

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 2:30 Cards & Games	2 <i>Deck the Halls Christmas Decorating!</i> 1:30 Workshop 3:00 Bingo	3 2:00 United Church 2:00 Manicures with Tracy	4 10:00 Baking 1:00 Art Therapy 6:00 Movie Night ~RR	5 11:00 Exercises 1:00 Music Therapy	6 10:30 Kootenay Kids Preschool Visit ~RR 12:30 General Store 1:30 Nelson Christian School Visit	7 2:30 Creative Colouring ~RR
8 2:30 Cards & Games 	9 11:00 Exercises 1:30 Workshop 3:00 Bingo	10 11:30 Outing: <i>Library Lounge at Hume Hotel</i> 2:00 Library Visit 2:00 Manicures with Tracy 2:30 Anglican Church	11 10:00 Baking 1:00 Art Therapy 1:30 Hymn Sing with Joyful Sound! ~RR 6:00 Movie Night ~RR	12 11:00 Exercises 1:00 Music Therapy 2:00 Performance by Philip Seagram! ~RR	13 10:30 Crossword Puzzle ~RR 12:30 General Store 1:30 Birthday Social with The Jubilakers!	14 2:30 Creative Colouring ~RR 
15 2:30 Cards & Games	16 11:00 Exercises 1:30 Workshop 3:00 Bingo	17 2:00 Manicures with Tracy	18  2:00 Holiday Variety Show!	19 11:00 Exercises 1:00 Music Therapy	20 10:30 Chair Yoga ~RR 12:30 General Store 1:30 Christmas Baking in Diamond Cottage	21 2:30 Creative Colouring ~RR 
22 2:30 Cards & Games	23 11:00 Exercises 1:30 Workshop 3:00 Bingo	24 2:00 Manicures with Tracy	25  2:00 Christmas Carolling with Paola & Kevin!	26 11:00 Exercises 1:30 Crossword Puzzle	27 10:30 Crossword Puzzle ~RR 1:30 Catholic Mass	28 2:30 Creative Colouring ~RR
29 2:30 Cards & Games	30 11:00 Exercises 1:30 Workshop 3:00 Bingo	31 2:00 Singing in The New Year! 				

**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 <i>Deck the Halls Christmas Decorating!</i> 1:30 Workshop	3 10:30 Art Therapy 11:30 Outing: Mall 2:00 United Church	4 10:00 Baking 3:30 Mindful Meditation 6:00 Movie Night	5 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	6 10:30 Kootenay Kids Preschool Visit 1:30 Nelson Christian School Visit 3:00 Sensory Visits	7 2:30 Creative Colouring
8 	9 9:30 Bingo 1:30 Workshop	10 10:00 Singersize 10:30 Art Therapy 1:00 Library Visit 2:30 Anglican Church	11 10:00 Baking 1:30 Hymn Sing with Joyful Sound! 3:30 Mindful Meditation 6:00 Movie Night	12 11:00 Music Therapy 2:00 Performance by Philip Seagram! 2:15 Alpine Music Therapy 3:00 Bingo	13 10:30 Chair Yoga 1:30 Birthday Social with The Jubilakers!	14 2:30 Creative Colouring
15 	16 9:30 Bingo 1:30 Workshop	17 10:00 Singersize 11:30 Outing: <i>Railtown A&W</i>	18  2:00 Holiday Variety Show!	19 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	20 10:30 Music with Onami 1:30 Christmas Baking in Diamond Cottage	21 2:30 Creative Colouring 
22 	23 9:30 Bingo 10:30 Alpine Games 1:30 Workshop 3:00 Tover Time	24 10:00 Singersize 11:30 Outing: <i>Scenic Drive</i>	25  2:00 Christmas Carolling with Paola & Kevin!	26 1:30 Crossword Puzzle 3:00 Bingo	27 10:30 Chair Yoga 1:30 Catholic Mass 3:00 Sensory Visits	28 2:30 Creative Colouring
29 	30 9:30 Bingo 10:30 Alpine Games 1:30 Workshop 3:00 Doukhorbor Gathering	31 10:00 Singersize 2:00 Singing in the New Year! 	<h1>December 2024</h1>			

**Programs are subject to change.*

Please see whiteboard at main entrance for daily programs.