

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>July 2025</i>		<b>1</b> 9:30 Beachview Bingo  1:00 Art Therapy <b>HAPPY CANADA DAY!</b>	<b>2</b> 10:00 Singersize <b>2:00 Performance by Diamond Willow!</b>	<b>3</b> 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	<b>4</b> 11:00 Kootenay Kids Preschool Visit  1:30 Loving Lavender	<b>5</b>
<b>6</b>	<b>7</b> 9:30 Alpine Visits 11:00 Outing: Railtown A&W 2:00 Workshop	<b>8</b> 9:30 Beachview Bingo 1:00 Library Visit 2:30 Anglican Church	<b>9</b> 10:00 Singersize <b>Beachview BBQ</b> <b>2:00 Kevin &amp; Friends entertain!</b> 6:00 Movie Night	<b>10</b> 11:00 Music Therapy <b>1:30 Resident &amp; Family Council Meeting</b> 2:15 Alpine Music Therapy 3:00 Bingo	<b>11</b> 1:30 Mindful Meditation 3:00 Sensory Visits	<b>12</b>
<b>13</b>	<b>14</b> 9:30 Alpine Visits 2:00 Workshop	<b>15</b> 9:30 Beachview Bingo 2:00 United Church	<b>16</b> 10:00 Singersize 11:45 Outing: Cottonwood Falls Farmers Market 2:00 Patio Party!	<b>17</b> 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	<b>18</b>  11:00 Kootenay Kids Preschool Visit <b>1:30 Birthday Social with The Jubilakers!</b>	<b>19</b> <b>2:00 Performance by Shifting Winds</b>
<b>20</b> <b>3:00 Kootenay Kiltie Pipe Band!</b> 	<b>21</b>  9:30 Alpine Visits 2:00 Workshop <b>3:00 Armchair Travel: Let's Go to Scotland!</b>	<b>22</b> 9:30 Beachview Bingo 2:00 Trivia & Games	<b>23</b> 10:00 Chair Yoga <b>Alpine BBQ</b> <b>2:00 Performance by Three French Horns</b>	<b>24</b> 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	<b>25</b> 1:30 Crossword Puzzle 3:00 Sensory Visits	<b>26</b>
<b>27</b>	<b>28</b> 9:30 Alpine Visits 11:00 Outing: Lakeside Park 2:00 Workshop	<b>29</b> 9:30 Beachview Bingo 2:00 Swing Set Visits	<b>30</b> 10:00 Singersize <b>Falcon Ridge BBQ</b> 6:00 Movie Night	<b>31</b> 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	<b>*Programs are subject to change. Please see whiteboard at main entrance for daily updates.</b> 	

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>JULY 2025</b> 		<b>1</b>  11:00 Exercises 1:00 Art Therapy ~RR <b>HAPPY CANADA DAY!</b>	<b>2</b> <b>2:00 Performance by Diamond Willow!</b>	<b>3</b> 11:00 Exercises 1:00 Music Therapy	<b>4</b> 11:00 Kootenay Kids Preschool Visit 12:30 General Store	<b>5</b>
<b>6</b>	<b>7</b> 2:00 Workshop 3:00 Bingo	<b>8</b> 11:00 Exercises <b>2:00 Library Visit</b> <b>2:30 Anglican Church</b>	<b>9</b> <b>2:00 Kevin &amp; Friends entertain!</b> 6:00 Movie Night	<b>10</b> 11:00 Exercises 1:00 Music Therapy	<b>11</b> 10:00 Manicures	<b>12</b>
<b>13</b>	<b>14</b> <b>11:00 Tenant Council Meeting</b> 2:00 Workshop 3:00 Bingo	<b>15</b> 11:00 Exercises <b>2:00 United Church</b>	<b>16</b> 11:45 Outing: <i>Cottonwood Falls Farmers Market</i>	<b>17</b> 11:00 Exercises 1:00 Music Therapy	<b>18</b>  11:00 Kootenay Kids Preschool Visit 12:30 General Store <b>1:30 Birthday Social with The Jubilakers!</b>	<b>19</b> <b>2:00 Performance by Shifting Winds</b>
<b>20</b> <b>3:00 Kootenay Kiltie Pipe Band!</b> 	<b>21</b>  11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop <b>3:00 Armchair Travel: Let's Go to Scotland!</b> 3:00 Bingo	<b>22</b> 11:00 Exercises 2:00 Trivia & Games ~RR	<b>23</b>  <b>2:00 Performance by Three French Horns</b>	<b>24</b> 11:00 Exercises 1:00 Music Therapy	<b>25</b> 10:00 Manicures  <b>BBQ Lunch!</b> 1:30 Crossword Puzzle 2:00 Happy Hour!	<b>26</b>
<b>27</b>	<b>28</b> 2:00 Workshop 3:00 Bingo	<b>29</b> 11:00 Exercises	<b>30</b> 2:00 Ice Cream Social 6:00 Movie Night	<b>31</b> 11:00 Exercises 1:00 Music Therapy	<b>*Programs are subject to change.</b> <b>Please see whiteboard at main entrance for daily updates.</b>	