

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2026				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: <i>Mall</i> 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 <i>THANKSGIVING DAY</i>	13 9:30 Beachview Bingo 2:00 Anglican Church	14 10:00 Chef's Corner: <i>Pasta with Meat Sauce!</i> 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 <i>Municipal Election Voting: 12:30pm-2pm (Assisted Living)</i>
18	19 9:30 Alpine Visits 11:00 Outing: <i>Railtown A&W</i> 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: <i>Izzy's Café Market</i> 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: <i>Elvis in Concert</i> 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 2026				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: <i>Mall</i> 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  <i>THANKSGIVING DAY</i>	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: <i>Izzy's Café Market</i> 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, 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



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





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
Karaoke
Party!



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

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



Rubber
Ducky
Races!



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



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!



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 @ 11:00 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

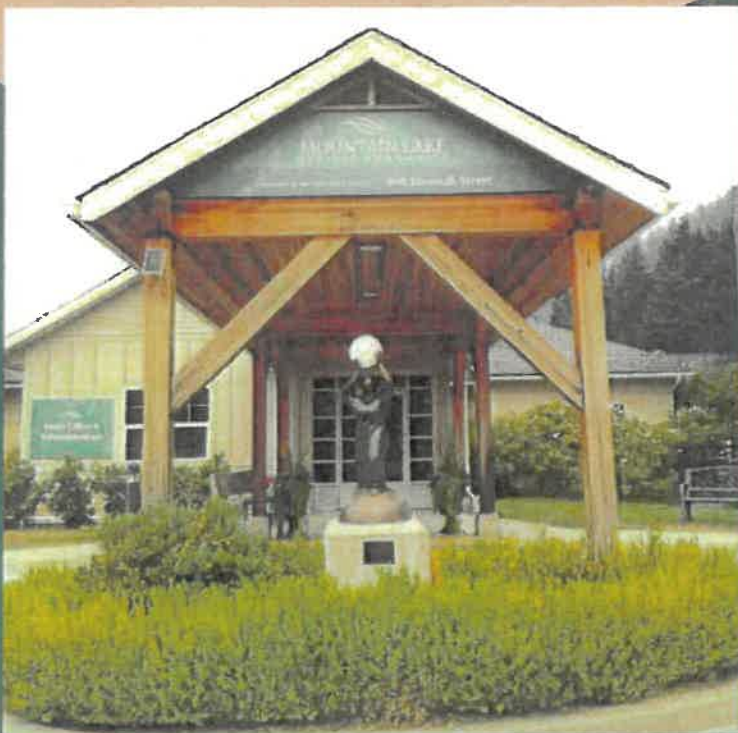
Anik Frappier, Clinical Lead

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.*