

Activities Terrace

Monday

Activities:

10:15-10:45 Tai Chi
10:45-11:15 Art Corner
11:15-11:45 Music Therapy

1-1:30 Chair Yoga
2- 2:40 Social
3-3:50 Bingo
4:10- 4:40 Armchair Travel

6-7 Mini Putt
6- Funny Movie

Tuesday

Activities

10:15-10:45 Chair Yoga
10:45-11:15 Puzzlers
11:15-11:45 Velcro Darts

1-1:30 Art Corner
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Brain Teasers

6-7 Paint with Water
6- Classic Movie

Wednesday

Activities

10:15-11:15 Manager Activity
11:15-11:45 Stretch & Strengthen

1-1:30 Mini Putt
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Music Therapy

6-7 Sort & Fold
6- Pets Movie

Thursday

Activities

10-10:15 Live Mass
10:45-11:15 Chair Dance
11:15-11:45 Brain Boosters

1-1:30 Art Corner
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Puzzlers

6-7 Bowling
6- Documentary Movie

Friday

Activities

10:15-10:45 Stretch & Strengthen
10:45-11:15 Sculpting
11:15-11:45 Flower Arranging

1-1:30 Music Therapy
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Shake Loose a Memory

6-7 Pool Table
6- Residents Choice

Saturday

Activities

10:15-10:45 Tai Chi
10:45-11:15 Music Therapy
11:15-11:45 Art Corner

1-1:30 Nail Salon
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Pub Pool

6-7 Cards
6- Sports Show

Sunday

Activities

10:15-10:45 TV Mass
10:45-11:15 Puzzlers
11:15-11:45 Table Set Up Help

1-1:30 Armchair Travel
2-2:40 Social
3-3:50 Bingo
4:10- 4:40 Velcro Darts

6-7 Connect 4
6- Musical Movie

Activities Moments

Monday

10:30-10:45 Tai Chi
10:45-11:15 Art
Corner
11:15-11:45 Music
Therapy

1-1:30 Chair Yoga
2- 2:40 Social
Snack
4:10- 4:40 Armchair
Travel

6-7 Hand Held
Manipulatives
6- Funny Movie

Tuesday

10:30-10:45 Chair
Yoga
10:45-11:15 Ball Toss
11:15-11:45 Velcro
Darts

1-1:30 Art Corner
2-2:40 Social Snack
4:10- 4:40 Colouring

6-7 Paint with
Water
6- Classic Movie

Wednesday

10:30-10:45 Ball Toss
10:45-11:15 Armchair
Travel
11:15-11:45 Stretch &
Strengthen

1-1:30 Books Read
Aloud
2-2:40- Social Snack
4:10- 4:40 Ring Toss

6-7 Sort & Fold
6- Pets Movie

Thursday

10-10:15 Live Mass
10:45-11:15 Chair
Dance
11:15-11:45 Classical
Music

1-1:30 Talk & Walk
2-2:40 Social Snack
4:10- 4:40 Sensory
Bins

6-7 Ring Toss
6- Documentary
Movie

Friday

10:30-10:45 Stretch &
Strengthen
10:45-11:15 Playdough
11:15-11:45 Good Time
Rock n Roll

1-1:30 Bean Bag Toss
2-2:40 Social Snack
4:10- 4:45 Music
Therapy

6-7 Stress Balls
6- Residents Choice

Saturday

10:30-10:45 Tai Chi
10:45-11:15 Music
Therapy
11:15-11:45 Art Corner

1-1:30 Velcro Darts
2-2:40 Social Snack
4:10- 4:40 Walk & Talk

6-7 Bean Bag Toss
6- Sports Show

Sunday

10:30-10:45 TV Mass
10:45-11:15 Block
Balance
11:15-11:45 Table Set Up
Help

1-1:30 Armchair Travel
2-2:40 Social Snack
4:10- 4:40 Bean Bag
Toss

6-7 Sort & Fold
6- Musical Movie

Activities My Home

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:15-10:45 Tai Chi 10:45-11:15 Art Corner 1-1:30 Chair Yoga 2- 2:40 Social 6-7 Bean Bag Toss 6- Funny Movie	10:15-10:45 Bowling 10:45-11:15 Mini Putt 1-1:30 Art Corner 2-2:40 Social 6-7 Paint with Water 6- Classic Movie	10:15-10:45 Yoga 10:45-11:15 Crosswords & Puzzles 1-1:30 Books Read Aloud 2-2:40- Social 6-7 Sort & Fold 6- Pets Movie	10-10:15 Live Mass 10:45-11:15 Chair Dance 1-1:30 Talk & Walk 2-2:40 Social 6-7 Velcro Darts 6- Documentary Movie	10:15-10:45 Stretch & Strengthen 10:45-11:15 Sculpting 1-1:30 Shake Loose a Memory Game 2-2:40 Social 6-7 Crosswords & Word Search 6- Residents Choice	10:15-10:45 Tai Chi 10:45-11:15 Flower Arranging 1-1:30 Velcro Darts 2-2:40 Social 6-7 Golf 6- Sports Show	10:15-10:45 TV Mass 10:45-11:15 Puzzles 1-1:30 Armchair Travel 2-2:40 Social 6-7 Sort & Fold 6- Musical Movie