












Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 3:00 Bingo 3:00 Doukhobor Gathering ~RR	3 11:00 Exercises 2:00 United Church	4 2:00 Trivia & Games	5 11:00 Exercises 1:00 Music Therapy	6 10:30 Chair Yoga 12:30 General Store 1:30 Nelson Christian School Visit	7
8	9 11:00 Tenant Council Meeting 2:00 Workshop 3:00 Bingo	10 11:00 Exercises 1:00 Art Therapy ~RR 2:00 Library Visit 2:30 Anglican Church	11  2:00 Kevin & Friends entertain!	12 11:00 Exercises 1:00 Music Therapy	13 11:00 Kootenay Kids Preschool Visit 2:00 Father's Day Performance by Buckaroo Jake "The Cowboy Poet"	14
15 	16 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop 3:00 Bingo	17 11:00 Exercises 1:30 Music with Valinda 4:00 Armchair Travel: Let's Go to Ireland! 6:00 Performance by Craic Killers! 	18 2:00 Patio Party 	19 11:00 Exercises 1:00 Music Therapy 2:00 Celebration of Life Service	20  10:00 Manicures 12:30 General Store 1:30 Birthday Social with The Jubilakers!	21  10am-2pm Personal Touch Fashions Clothing Sale 2:00 Performance by Todd Stevenson
22	23 2:00 Workshop 3:00 Bingo	24 11:00 Exercises 2:00 First Baptist Church	25 6:00 Movie Night ~RR	26 11:00 Exercises 1:00 Music Therapy	27 11:00 Kootenay Kids Preschool Visit BBQ Lunch!  1:30 Crossword Puzzle 2:00 Happy Hour!	28
29	30 2:00 Workshop 3:00 Bingo	 JUNE 2025				

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

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30 Alpine Visits 11:00 Outing: <i>Railtown A&W</i> 3:00 Doukhobor Gathering	3 9:30 Beachview Bingo 2:00 United Church	4 10:00 Singersize  BBQ <i>Evergreen BBQ</i> 2:00 Trivia & Games	5 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	6 10:30 Chair Yoga 1:30 Nelson Christian School Visit 3:00 Sensory Visits	7
8	9 9:30 Alpine Visits 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop	10 9:30 Beachview Bingo 1:00 Library Visit 1:00 Art Therapy 2:30 Anglican Church	11 10:00 Chair Yoga <i>Falcon Ridge BBQ</i> 2:00 Kevin & Friends entertain! 	12 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:15 Alpine Music Therapy 3:00 Bingo	13 11:00 Kootenay Kids Preschool Visit 2:00 Father's Day Performance by Buckaroo Jake "The Cowboy Poet"	14
15 	16 9:30 Alpine Visits 2:00 Workshop	17 9:30 Beachview Bingo 1:30 Music with Valinda 4:00 Armchair Travel: Let's Go to Ireland! 6:00 Performance by Craic Killers! 	18 10:00 Singersize <i>Diamond BBQ</i>	19 11:00 Music Therapy 1:30 Reading & Reminiscing 2:00 Celebration of Life Service 2:15 Alpine Music Therapy	20  1:30 Birthday Social with The Jubilakers!	21 10am-2pm  Personal Touch Fashions Clothing Sale 2:00 Performance by Todd Stevenson
22	23 9:30 Alpine Visits 11:00 Outing: <i>Mall</i> 2:00 Workshop	24 9:30 Beachview Bingo 2:00 First Baptist Church	25 10:00 Singersize <i>Lombardy BBQ</i> 2:00 Patio Party 6:00 Movie Night	26 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	27 11:00 Kootenay Kids Preschool Visit 1:30 Crossword Puzzle 3:00 Sensory Visits	28
29	30 9:30 Alpine Visits 11:00 Outing: <i>Granite Point Golf Course</i> 2:00 Workshop	 June 2025				

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