

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>Waits Diner</i> 2:00 Workshop	3 9:30 Beachview Bingo 10:30 Spinning Musical Memories 2:00 United Church 3:00 Threshold Singers	4 10:30 Singersize 10:30 Art Therapy 1:30 Garden Club	5 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	6 10:00 Alpine Visits 1:00 Art Therapy 1:30 Crossword Puzzle 3:00 Sensory Visits	7
8 	9 9:30 Friendly Visits <i>Life Enrichment Team Meeting</i> 2:00 Workshop	10 9:30 Beachview Bingo 1:00 Library Visit 2:00 Anglican Church	11 10:00 Baking 10:30 Art Therapy 2:00 Performance by Kevin & Friends! 6:00 Movie Night	12 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:00 Armchair Travel to the Netherlands! 2:15 Alpine Music Therapy	13 10:30 Chair Yoga <i>Lunch Club</i> 2:00 Birthday Social with the Jubilakers!	14 1:30 Junebug Linedancers! 
15	16 9:30 Friendly Visits 11:00 Outing: <i>Finley's Pub</i> 2:00 Workshop	17 9:30 Beachview Bingo  1:30 St. Patrick's Day Ceilidh with Catherine McGrath & Friends!	18 10:30 Singersize 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 Diamond Willow! 	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 Performance by Philip Seagram! 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 Catholic Mass 3:00 Sensory Visits	28
29 	30 9:30 Friendly Visits 11:00 Outing: <i>Mall</i> 2:00 Workshop	31 9:30 Beachview Bingo 1:30 Garden Club	<h1>March 2026</h1> <p>Programs are subject to change. Please check the whiteboard for daily updates.</p>			



Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 11:00 Outing: <i>Waits Diner</i> 2:00 Workshop	3 11:00 Exercises 2:00 United Church 3:00 Threshold Singers	4 1:00 Art Therapy 1:30 Garden Club	5 11:00 Exercises 1:00 Music Therapy	6 10:00 Manicures 12:30 General Store 1:00 Art Therapy ~RR 1:30 Crossword Puzzle 3:00 Bingo	7
8  INTERNATIONAL WOMEN'S DAY SPRING FORWARD	9 11:00 Resident & Family Council Meeting <i>Life Enrichment Team Meeting</i> 2:00 Workshop	10 11:00 Exercises 1:45 Library Visit 2:00 Anglican Church	11 10:00 Baking 1:00 Art Therapy 2:00 Performance by Kevin & Friends! 6:00 Movie Night	12 11:00 Exercises 1:00 Music Therapy 2:00 Armchair Travel to the Netherlands! ~RR	13 10:30 Chair Yoga ~RR 2:00 Birthday Social with the Jubilakers!	14 1:30 Junebug Linedancers! 3:00 Bingo 
15	16 11:00 Outing: <i>Finley's Pub</i> 2:00 Workshop	17  11:00 Exercises 1:30 St. Patrick's Day Ceilidh with Catherine McGrath & Friends!	18 2:00 Joyful Sound Hymn Sing	19 11:00 Exercises 1:00 Music Therapy	20 12:30 General Store 2:00 Performance by Diamond Willow!	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 2:00 Performance by Philip Seagram! ~RR 6:00 Movie Night	26 11:00 Exercises 1:00 Music Therapy	27 10:30 Chair Yoga ~RR 1:30 Catholic Mass 3:00 Sensory Visits	28
29  Palm Sunday	30 11:00 Outing: <i>Mall</i> 2:00 Workshop	31 11:00 Exercises 1:30 Garden Club 2:30 Bingo	<h1>March 2026</h1> <p>Programs are subject to change. Please check the whiteboard for daily updates.</p>			

