Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11:00 Music Therapy 2:15 Alpine Music Therapy ***2:30 Performance by Arbutus Holiday!***	**2** 10:30 Chair Yoga **1:30 Nelson Christian School Visit** 3:00 Crossword Puzzle	**3**
4	**5** 9:30 Alpine Visits 11:00 Outing: *Mall* 2:00 Workshop	**6** 9:30 Beachview Bingo 1:30 Floor Hockey 3:00 Threshold Singers	**7** 10:00 Baking ***1:30 Performance by Thabi!*** 6:00 Movie Night	**8** 11:00 Music Therapy **1:30 Resident & Family Council Meeting** 2:15 Alpine Music Therapy 3:00 Bingo	**9** 10:00 Art Therapy ***2:00 Birthday Social with The Jubilakers!***	**10**
11	**12** 10:30 Songs of Gratitude  1:00 Workshop *THANKSGIVING DAY*	**13** 9:30 Beachview Bingo **2:00 Anglican Church**	**14** 10:00 Chef's Corner: *Pasta with Meat Sauce!* ***2:00 Performance by Kevin & Friends!***	**15** 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	**16** **10:30 Kootenay Kids Preschool Visit** 1:30 Armchair Travel:  Greece! 3:00 Fall Crafting	**17** ***Municipal Election Voting: 12:30pm-2pm (Assisted Living)***
18	**19** 9:30 Alpine Visits 11:00 Outing: *Railtown A&W* 2:00 Workshop	**20** 9:30 Beachview Bingo **1:00 Library Visit** **1:30 Gospel Songs with Sunday Best**	**21** 10:30 Floor Hockey 2:00 YouTubing with Paola 6:00 Movie Night	**22** 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	**23** 10:30 Chair Yoga **1:30 Catholic Mass** 3:00 Crossword Puzzle	**24**
25	**26** 9:30 Alpine Visits 11:00 Outing: *Izzy's Café Market* 2:00 Workshop	**27** 9:30 Beachview Bingo **2:00 First Baptist Church**	**28**  10:00 Baking ***2:00 Sing-along with Lynn & Suzanne!***	**29** 11:00 Music Therapy 1:00 Movie: Elvis in Concert 2:15 Alpine Music Therapy 3:00 Bingo	**30** **10:30 Kootenay Kids Preschool Visit** 2:00 Halloween Karaoke Party!	**31** **2:00 Children's Trick-or-Treating** 



Happy Birthday to our Friends celebrating in October!

October 2: Marlene L, October 3: David M, October 5: Michelle M,
October 9: Marie H, October 10: Lorna H, Alan D, Linda C,
October 18: Eric H, October 20: Marilyn R, October 21: Pat M, Jackie M,
October 22: Helen G, October 23: Rose D, Theffany F, October 24: Fern D,
October 27: Karel H, October 28: Neil R, Lynn H, October 31: Jim F

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11:00 Exercises *_Living Room_ 1:00 Music Therapy ***2:30 Performance by Arbutus Holiday!***	**2** 10:30 Chair Yoga ~_RR_ **1:30 Nelson Christian School Visit** ***12:30 General Store***	**3**
4	**5** 11:00 Outing: _Mall_ 2:00 Workshop 2:45 Bingo	**6** 11:00 Exercises 3:00 Threshold Singers	**7** 10:00 Baking 1:00 Art Therapy ***1:30 Performance by Thabi! ~RR*** 6:00 Movie Night ~_RR_	**8** 11:00 Exercises 1:00 Music Therapy	**9** 10:00 Art Therapy ~_RR_ 10:30 Manicures ***2:00 Birthday Social With The Jubilakers!***	**10**
11	**12** 10:30 Songs of Gratitude ~_RR_ 1:00 Workshop 2:45 Bingo _THANKSGIVING DAY_	**13** 11:00 Exercises **2:00 Anglican Church**	**14** 1:00 Art Therapy ***2:00 Performance by Kevin & Friends!***	**15** 11:00 Exercises 1:00 Music Therapy	**16** **10:30 Kootenay Kids Preschool Visit ~_RR_** ***12:30 General Store*** 1:30 Armchair Travel: Greece! ~_RR_	**17** ***Municipal Election Voting: 12:30pm-2pm***
18	**19** **11:00 Resident & Family Council Meeting** 2:00 Workshop 2:45 Bingo	**20** 11:00 Exercises **1:00 Library Visit ~_RR_** **1:30 Gospel Songs with Sunday Best**	**21** 1:00 Art Therapy 2:00 YouTubing with Paola ~_RR_ 6:00 Movie Night ~_RR_	**22** 11:00 Exercises 1:00 Music Therapy	**23** 10:30 Chair Yoga ~_RR_ **1:30 Catholic Mass** **2:00 Happy Hour!**	**24**
25	**26** 11:00 Outing: _Izzy's Café Market_ 2:00 Workshop 2:45 Bingo	**27** 11:00 Exercises **2:00 First Baptist Church**	**28** 10:00 Baking 1:00 Art Therapy ***2:00 Sing-along with Lynn & Suzanne! ~RR***	**29** 11:00 Exercises 1:00 Music Therapy 1:00 Movie: Elvis Presely in Concert ~_RR_	**30** **10:30 Kootenay Kids Preschool Visit ~_RR_** 10:30 Manicures ***12:30 General Store*** 2:00 Halloween Karaoke Party!	**31** **2:00 Children's Trick-or-Treating!** HAPPY Halloween

Happy Birthday to our Friends celebrating in October!

