Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	1:00 Workshop	2 11:00 Exercises	3	4 11:00 Exercises	5	6 4:30 Road Kings	
	3:00 Bingo	11.00 Exercises	2:00 Trivia & Games	11.00 Exercises	10:30 Chair Yoga	Poker Run &	
	Labour	1:00 Art Therapy		1:00 Music Therapy		Car Show with	
25	Day	2:00 United Church		6:00 Movie Night	2:00 Happy Hour!	music by	
7	8	3:15 Threshold Singers 9	10	11	12	Steve & Kim!	
	11:00 Tenant Council	11:00 Exercises	10	11:00 Exercises	11:00 Celebration of	13	
1/2	Meeting	11.00 Excicises	2:00 Kevin & Friends	11.00 Exercises	Life Service		
Нарру	2:00 Workshop	2:00 Library Visit	Entertain!				
Grandparents Day	3:00 Bingo	2:00 Anglican Church		1:00 Music Therapy	1:30 Catholic Mass		
14	15	16	17	18	19	20	
	11:00 Outing:	11:00 Exercises	1:30 Joyful Sound	11:00 Exercises	10:45 Kootenay Kids		
	Lakeside Park	1:30 Bocce Ball	Hymn Sing	1.00 Music Thomas	Preschool Visit		
	2:00 Workshop 3:00 Bingo	1:30 Bocce Ball	3:00 Steve Quatrocchi entertains!	1:00 Music Therapy	1:30 Birthday Social with The Jubilakers!		
21	22	23	24	25	26	27	
4:00 Armchair	11:00 Outing: Mall	11:00 Exercises	10:00 Pizza Making		10:45 Kootenay Kids		
Travel: Columbia	2:00 Workshop		Party & Lunch Club!	11:00 Exercises	Preschool Visit		
6:30 Quilombera	3:00 Bingo	2:00 First Baptist	2.00 Mariana	4.00 Marsis Theorem	BBQ Lunch!		
Afrocolumbian Ensemble	Hello tal	Church	2:00 Manicures	1:00 Music Therapy	1:30 Performance by Diamond Willow!		
28	29	30 QRANGE			•	1	
	11:00 Outing:	11:00 Exercises	*Progi	rams are	4		
	Main Street Diner	2:00 Perjormance by	subject to	change.	ember	2025	
	2:00 Workshop	Three French Horns NATIONAL DAY FOR	Please see whiteboard	4043			
	3:00 Bingo	TRUTH & RECONCILLIATION	entrance for daily apaates.				



Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
***	9:30 Alpine Visits 1:00 Workshop	9:30 Beachview Bingo	10:00 Singersize	11:00 Music Therapy 1:30 Manicures	10:30 Chair Yoga	4:30 Road Kings Poker Run &
*	Labour Day	1:00 Art Therapy 2:00 United Church 3:15 Threshold Singers	Beachview BBQ 2:00 Trivia & Games	2:15 Alpine Music Therapy 3:00 Bingo 6:00 Movie Night	1:30 Mindful Meditation 3:00 Sensory Visits	Car Show with music by Steve & Kim!
7	8	9	10	11	12	13
	9:30 Alpine Visits 11:00 Outing: Lakeside Park	9:30 Beachview Bingo 1:00 Library Visit	10:00 Singersize Alpine BBQ 2:00 Kevin & Friends	10:00 Kootenay Kiddies 11:00 Music Therapy 1:30 Resident & Family Council Meeting	11:00 Celebration of Life Service	
Grandparents Day	2:00 Workshop	2:00 Anglican Church	Entertain!	2:15 Alpine Music Therapy 3:00 Bingo	1:30 Catholic Mass 3:00 Sensory Visits	
14	9:30 Alpine Visits 11:00 Outing: Lakeside Park 2:00 Workshop	9:30 Beachview Bingo 1:30 Bocce Ball	17 10:00 Singersize 1:30 Joyful Sound Hymn Sing 3:00 Steve Quatrocchi 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	22	23	24	25	26	27
4:00 Armchair Travel: Columbia 6:30 Quilombera Afrocolumbian Ensemble	9:30 Alpine Visits 11:00 Outing: <i>Mall</i> 2:00 Workshop	9:30 Beachview Bingo 2:00 First Baptist Church	10:00 Pizza Making Party & Lunch Club!	10:00 Kootenay Kiddies 11:00 Music Therapy 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	10:45 Kootenay Kids Preschool Visit 1:30 Performance by Diamond Willow!	
28	9:30 Alpine Visits 11:00 Outing: Main Street Diner 2:00 Workshop	9:30 Beachview Bingo 2:00 Performance by Three French Horns NATIONAL DAY FOR TRUTH & RECONCILLIATION	*Progi subject to Please see whiteboard entrance for daily	rams are change. Septo at main updates.	ember	2025

