









Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 1:00 Workshop 3:00 Bingo  Labour Day	2 11:00 Exercises 1:00 Art Therapy 2:00 United Church 3:15 Threshold Singers	3 2:00 Trivia & Games	4 11:00 Exercises 1:00 Music Therapy 6:00 Movie Night	5 10:30 Chair Yoga 2:00 Happy Hour!	6 4:30 Road Kings Poker Run & Car Show with music by Steve & Kim!
7  Happy Grandparents Day	8 11:00 Tenant Council Meeting 2:00 Workshop 3:00 Bingo	9 11:00 Exercises 2:00 Library Visit 2:00 Anglican Church	10 2:00 Kevin & Friends Entertain!	11 11:00 Exercises  1:00 Music Therapy	12 11:00 Celebration of Life Service  1:30 Catholic Mass	13
14	15 11:00 Outing: <i>Lakeside Park</i> 2:00 Workshop 3:00 Bingo	16 11:00 Exercises 1:30 Bocce Ball	17 1:30 Joyful Sound Hymn Sing 3:00 Steve Quatrochi entertains!	18 11:00 Exercises 1:00 Music Therapy	19 10:45 Kootenay Kids Preschool Visit 1:30 Birthday Social with The Jubilakers! 	20
21 4:00 Armchair Travel: Columbia 6:30 Quilombero Afrocumbian Ensemble 	22 11:00 Outing: <i>Mall</i> 2:00 Workshop 3:00 Bingo  Hello FALL	23 11:00 Exercises 2:00 First Baptist Church	24 10:00 Pizza Making Party & Lunch Club! 2:00 Manicures	25 11:00 Exercises 1:00 Music Therapy	26 10:45 Kootenay Kids Preschool Visit BBQ Lunch! 1:30 Performance by Diamond Willow!	27
28	29 11:00 Outing: <i>Main Street Diner</i> 2:00 Workshop 3:00 Bingo	30 11:00 Exercises 2:00 Performance by Three French Horns NATIONAL DAY FOR TRUTH & RECONCILIATION 	<p><i>*Programs are subject to change. Please see whiteboard at main entrance for daily updates.</i></p>			

September 2025



Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 Alpine Visits 1:00 Workshop  Labour Day	2 9:30 Beachview Bingo 1:00 Art Therapy 2:00 United Church 3:15 Threshold Singers	3 10:00 Singersize Beachview BBQ 2:00 Trivia & Games	4 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo 6:00 Movie Night	5 10:30 Chair Yoga 1:30 Mindful Meditation 3:00 Sensory Visits	6 4:30 Road Kings Poker Run & Car Show with music by Steve & Kim!
7  Happy Grandparents Day	8 9:30 Alpine Visits 11:00 Outing: Lakeside Park 2:00 Workshop	9 9:30 Beachview Bingo 1:00 Library Visit 2:00 Anglican Church	10 10:00 Singersize Alpine BBQ 2:00 Kevin & Friends Entertain! 	11 10:00 Kootenay Kiddies 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:15 Alpine Music Therapy 3:00 Bingo	12 11:00 Celebration of Life Service  1:30 Catholic Mass 3:00 Sensory Visits	13
14	15 9:30 Alpine Visits 11:00 Outing: Lakeside Park 2:00 Workshop	16 9:30 Beachview Bingo 1:30 Bocce Ball	17 10:00 Singersize 1:30 Joyful Sound Hymn Sing 3:00 Steve Quatrochi entertains!	18 10:00 Kootenay Kiddies 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	19 10:45 Kootenay Kids Preschool Visit  1:30 Birthday Social with The Jubilakers!	20
21 4:00 Armchair Travel: Columbia 6:30 Quilombero Afrocumbian Ensemble 	22 9:30 Alpine Visits 11:00 Outing: Mall 2:00 Workshop Hello Fall! 	23 9:30 Beachview Bingo 2:00 First Baptist Church	24 10:00 Pizza Making Party & Lunch Club!	25 10:00 Kootenay Kiddies 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	26 10:45 Kootenay Kids Preschool Visit 1:30 Performance by Diamond Willow!	27
28	29 9:30 Alpine Visits 11:00 Outing: Main Street Diner 2:00 Workshop	30 9:30 Beachview Bingo 2:00 Performance by Three French Horns  NATIONAL DAY FOR TRUTH & RECONCILIATION	<p><i>*Programs are subject to change. Please see whiteboard at main entrance for daily updates.</i></p>			

September 2025