October 2: Marlene L, October 3: David M, October 5: Michelle M, October 9: Marie H, October 10: Lorna H, Alan D, Linda C,
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OCTOBER 2026 NEWSLETTER

Mountain Lake Seniors Community

Cool and crisp days are here, and so is another month full of good company, good food and good times at MLSC

908 Eleventh Street
Nelson BC V1L 7A6
250-352-2600

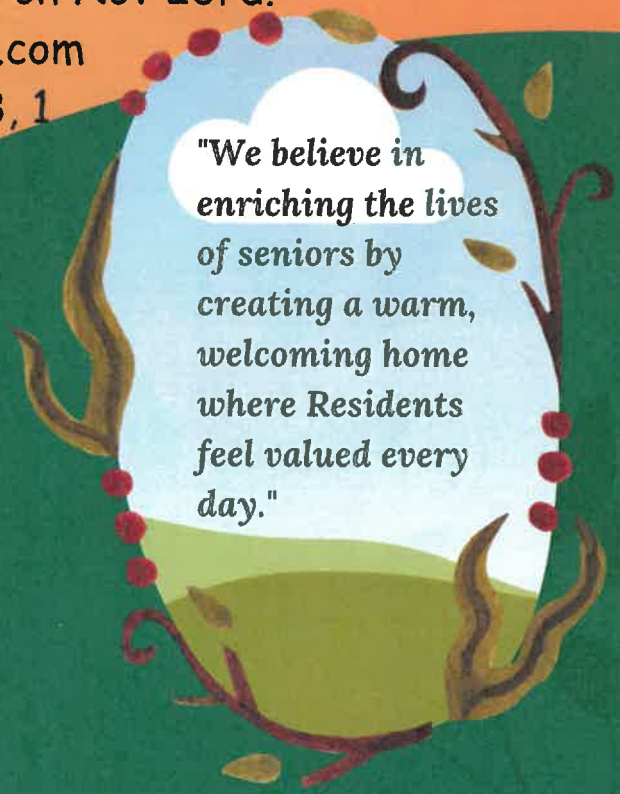
MOUNTAIN LAKE
SENIORS COMMUNITY
A member of the Park Place family

Welcome

A message from our Site Leader, Jessica Larocque

Hello MLSC family and friends, with these beautiful colors on the trees, it is a reminder that the season is changing and we need to prepare for cold and flu season. Please keep each other well and safe by practicing good hand hygiene, and although we love to see you - if you are feeling unwell, please stay home and visit when you are healthy. The small act of good handwashing is the best way to prevent the spread of illness.
You will hear from us soon about the upcoming vaccination clinic for influenza and Covid boosters on Nov 23rd.

Jessica.Larocque@ppsl.com
250-352-2600 ext 3, 1



VISION

Our vision exists to provide direction for the organization, adding an element of inspiration to give us purpose: At Park Place Seniors Living, we are committed to enriching the lives of those we serve by providing a voice and a choice with dignity, respect and empathy

VALUES

S - Safety and Quality
T - Teamwork and Partnerships
R - Responsibility and Stewardship
I - Innovation and Creativity
V - Voices that are Respected
E - Empathy and Trust

MISSION

Our mission serves as a guide, offering insight into our primary purpose for being and helping to ensure our organizational decisions are in alignment with our values: Park Place Seniors Living strives to provide enriched life experiences to seniors through innovation and creativity.

Birthdays this month

Linda C.
Karel H.
Rose D.
Jim F.
Fern D.
Allan D.
Theffany F.
Helen G.
Marie H.
Lynn H.
David M.
Eric H.
Jackie M.
Michele M.
Pat M.
Lorna H.
Marilyn R.

Upcoming Special Events

October 28th at 2:00- Sing-along with Lynn & Suzanne



October 30th at 2:00- Halloween Kareoke Party!

October 31st at 2:00- Children's Trick-or Treating

Community Highlights





Harvesting with Helen!



Armchair Travel to Paris, France!

bonjour



Residents in our Workshop built a beautiful campfire that we got to enjoy with the Bigby Place Band!











Rubber Ducky Races!



We enjoyed many BBQ's this summer, with much thanks to volunteers, Bob on the grill & Anne!











PERFORMANCE BY DALLAS WOLBAUM!



Thank you to the Friends of Nelson Elders in Care who generously donated the two "orientation boards" to our home. These boards cue residents to the date, season and upcoming holidays, as well as display the Life Enrichment programs that are taking place each day.



