

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>November 2024</h1>					<b>1</b> 10:30 Concerts in Care Presents: <i>Johanne Perron</i> 12:30 General Store 1:30 Nelson Christian School Visit	<b>2</b> 2:30 Creative Colouring ~RR
<b>3</b> 2:30 Cards & Games 	<b>4</b> 11:00 Exercises 1:30 Workshop 3:00 Bingo	<b>5</b> 2:00 United Church 2:00 Manicures with Tracy 3:00 Craft Faire Planning Meeting	<b>6</b> 1:00 Art Therapy 2:00 Performance by Mountain Time Duo 6:00 Movie Night ~RR	<b>7</b> 11:00 Exercises 1:00 Music Therapy	<b>8</b>  10:30 Remembrance Day Service 1:30 Birthday Social with The Jubilakers!	<b>9</b> 2:30 Creative Colouring ~RR
<b>10</b> 2:30 Cards & Games	<b>11</b> 11:00 Exercises 1:30 Workshop 3:00 Bingo	<b>12</b> 11:30 Outing: Amanda's Restaurant 2:00 Manicures with Tracy 2:00 Library Visit 2:30 Anglican Church	<b>13</b> 10:00 Baking 1:00 Art Therapy 1:30 Hymn Sing with Joyful Sound! ~RR 2:30pm Antoinette's Hair Salon Grand Re-Opening!	<b>14</b> 11:00 Celebration of Life Service 1:00 Music Therapy	<b>15</b> 10:30 Kootenay Kids Preschool Visit ~RR 12:30 General Store 1:30 Nelson Christian School Visit	<b>16</b> 2:30 Creative Colouring ~RR
<b>17</b> 2:30 Cards & Games	<b>18</b> 11:00 Resident & Family Council Meeting 1:30 Workshop 2:00 Performance by Philip Seagram! ~RR 3:00 Bingo	<b>19</b> 2:00 Manicures with Tracy 3:00 Storytelling with Mike Funergy ~RR	<b>20</b> 10:00 Baking 1:00 Art Therapy 1:30 Performance by Fiddle DeeDee! 	<b>21</b> 11:00 Exercises 1:00 Music Therapy 2:00 Performance by Grassfire!	<b>22</b> 10:30 Chair Yoga ~RR 1:30 Catholic Mass	<b>23</b> 2:30 Creative Colouring ~RR
<b>24</b> 2:30 Cards & Games	<b>25</b> 11:00 Exercises 1:00 Oxygen Art Centre Presents: Letter Writing Workshop with Rayya Liebich 1:30 Workshop 3:00 Bingo	<b>26</b> 2:00 Manicures with Tracy 2:00 First Baptist Church	<b>27</b> 10:00 Baking 10:30 Crossword Puzzle 1:00 Art Therapy 2:00 Sing-along with Paola & Kevin ~RR 6:00 Movie Night ~RR	<b>28</b> 11:00 Exercises 1:00 Music Therapy	<b>29</b> 10am ~ 3pm Winter Craft Faire 	<b>30</b> 2:30 Creative Colouring ~RR

**\*Programs are subject to change.**

**Please see whiteboard at main entrance for daily programs.**

**RR = Rec Room**

# Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>November 2024</h1>					<b>1</b> 10:30 Concerts in Care Presents: <i>Johanne Perron</i> 1:30 Nelson Christian School Visit 3:00 Sensory Visits	<b>2</b> 2:30 Creative Colouring
<b>3</b> 	<b>4</b> 9:30 Bingo  1:30 Workshop 3:00 Tover Time	<b>5</b> 10:00 Singersize 10:30 Art Therapy 11:30 Outing: <i>Mall</i> <b>2:00 United Church</b> 3:00 <i>Craft Faire Planning Meeting</i>	<b>6</b> <b>2:00 Performance by Mountain Time Duo</b> 6:00 Movie Night 	<b>7</b> 11:00 Music Therapy  1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	<b>8</b> <b>10:30 Remembrance Day Service</b>  <b>1:30 Birthday Social with The Jubilakers</b>	<b>9</b> 2:30 Creative Colouring
<b>10</b>	<b>11</b> 9:30 Bingo 1:30 Workshop  REMEMBRANCE DAY	<b>12</b> 10:00 Singersize 10:30 Art Therapy  <b>1:00 Library Visit</b> <b>2:30 Anglican Church</b>	<b>13</b> 10:00 Baking <b>1:30 Hymn Sing with Joyful Sound!</b> <b>2:30pm Antoinette's Hair Salon Grand Re-Opening!</b>	<b>14</b> <b>11:00 Celebration of Life Service</b> <b>1:30 Resident &amp; Family Council Meeting</b> 2:15 Alpine Music Therapy 3:00 Bingo	<b>15</b> <b>10:30 Kootenay Kids Preschool Visit</b> <b>1:30 Nelson Christian School Visit</b>	<b>16</b> 2:30 Creative Colouring
<b>17</b>	<b>18</b> 9:30 Bingo 10:30 Alpine Games  1:30 Workshop <b>2:00 Performance by Philip Seagram!</b>	<b>19</b> 10:00 Singersize 10:30 Art Therapy 11:30 Outing: <i>Lunch in Taghum</i> <b>3:00 Storytelling with Mike Funergy!</b>	<b>20</b> 10:00 Baking  <b>1:30 Performance by Fiddle DeeDee!</b>	<b>21</b> 11:00 Music Therapy  <b>2:00 Performance by Grassfire!</b> 2:15 Alpine Music Therapy	<b>22</b> 10:30 Crossword Puzzle 10:30 Chair Yoga <b>1:30 Catholic Mass</b> 3:00 Sensory Visits 3:00 Shuffleboard	<b>23</b> 2:30 Creative Colouring
<b>24</b>	<b>25</b> 9:30 Bingo 10:30 Alpine Games  1:30 Workshop	<b>26</b> 10:00 Singersize 10:30 Art Therapy 11:30 Outing: <i>Scenic Drive</i> <b>2:00 First Baptist Church</b>	<b>27</b> 10:00 Baking 10:30 Crossword Puzzle <b>2:00 Sing-along with Paola &amp; Kevin</b> 3:30 Guided Meditation 6:00 Movie Night	<b>28</b> 11:00 Music Therapy  2:15 Alpine Music Therapy 3:00 Bingo	<b>29</b> <b>10am ~ 3pm Winter Craft Faire</b> 	<b>30</b> 2:30 Creative Colouring

**\*Programs are subject to change.**

**Please see whiteboard at main entrance for daily programs.**