

Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

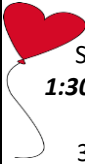

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2 style="font-family: cursive;">February 2025</h2>						1
2 2:30 Cards & Games 	3 11:00 Exercises 1:30 Workshop 3:00 Bingo	4 2:00 United Church 2:00 Manicures with Tracy	5 10:00 Baking 1:00 Art Therapy 6:00 Movie Night ~RR	6 11:00 Exercises 1:00 Music Therapy	7 10:30 Chair Yoga ~RR 12:30 General Store 2:00 Performance by Diane Strom!	8
9 2:30 Cards & Games	10 11:00 Tenant Council Meeting 1:30 Workshop 3:00 Bingo	11 11:30 Outing: <i>Torchlight Brewing</i> 2:00 Library Visit 2:00 Manicures with Tracy 2:30 Anglican Church	12 1:00 Art Therapy 2:00 Valentine Thoughts & Games ~RR 6:00 Movie Night ~RR	13 11:00 Exercises 1:00 Music Therapy	14 10:30 Sweetheart Sing-along with Onami ~RR  1:30 Birthday Social with The Jubilakers! 3:00 Crossword Puzzl ~RR	15
16 2:30 Cards & Games	17 11:00 Exercises 1:30 Workshop 3:00 Bingo 	18 2:00 Word Games & Brain Teasers	19 10:00 Baking 1:00 Art Therapy 1:30 Hymn Sing with Joyful Sound! ~RR 6:00 Movie Night ~RR	20 11:00 Exercises 1:00 Music Therapy	21 10:30 Health Arts Society Concert 12:30 General Store 1:30 Time Travel: "The Last Stop, Canada's Lost Locomotive" ~RR	22
23 2:30 Cards & Games	24 11:00 Exercises 1:30 Workshop 3:00 Bingo	25 2:00 Manicures with Tracy 2:00 First Baptist Church	26 1:00 Art Therapy 2:00 Crossword Puzzle ~RR 6:00 Movie Night ~RR	27 11:00 Exercises 1:00 Music Therapy	28 10:30 Chair Yoga ~RR 1:30 Catholic Mass	

***Programs are subject to change.**

Please see whiteboard at main entrance for daily updates.

RR = Rec Room

Mountain Lake Seniors Community Life Enrichment Calendar ~ Long Term Care

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h2 style="font-size: 2em; margin: 0;">FEBRUARY 2025</h2>						1
2 	3 9:30 Bingo 1:30 Workshop 3:00 Alpine Visits	4 10:00 Singersize 11:30 Outing: <i>Mall</i> 2:00 Art Therapy 2:00 United Church	5 10:00 Baking 1:30 Art Therapy 2:00 Trivia & Games 6:00 Movie Night	6 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	7 10:30 Chair Yoga 2:00 Performance by Diane Strom! 3:00 Sensory Visits	8
9	10 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	11 10:00 Singersize 1:00 Library Visit 2:00 Art Therapy 2:30 Anglican Church	12 10:00 Floor Hockey 1:30 Art Therapy 2:00 Valentine Thoughts & Games 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 Sweetheart Sing-along with Onami 1:30 Birthday Social with The Jubilakers! 3:00 Crossword Puzzle	15
16	17 9:30 Bingo 1:30 Workshop 	18 10:00 Singersize 11:30 Outing: <i>Lunch in Taghum</i> 2:00 Art Therapy	19 10:00 Baking 1:30 Art Therapy 1:30 Hymn Sing with Joyful Sound 6:00 Movie Night	20 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	21 10:30 Health Arts Society Concert 1:30 Time Travel: "The Last Stop, Canada's Lost Locomotive" ~RR	22
23	24 9:30 Bingo 1:30 Workshop 3:00 Doukhobor Gathering	25 10:00 Exercises 11:30 Outing: <i>Scenic Drive</i> 2:00 Art Therapy 2:00 First Baptist Church	26 10:00 Floor Hockey 1:30 Art Therapy 2:00 Crossword Puzzle 6:00 Movie Night	27 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	28 10:30 Chair Yoga 1:30 Catholic Mass 3:00 Sensory Visits 	

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