





# Mountain Lake Seniors Community Life Enrichment Calendar ~ Assisted Living

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 11:00 Exercises <b>2:00 United Church</b>	<b>2</b> 1:00 Art Therapy 2:00 Crossword Puzzle ~RR	<b>3</b> 11:00 Exercises 1:00 Music Therapy	<b>4</b> 10:30 Chair Yoga ~RR <b>12:30 General Store</b> 1:30 Garden Club	<b>5</b>
<b>6</b>	<b>7</b> 2:00 Workshop 3:00 Bingo 3:00 Doukhobor Gathering ~RR	<b>8</b> 11:00 Exercises <b>2:00 Library Visit</b> <b>2:30 Anglican Church</b>	<b>9</b> 10:00 Baking 1:00 Art Therapy 2:00 Garden Club 6:00 Movie Night ~RR	<b>10</b> 11:00 Exercises 1:00 Music Therapy <b>2:00 Celebration of Life Service</b>	<b>11</b> 10:00 Manicures <b>1:30 Birthday Social with The Jubilakers!</b> 3:00 Crossword Puzzle	<b>12</b>
<b>13</b>	<b>14</b> <b>11:00 Tenant Council Meeting</b> 2:00 Workshop 3:00 Bingo	<b>15</b> 11:00 Exercises 1:30 Easter Egg Creations ~RR	<b>16</b> 1:00 Art Therapy <b>1:30 Hymn Sing with Joyful Sound ~RR</b>	<b>17</b> 11:00 Exercises 1:00 Music Therapy	<b>18</b> 10:30 Chair Yoga ~RR <b>12:30 General Store GOOD FRIDAY</b>	<b>19</b> <b>2pm-3pm Children's Easter Games!</b> 
<b>20</b> 	<b>21</b> 2:00 Workshop 3:00 Bingo	<b>22</b> 11:00 Exercises  <b>2:00 First Baptist Church</b>	<b>23</b> <b>Appreciating our Volunteers!</b>  1:00 Art Therapy	<b>24</b> 11:00 Exercises 1:00 Music Therapy	<b>25</b> 10:00 Manicures <b>1:30 Catholic Mass</b>	<b>26</b>
<b>27</b>	<b>28</b> 11:00 Outing: <i>Hume Hotel</i> 2:00 Workshop 3:00 Bingo	<b>29</b> 11:00 Exercises <b>2:00 Performance by Grass Fire!</b>	<b>30</b> 10:00 Baking <b>2:00 Sing-along with Paola &amp; Kevin ~RR</b> 6:00 Movie Night ~RR	<h1>APRIL 2025</h1>		

*\*Programs are subject to change.  
Please see whiteboard at main entrance for daily updates.*

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>1</b> 9:30 Beachview Bingo  2:00 Art Therapy <b>2:00 United Church</b>	<b>2</b> 10:00 Floor Hockey  1:30 Art Therapy 2:00 Crossword Puzzle	<b>3</b> 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	<b>4</b> 10:30 Chair Yoga  1:30 Garden Club 3:00 Sensory Visits	<b>5</b>
<b>6</b>	<b>7</b> 9:30 Alpine Visits 11:00 Outing: <i>Main Street Diner</i> 2:00 Workshop 3:00 Doukhobor Gathering	<b>8</b> 9:30 Beachview Bingo  <b>1:00 Library Visit</b> 2:00 Art Therapy <b>2:30 Anglican Church</b>	<b>9</b> 10:00 Baking  1:30 Art Therapy 2:00 Garden Club 6:00 Movie Night	<b>10</b> 11:00 Music Therapy <b>1:30 Resident &amp; Family Council Meeting</b> <b>2:00 Celebration of Life Service</b> 2:15 Alpine Music Therapy	<b>11</b>  <b>1:30 Birthday Social with The Jubilakers!</b>	<b>12</b>
<b>13</b>	<b>14</b> 9:30 Alpine Visits 11:00 Outing: <i>Mall</i>  2:00 Workshop	<b>15</b> 9:30 Beachview Bingo 1:30 Easter Egg Creations 2:00 Art Therapy	<b>16</b> 10:00 Singersize 1:30 Art Therapy <b>1:30 Hymn Sing with Joyful Sound</b>	<b>17</b> 11:00 Music Therapy 1:30 Manicures 2:15 Alpine Music Therapy 3:00 Bingo	<b>18</b> 10:30 Chair Yoga 1:30 Easter Reflections 3:00 Sensory Visits <b>GOOD FRIDAY</b>	<b>19</b> <b>2pm-3pm Children's Easter Games!</b> 
<b>20</b> 	<b>21</b> 9:30 Alpine Visits  2:00 Workshop	<b>22</b> 9:30 Beachview Bingo  2:00 Art Therapy <b>2:00 First Baptist Church</b>	<b>23</b> 10:00 Singersize <b>Appreciating our Volunteers!</b> 	<b>24</b> 11:00 Music Therapy 1:30 Reading & Reminiscing 2:15 Alpine Music Therapy 3:00 Bingo	<b>25</b> <b>1:30 Catholic Mass</b> 3:00 Sensory Visits	<b>26</b>
<b>27</b>	<b>28</b> 9:30 Alpine Visits  2:00 Workshop	<b>29</b> 9:30 Beachview Bingo  <b>2:00 Performance by Grass Fire!</b>	<b>30</b> 10:00 Baking <b>2:00 Sing-along with Paola &amp; Kevin</b> 6:00 Movie Night	<h1>APRIL 2025</h1>		

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