

PARK PLACE

September 2023 Memory Care

Location of Activity:

RR = Retirement Residence | SS = Senior Suites

A = Auditorium | B = Bistro | T = Theatre | P = Patio

AR = Activity Room | C = Chapel | LL = Lower Level

Type of Activity:

Blue = Fitness | Green = New | Red = Movie / TV/ Virtual | Pink = Special | Orange = Game | Purple = Concert

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
					<p>1</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●12:45 1:1 Walks and Visits</p> <p>●1:30 Baking Group (RR-AR)</p> <p>●3:00 Social Tea (4th Floor Dining Room)</p> <p>●4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>2</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●1:00 1:1 Walks and Visits</p> <p>●2:00 Montessori Group (4th Floor Activity Room)</p> <p>●3:00 Afternoon Movie (4th Floor Activity Room)</p>
<p>3</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●1:00 1:1 Walks and Visits</p> <p>●1:30 Games and Puzzles (4th Floor Activity Room)</p> <p>●3:00 Fresh Air Club (RR-P)</p>	<p>4</p> <p>Labour Day</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●10:15 Outing: Scenic Drive</p> <p>●12:45 1:1 Walks and Visits</p> <p>●4:00 Armchair Travel (4th Floor Activity Room)</p>	<p>5</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●10:15 Fit Minds (4th Floor Activity Room)</p> <p>●12:45 1:1 Walks and Visits</p> <p>●1:00 Fitness with Harmanpreet (4th Floor Activity Room)</p> <p>●2:00 Music Time with Homa (4th Floor Activity Room)</p> <p>●3:00 Balloon Ball (4th Floor Activity Room)</p> <p>●4:00 News and Views (4th Floor Activity Room)</p>	<p>6</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●10:30 Music Therapy with Grace (4th Floor Activity Room)</p> <p>●12:45 1:1 Walks and Visits</p> <p>●2:00 Painting Group (SS-A)</p> <p>●3:00 Montessori Group (4th Floor Activity Room)</p> <p>●4:00 Name that Tune (4th Floor Activity Room)</p>	<p>7</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●10:15 Colouring and Coffee (RR-B)</p> <p>●12:45 1:1 Walks and Visits</p> <p>●1:00 Fitness with Harmanpreet (4th Floor Activity Room)</p> <p>●2:00 Afternoon Spa (4th Floor Activity Room)</p> <p>●3:00 Games and Puzzles (4th Floor Activity Room)</p> <p>●4:00 News and Views (4th Floor Activity Room)</p>	<p>8</p> <p>●10:00 Music with Paddy Stewart (4th Floor Activity Room)</p> <p>●12:45 1:1 Walks and Visits</p> <p>●1:30 Baking Group (RR-AR)</p> <p>●3:00 Social Tea (4th Floor Dining Room)</p> <p>●4:00 Balloon Ball (4th Floor Activity Room)</p>	<p>9</p> <p>●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</p> <p>●1:00 1:1 Walks and Visits</p> <p>●2:00 Montessori Group (4th Floor Activity Room)</p> <p>●3:00 Afternoon Movie (4th Floor Activity Room)</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●1:00 1:1 Walks and Visits ●1:30 Sing-A-Long with Kelly (4th Floor Activity Room) ●3:00 Fresh Air Club (RR-P)	11 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●10:15 Outing: Scenic Drive ●10:30 Morning Music with Dai Bassett (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Bingo (4th Floor Activity Room) ●3:00 Chair Exercise (4th Floor Activity Room) ●3:30 Armchair Travel (4th Floor Activity Room)	12 ●10:00 Morning Mindfulness and Stretches (4th Floor AR) ●10:15 Fit Minds (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Music Time with Homa (4th Floor Activity Room) ●3:00 Balloon Ball (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	13 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●10:15 Reading Group (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Painting Group (SS-A) ●3:00 Montessori Group (4th Floor Activity Room) ●4:00 Name that Tune (4th Floor Activity Room)	14 ●10:00 Morning Mindfulness and Stretches (4th Floor AR) ●10:15 Colouring and Coffee (RR-B) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Afternoon Spa (4th Floor Activity Room) 3:00 Games and Puzzles (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	15 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●1:30 Baking Group (RR-AR) ●3:00 Social Tea (4th Floor Dining Room) ●4:00 Balloon Ball (4th Floor Activity Room)	16 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●1:00 1:1 Walks and Visits ●2:00 Montessori Group (4th Floor Activity Room) ●3:00 Afternoon Movie (4th Floor Activity Room)
