

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 9:30 Friendly Visits 11:00 Outing: <i>Full Circle Cafe</i> 2:00 Workshop	3 9:30 Beachview Bingo 2:00 United Church 3:00 Threshold Singers	4 10:30 Singersize 10:30 Art Therapy 2:00 YouTubing with Paola	5 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	6 10:00 Art Therapy  10:30 Winter Olympics Opening Ceremonies! 2:00 Armchair Travel to Netherlands! 	7
8 	9 9:30 Friendly Visits 11:00 Outing: <i>Mall</i> 2:00 Workshop	10 9:30 Beachview Bingo 1:00 Library Visit 2:00 Anglican Church	11 10:30 Olympic Floor Hockey 10:30 Art Therapy 2:00 Sweetheart Sing-along with Paola & Kevin 6:00 Movie Night	12 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:15 Alpine Music Therapy 3:00 Bingo	13 10:30 Chair Yoga 2:00 Birthday Social with the Jubilakers! 	14 1:00 Valentine Games & Trivia
15	16 9:30 Friendly Visits 10:30 Olympic Travels: <i>Milan, Italy</i> 1:00 Workshop 	17 9:30 Beachview Bingo 2:00 Chinese New Year & Mardi Gras Festivities! 	18  10:30 Olympic Floor Hockey 10:30 Art Therapy 2:00 Joyful Sound Hymn Sing	19 11:00 Music Therapy 1:30 Spinning Musical Memories 2:15 Alpine Music Therapy 3:00 Bingo	20 10:30 Alpine Visits 2:00 Performance by Mountain Time Duo!	21
22 	23 9:30 Friendly Visits 11:00 Outing: <i>Mall</i> 2:00 Workshop	24 9:30 Beachview Bingo 2:00 First Baptist Church	25 10:00 Making Borscht  10:30 Art Therapy 2:00 Trivia & Word Games 6:00 Movie Night	26 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	27 10:30 Chair Yoga  1:30 Performance by Rosa Good!	28 1:00 Cards & Games

February 2026

Programs are subject to change. Please check the whiteboard for daily updates.

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 11:00 Outing: <i>Full Circle Café</i> 2:00 Workshop	3 11:00 Exercises 2:00 United Church 3:00 Threshold Singers~RR	4 1:00 Art Therapy 2:00 Youtubing with Paola ~RR	5 11:00 Exercises 1:00 Music Therapy	6 12:30 General Store 2:00 Armchair Travel to Netherlands! ~RR 	7
8 	9 11:00 Resident & Family Council Meeting 2:00 Workshop	10 11:00 Exercises 1:30 Library Visit 2:00 Anglican Church 2:30 Bingo	11 10:30 Olympic Floor Hockey 1:00 Art Therapy 2:00 Sweetheart Sing-along with Paola & Kevin 6:00 Movie Night ~RR	12 11:00 Exercises 1:00 Music Therapy	13 10:30 Manicures  2:00 Birthday Social with The Jubilakers!	14 1:00 Valentine Games & Trivia 2:30 Bingo 
15	16 10:30 Olympic Medal Count & Travels: <i>Milan, Italy</i> 1:00 Workshop 3:00 Bingo 	17 11:00 Exercises 2:00 Chinese New Year & Mardi Gras Festivities! YEAR OF THE HORSE LUNAR NEW YEAR 	18 10:30 Olympic Floor Hockey  1:00 Art Therapy 2:00 Joyful Sound Hymn Sing~RR	19 11:00 Exercises 1:00 Music Therapy	20 12:30 General Store 2:00 Performance by Mountain Time Duo!	21
22 	23 11:00 Outing: <i>Mall</i> 2:00 Workshop	24 11:00 Exercises 2:00 First Baptist Church 2:30 Bingo	25 10:00 Making Borscht  1:00 Art Therapy 6:00 Movie Night ~RR	26 11:00 Exercises 1:00 Music Therapy	27 10:30 Chair Yoga  1:30 Performance by Rosa Good!	28 1:00 Cards & Games ~RR 2:30 Bingo



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