



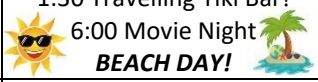






# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <h1 style="font-size: 4em; margin: 0;">MARCH 2025</h1>						1	
2	3 2:00 Workshop 3:00 Bingo 3:00 Doukhorbor Gathering ~RR	4 11:00 Exercises  <b>2:00 United Church</b> 2:00 Manicures with Tracy	5 10:00 Beachball Volleyball  1:00 Art Therapy 2:30 Tiki Bar!  6:00 Movie Night ~RR <b>BEACH DAY!</b>	6 11:00 Exercises  1:00 Music Therapy	7 10:30 Chair Yoga ~RR  <b>12:30 General Store</b>	8 	
9 	10 <b>11:00 Tenant Council Meeting</b>  2:00 Workshop 3:00 Bingo	11 11:00 Exercises <b>2:00 Library Visit</b> 2:00 Manicures with Tracy <b>2:30 Anglican Church</b>	12 10:00 Baking  1:00 Art Therapy 2:00 Trivia & Games ~RR 6:00 Movie Night ~RR	13 11:00 Exercises  1:00 Music Therapy	14  10:30 Chair Yoga ~RR  <b>1:30 Birthday Social with The Jubilakers!</b> 3:00 Crossword Puzzle	15	
16	17 11:00 Outing:  <i>Finley's Pub</i> <b>2:00 St.Patrick's Day Games ~RR</b> 3:00 Bingo	18 11:00 Exercises  2:00 Manicures with Tracy	19 10:00 Floor Hockey ~RR 1:00 Art Therapy <b>1:30 Hymn Sing with Joyful Sound ~RR</b> 6:00 Movie Night ~RR	20 11:00 Exercises  1:00 Music Therapy	21 10:30 Chair Yoga ~RR  <b>12:30 General Store</b> 1:30 Garden Club <b>2:00 Happy Hour!</b>	22	
23 <b>10am-2pm Personal Touch Fashions Clothing Sale</b>	24 2:00 Workshop 3:00 Bingo	25 11:00 Exercises <b>2:00 First Baptist Church</b> 2:00 Manicures with Tracy	26 10:00 Baking 1:00 Art Therapy <b>2:00 Sing-along with Paola &amp; Kevin ~RR</b> 6:00 Movie Night ~RR	27 11:00 Exercises  1:00 Music Therapy	28 10:30 Chair Yoga ~RR  <b>1:30 Catholic Mass</b> <b>3:00 Thanking our Ambassadors ~RR</b>	29	
30	31 2:00 Workshop <b>2:30 Performance by Philip Seagram</b> 3:00 Bingo					<p><i>*Programs are subject to change. Please see whiteboard at main entrance for daily updates.</i></p>	

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="font-size: 48px; margin: 0;">MARCH 2025</h1>						1
2	3 9:30 Alpine Visits <b>Lunch Club</b> 2:00 Workshop 3:00 Doukhobor Gathering	4 9:30 Beachview Bingo  2:00 Art Therapy <b>2:00 United Church</b>	5 10:00 Beachball Volleyball 1:30 Art Therapy 1:30 Travelling Tiki Bar!  6:00 Movie Night <b>BEACH DAY!</b>	6 11:00 Music Therapy  1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	7 10:30 Chair Yoga  1:30 Reading & Reminiscing 3:00 Sensory Visits	8 
9 	10 9:30 Alpine Visits 11:00 Outing: <i>Finley's Pub</i>  2:00 Workshop	11 9:30 Beachview Bingo  <b>1:00 Library Visit</b> 2:00 Art Therapy <b>2:30 Anglican Church</b>	12 10:00 Baking  1:30 Art Therapy 2:00 Trivia & Games 6:00 Movie Night	13 11:00 Music Therapy <b>1:30 Resident &amp; Family Council Meeting</b> 1:30 Music with Onami 2:15 Alpine Music Therapy 3:00 Bingo	14  10:30 Chair Yoga <b>1:30 Birthday Social with The Jubilakers!</b> 3:00 Crossword Puzzle 3:00 Sensory Visits	15
16	17 9:30 Alpine Visits  <b>2:00 St.Patrick's Day Pub &amp; Games</b>	18 9:30 Beachview Bingo 10:00 Tover Time  1:30 Spring Craft	19 10:00 Floor Hockey  <b>1:30 Hymn Sing with Joyful Sound</b> 6:00 Movie Night	20 11:00 Music Therapy 1:30 Reading & Reminiscing  2:15 Alpine Music Therapy 3:00 Bingo	21 10:30 Chair Yoga  1:30 Garden Club 3:00 Sensory Visits	22
23	24 9:30 Alpine Visits 11:00 Outing: <i>Mall</i>  2:00 Workshop	25 9:30 Beachview Bingo  2:00 Art Therapy <b>2:00 First Baptist Church</b>	26 10:00 Baking 1:30 Art Therapy <b>2:00 Sing-along with Paola &amp; Kevin</b> 6:00 Movie Night	27 11:00 Music Therapy  1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	28 10:30 Chair Yoga  <b>1:30 Catholic Mass</b> <b>3:00 Thanking our Ambassadors</b>	29
30	31 9:30 Alpine Visits 11:00 Outing: <i>Railtown A&amp;W</i> 2:00 Workshop <b>2:30 Performance by Philip Seagram</b>	 <p style="text-align: right; margin-top: 20px;"><b>*Programs are subject to change.</b> <b>Please see whiteboard at main entrance for daily updates.</b></p>				