

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JANUARY 2025			1 1:30 New Year Wishes, Resolutions & Games! 	2 1:30 Manicures 3:00 Bingo	3  11:00 Celebration of Life Service	4 2:30 Creative Colouring
			5	6 9:30 Bingo 1:30 Workshop 3:00 Alpine Visits	7 10:00 Singersize 11:30 Outing: <i>Mall</i> 2:00 United Church	8 1:30 Hymn Sing with Joyful Sound! 3:30 Crossword Puzzle 6:00 Movie Night
12	13 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	14 10:00 Singersize 10:30 Art Therapy 1:00 Library Visit 2:30 Anglican Church	15 10:30 LVR Student Visit! 2:00 Word Games & Trivia	16 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	17 10:30 Music with Onami  1:30 Birthday Social with The Jubilakers!	18 2:30 Creative Colouring
19	20 9:30 Bingo 1:30 Workshop 3:00 Alpine Visits	21 10:00 Singersize 10:30 Art Therapy 11:30 Outing: <i>Railtown A&W</i>	22 10:00 Baking 2:00 International Café:  <i>Nepal</i> 3:30 Crossword Puzzle 6:00 Movie Night	23 11:00 Music Therapy 1:30 Crossword Puzzle 2:15 Alpine Music Therapy 3:00 Bingo	24 10:30 Chair Yoga 1:30 Catholic Mass 3:00 Sensory Visits	25 2:30 Creative Colouring
26	27 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	28 10:00 Singersize 10:30 Art Therapy 11:30 Outing: <i>Scenic Drive</i> 2:00 First Baptist Church	29 <i>Workshop Workers Lunch Club</i> 2:00 Sing-along with Paola & Kevin!	30 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	31 10:30 Music with Onami 1:30 Mindful Meditation 3:00 Sensory Visits	

***Programs are subject to change.**

Please see whiteboard at main entrance for daily updates.

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>January 2025</i>			1 1:30 New Year Wishes, Resolutions & Games! ~RR 	2 11:00 Exercises	3  11:00 Celebration of Life Service ~RR	4 2:30 Creative Colouring ~RR
			5 2:30 Cards & Games	6 11:00 Exercises 1:30 Workshop 3:00 Bingo	7 2:00 United Church 2:00 Manicures with Tracy	8 1:30 Hymn Sing with Joyful Sound! ~RR 3:30 Crossword Puzzle 6:00 Movie Night ~RR
12 2:30 Cards & Games	13 11:00 Tenant Council Meeting 1:30 Workshop 3:00 Bingo	14 11:30 Outing: <i>TBA</i> 2:00 Library Visit 2:00 Manicures with Tracy 2:30 Anglican Church	15 1:00 Art Therapy	16 11:00 Exercises 1:00 Music Therapy	17  1:30 Birthday Social with The Jubilakers!	18 2:30 Creative Colouring ~RR
19 2:30 Cards & Games	20 11:00 Exercises 1:30 Workshop 3:00 Bingo	21 2:00 Manicures with Tracy	22 10:00 Baking 1:00 Art Therapy  2:00 International Café: Nepal ~RR 3:30 Crossword Puzzle 6:00 Movie Night ~RR	23 11:00 Exercises 1:00 Music Therapy	24 10:30 Chair Yoga ~RR 12:30 General Store 1:30 Catholic Mass	25 2:30 Creative Colouring ~RR
26 2:30 Cards & Games	27 11:00 Exercises 1:30 Workshop 3:00 Bingo	28 2:00 Manicures with Tracy 2:00 First Baptist Church	29 <i>Workshop Workers Lunch Club</i> 2:00 Sing-along with Paola & Kevin!	30 11:00 Exercises 1:00 Music Therapy	31 1:30 Happy Hour! 	 HAPPY CHINESE NEW YEAR 新年快乐

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RR = Rec Room