

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 August 2026						1
2	3 10:30 YouTubing with Paola: Celebrating British Columbia!  2:00 Workshop	4 9:30 Beachview Bingo 11:00 Music with Lynn! 1:30 Travelling Ice Cream Cart!	5 10:30 Bocce Ball Alpine BBQ Lunch 1:30 Music with Thabi! 3:00 Trivia & Word Games 6:00 Movie Night	6 10:00 Performance by Robert, Danielle & Ruth 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	7 9:30 Garden Visits 10:30 Kootenay Kids Preschool Visit 1:30 Art Therapy	8
9	10 9:30 Garden Visits 11:00 Outing: A&W @ Railtown 2:00 Workshop	11 9:30 Beachview Bingo Beachview BBQ Lunch 2:00 YouTubing with Paola	12 9:30 Chef's Corner: Spaghetti! 2:00 Patio Performance: Kevin & Friends! 6:00 Movie Night	13 11:00 Music Therapy 1:30 Resident & Family Council Meeting 2:15 Alpine Music Therapy 3:00 Bingo	14 10:30 Chair Yoga  2:00 Birthday Social with The Jubilakers!	15
16	17 9:30 Alpine Visits 11:00 Outing: Lakeside Park 2:00 Workshop	18 9:30 Beachview Bingo 1:00 Library Visit 1:30 Gospel Songs with Sunday Best	19 10:30 Bocce Ball Lombardy BBQ Lunch 2:00 Sing-along with Paola! 6:00 Movie Night	20 11:00 Music Therapy 1:30 Rock Art 2:15 Alpine Music Therapy 3:00 Bingo	21 10:30 Kootenay Kids Preschool Visit 1:30 Crossword Puzzle	22
23	24 9:30 Garden Visits Diamond BBQ Lunch 2:00 Workshop	25 9:30 Beachview Bingo 2:00 Trivia & Word Games	26  10:00 Singersize 11:45 Outing: Baker Street Farmers Market	27 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	28 10:30 Chair Yoga 1:30 Catholic Mass 3:00 Horse Races	29
30	31 9:30 Alpine Visits 11:00 Outing: Jackson's Hole 2:00 Workshop	Happy Birthday to our Friends celebrating in August! Peter P – August 3, Anita D – August 4, Michael D – August 6, Betty H – August 13, Rhonda K – August 18, Bruce B – August 18, Tom W – August 20, Alois P – August 26, Henry Z – August 27				

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2	3 10:30 YouTubing with Paola: Celebrating British Columbia! ~RR  2:00 Workshop 2:45 Bingo	4 11:00 Exercises 3:00 Patio Ice Cream Social!	5 10:00 Bocce Ball 1:30 Music with Thabi! ~RR 6:00 Movie Night ~RR	6 10:00 Performance by Robert, Danielle & Ruth 11:00 Exercises 1:00 Music Therapy	7 10:30 Kootenay Kids Preschool Visit ~RR 12:30 General Store 1:30 Art Therapy ~RR 2:00 Happy Hour!	8
9	10 11:00 Resident & Family Council Meeting 2:00 Workshop 2:45 Bingo	11 11:00 Exercises 2:00 YouTubing with Paola ~RR	12 9:30 Chef's Corner: Spaghetti! 2:00 Patio Performance: Kevin & Friends! 6:00 Movie Night ~RR	13 11:00 Exercises 1:00 Music Therapy	14 10:30 Chair Yoga ~RR 2:00 Birthday Social With The Jubilakers!	15 
16	17 11:00 Outing: Lakeside Park 2:00 Workshop 2:45 Bingo	18 11:00 Exercises 1:30 Gospel Songs with Sunday Best	19 10:00 Bocce Ball 2:00 Sing-along with Paola! 6:00 Movie Night ~RR	20 11:00 Exercises 1:00 Music Therapy	21 10:30 Kootenay Kids Preschool Visit ~RR 12:30 General Store	22
23	24 2:00 Workshop 2:45 Bingo	25 11:00 Exercises 2:00 Trivia & Word Games ~RR	26  11:45 Outing: Baker Street Farmers Market	27 11:00 Exercises 1:00 Music Therapy	28 10:30 Chair Yoga ~RR BBQ Lunch! 1:30 Catholic Mass	29
30	31 11:00 Outing: Jackson's Hole 2:00 Workshop 2:45 Bingo	Happy Birthday to our Friends celebrating in August! Peter P – August 3, Anita D – August 4, Michael D – August 6, Betty H – August 13, Rhonda K – August 18, Bruce B – August 18, Tom W – August 20, Alois P – August 26, Henry Z – August 27				