17 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●1:00 1:1 Walks and Visits ●1:30 Sing-A-Long with Kelly (4th Floor Activity Room) ●3:00 Fresh Air Club (RR-P)	18 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●10:15 Outing: Scenic Drive ●10:50 Music with Koree (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Bingo (4th Floor Activity Room) ●2:00 Dementia Awareness Presentation with Maggie Beckett (SS-T) ●3:00 Chair Exercise (4th Floor Activity Room) ●3:30 Armchair Travel (4th Floor Activity Room)	19 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th (AR)) ●10:15 Fit Minds (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Music Time with Homa (4th Floor Activity Room) ●3:00 Balloon Ball (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	20 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●10:30 Music Therapy with Grace (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Resident + Staff Trivia Contest (SS-T) ●3:00 Montessori Group (4th Floor Activity Room) ●4:00 Name that Tune (4th Floor Activity Room)	21 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th Floor (AR)) ●10:15 Colouring and Coffee (RR-B) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Walker and Car Wash (Parking Lot) 3:00 Games and Puzzles (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	22 Dementia Awareness Week ●10:00 Music with Paddy Stewart (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●1:30 Walk for Dementia (Meet in RR Lobby) ●3:00 Social Tea (4th Floor Dining Room) ●4:00 Balloon Ball (4th Floor Activity Room)	23 Dementia Awareness Week ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Montessori Group (4th Floor Activity Room) ●3:00 Afternoon Movie (4th Floor Activity Room)
24 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●1:00 1:1 Walks and Visits ●1:30 Sing-A-Long with Kelly (4th Floor Activity Room) ●3:00 Fresh Air Club (RR-P)	25 ●10:00 Morning Mindfulness and Stretches (4th Floor AR) ●10:15 Outing: Scenic Drive ●10:50 Music with Koree (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Bingo (4th Floor Activity Room) ●3:00 Chair Exercise (4th Floor Activity Room) ●3:30 Armchair Travel (4th Floor Activity Room)	26 ●10:00 Morning Mindfulness and Stretches (4th Floor AR) ●10:15 Fit Minds (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Music Time with Homa (4th Floor Activity Room) ●3:00 Balloon Ball (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	27 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●10:15 Reading Group (4th Floor Activity Room) ●12:45 1:1 Walks and Visits ●2:00 Painting Group (SS-A) ●3:00 Montessori Group (4th Floor Activity Room) ●4:00 Name that Tune (4th Floor Activity Room)	28 ●10:00 Morning Mindfulness and Stretches (4th Floor AR) ●10:15 Colouring and Coffee (RR-B) ●12:45 1:1 Walks and Visits ●1:00 Fitness with Harmanpreet (4th Floor Activity Room) ●2:00 Afternoon Spa (4th Floor Activity Room) 3:00 Games and Puzzles (4th Floor Activity Room) ●4:00 News and Views (4th Floor Activity Room)	29 ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●11:30 Moon Festival Lunch (4th Floor Dining Room) ●12:45 1:1 Walks and Visits ●1:30 Baking Group (RR-AR) ●3:00 Social Tea (4th Floor Dining Room) ●4:00 Balloon Ball (4th Floor Activity Room)	30 National Day for Truth and Reconciliation Wear an Orange Shirt to show your support! ●10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) ●1:00 1:1 Walks and Visits ●2:00 Montessori Group (4th Floor Activity Room) ●3:00 Afternoon Movie (4th Floor Activity Room)

