games	<b>28</b> 11:00 Exercises 1:30 Workshop 2:00 Performance by Philip Seagram!	<b>29</b> 1:00 Oxygen Art Centre presents: Paper Marbling with Catherine	<b>30</b> 10:00 Baking 1:00 Art Therapy	<b>31</b> 11:00 Exercises 1:00 Music Therapy 2:00 Halloween Karaoke & Costume Parade!		






*\*Programs are subject to change.*

*Please see whiteboard at main entrance for daily programs.*

**RR = Rec Room**

# October 2024

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 10:00 Singersize 11:30 Outing: <i>Mall</i> <b>2:00 United Church</b>	<b>2</b> 10:00 Baking 1:30 Arts & Crafts	<b>3</b> 10:00 Alpine Music Therapy 11:00 Music Therapy <b>1:30 Performance by Fiddle DeeDee!</b>	<b>4</b> <b>10:00 Kootenay Kids Preschool Visit</b> 1:30 Cards & Games 3:00 Sensory Visits	<b>5</b> 1:30 Shuffleboard
<b>6</b>	<b>7</b> 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	<b>8</b> 10:00 Singersize <b>1:00 Library Visit</b> <b>2:30 Anglican Church</b>	<b>9</b> <b>10:00 Lakeside Montessori Preschool Visit!</b>  <b>1:30 Travel Log: Republic of Columbia</b> 3:30 Guided Meditations 6:00 Movie Night	<b>10</b> 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Music with Onami <b>1:30 Resident &amp; Family Council Meeting</b> 3:00 Bingo	<b>11</b> 10:30 Chair Yoga  <b>1:30 Birthday Social with The Jubilakers</b>	<b>12</b> 1:30 Thanksgiving Reflections
<b>13</b>	<b>14</b> 9:30 Bingo 1:30 Workshop 	<b>15</b> 10:00 Singersize 11:30 Outing: <i>Scenic Drive</i> <b>2:00 Winter Craft Faire Planning Meeting</b>	<b>16</b> 9:30 Cooking with Nellie 2:00 Shuffleboard	<b>17</b> 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Manicures 3:00 Bingo	<b>18</b> <b>10:00 Kootenay Kids Preschool Visit</b> 1:30 Cards & Games 3:00 Sensory Visits	<b>19</b> 2:30 Creative Colouring
<b>20</b>	<b>21</b> 9:30 Bingo 1:30 Workshop 2:30 Guided Meditations 3:00 Tover Time in Alpine	<b>22</b> 10:00 Singersize 11:30 Outing: <i>Amanda's Restaurant</i> <b>2:00 First Baptist Church</b> <b>3:00 Storytelling with Mike Funergy</b>	<b>23</b> <b>10:00 Lakeside Montessori Preschool Visit!</b> <i>~Lunch Club~</i> 3:30 Crossword Puzzle 6:00 Movie Night	<b>24</b> 10:00 Alpine Music Therapy 11:00 Music Therapy 1:30 Reading & Reminiscing 3:00 Bingo	<b>25</b> 10:30 Chair Yoga 1:30 Cards & Games 3:00 Sensory Visits	<b>26</b> 2:30 Creative Colouring
<b>27</b>	<b>28</b> 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	<b>29</b> 10:00 Singersize 11:30 Outing: <i>Lunch in Taghum</i>	<b>30</b> 10:00 Baking <b>2:00 Sing-along with Paola &amp; Kevin</b>	<b>31</b> 10:00 Alpine Music Therapy 11:00 Music Therapy <b>2:00 Halloween Karaoke &amp; Costume Parade!</b>		

*\*Programs are subject to change.*

*Please see whiteboard at main entrance for daily programs.*

# October 2024