Friends of Nelson Elders in Care is a registered charitable organization and dedicated community fund based in Nelson, British Columbia, focused on supporting seniors in residential care







Painting rocks for our rock garden



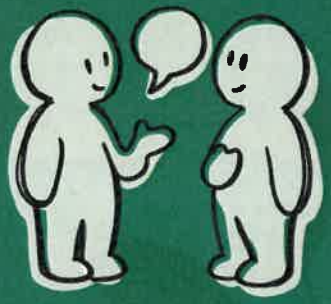


Employee of the Month



ARPAN

MLSC is very grateful for the dedication and support that Arpan provided to our Residents. Arpan has moved on from MLSC, we wish him all the best!



DO YOU KNOW?

Nidus

A great resource for Personal Planning!

Nidus is a resource on Representation Agreements and related legal planning documents available in BC.

What is Personal Planning?

The act of making one or more legal documents that authorize your personal supporters to help you manage your affairs or make decisions on your behalf if you need assistance due to illness, injury, or disability.

What's New

Residents, Families, and Staff-

Mountain Lake Seniors Community will be hosting a Fall Season Vaccine Clinic on November 23, 2026. We will offer COVID-19 and Influenza Vaccines for residents and staff.

Fall Season Vaccine Clinic 2026 Schedule

Date: November 23, 2026

Residents: 10:00 AM - 2:00 PM

Staff: 2:00 PM - 4:00 PM



Traditional Christmas Lunch

When: December 25th

Served at: 12:00

2 Tickets per family- spaces are limited

$20/ticket

Purchase tickets starting: November 1st

Deadline to purchase tickets: November 25th



~Please connect with Devon to purchase tickets~

Vegetarian options

Kitchen Corner



A HUGE thank you to Chef, Tony and Dietary Aide, Vijay, for their hard work and dedication in preparing the wonderful thanksgiving meal for our Residents/family/friends.

Chef, Joanne, is very excited that the Holiday festivities are beginning. Chef Joanne will be baking holiday favorites for our residents!





Community Spotlight



With much gratitude, we wish long-time volunteer, Maureen Butcher a happy and well-deserved “retirement” from her service to the residents of our home. Maureen has dedicated over 20 years of her time and talents to Mountain Lake, assisting with the monthly Nelson First Baptist Church service and our Celebration of Life services throughout the years. We will miss Maureen’s bright smile, wonderful sense of humour and her warm heart.

thank you



WHAT'S HAPPENING AROUND MLSC?



OCTOBER- CODE OF THE MONTH-VIOLENCE/ AGGRESSION

CODE WHITE IS THE DESIGNATED PHRASE USED TO ALERT PERSONNEL TO AN INCIDENT OF AGGRESSION OR VIOLENCE AGAINST A RESIDENT, FAMILY, VOLUNTEER, VISITOR, EMPLOYEE OR PHYSICIAN. THE GOAL OF THE MANAGEMENT OF AGGRESSIVE BEHAVIOUR IS TO PRESERVE EVERYBODY'S SAFETY AND TO ADDRESS THE BEHAVIOURS IN A SAFE, RESPECTFUL, AND CARING MANNER.

MONTHLY CHURCH SERVICES

1ST TUESDAY UNITED CHURCH
2ND TUESDAY ANGLICAN CHURCH
4TH TUESDAY FIRST BAPTIST CHURCH
4TH FRIDAY CATHOLIC CHURCH





RESIDENT & FAMILY COUNCIL MEETINGS

LONG-TERM CARE- 2ND THURSDAY OF THE MONTH @ 1:30 IN THE REC ROOM
ASSISTED LIVING- 2ND MONDAY OF THE MONTH @ 11:OO IN THE ASSISTED LIVING. COMMON LIVING ROOM



VOLUNTEER OPPORTUNITIES

WANT TO VOLUNTEER?
CRIMINAL RECORD CHECK
SIGNED PLEDGE OF CONFIDENTIALITY
FOLLOW PARK PLACE POLICIES
PLEASE CONNECT WITH SANDRA FOR MORE INFORMATION ON VOLUNTEERING 250-352-2600 EXT 2, 1



Resources + Contact

Jessica Larocque, Site Leader
Monday - Friday 8 - 4pm 250-352-2600 ext 3, 1

Devon Zarchikoff, Administrative Assistant
Monday - Friday 8 - 4pm 250-352-2600 ext 3, 2

James Besa, Director of Care
Monday - Friday 8 - 4pm 250-352-2600 ext 1, 1

Sandra Grochowich, Life Enrichment Coordinator
Monday - Friday 8 - 4pm 250-352-2600 ext 2, 1

Melody Wadsworth, Support Services Manager
Monday - Friday 8 - 4pm 250-352-2600 ext 4, 1

Michael Kanigan, Maintenance Manager
Monday - Friday 8 - 4pm 250-352-2600 ext 4, 3

Anik Frappier, Clinical Lead
Wednesday - Sunday 8 - 4pm
250-352-2600 ext 1, 2

Veronika Loffelmannova, Care Corp Operations Manager
Monday - Thursday 8 - 5:30pm
250-352-2600 ext 3, 6

Angela Merlino, Social Service Worker 250-352-2600 ext 3, 3
Monday - Thursday 7:30 - 3:30pm



Family is at the heart of what we do - thank you for sharing this month with us.

Thank you for being part of our community.