

PARK PLACE

Memory Care March 2024

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 = Music/ Concert

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|--|---|--|--|---|---|
|  | | |  | | ¹ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 1:1 Snoezelen Sessions (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) | ² 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) |
| ³ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Sing-A-Long with Kelly (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) | ⁴ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Outing: Scenic Drive 12:45 1:1 Walks and Visits 2:15 Bingo (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Chair Yoga (4th Floor Activity Room) | ⁵ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Music with Homa (4th Floor Activity Room) 3:00 Balloon Ball (4th Floor Activity Room) 3:30 Fit Minds (4th Floor Activity Room) 4:00 News and Views (4th Floor Activity Room) | ⁶ 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 Painting Group (4th Floor Activity Room) 3:00 Montessori Group (4th Floor Activity Room) 4:00 Musical Game (4th Floor Activity Room) | ⁷ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Colouring and Coffee (RR-B) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 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) | ⁸ International Women's Day 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 1:1 Snoezelen Sessions (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Catholic Mass with Father Martin (RR-C) 3:00 Women Appreciation Social Hour (RR-B) 4:00 Balloon Ball (4th Floor Activity Room) | ⁹ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:45 Musical Cafe with Rosal (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) |
| ¹⁰ Daylight Savings 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Sing-A-Long with Kelly (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) 3:30 The Crafty Hour (RR-AR) | ¹¹ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Outing: Scenic Drive 12:45 1:1 Walks and Visits 2:15 Bingo (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Chair Yoga (4th Floor Activity Room) | ¹² 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Music with Homa (4th Floor Activity Room) 3:00 Balloon Ball (4th Floor Activity Room) 3:30 Fit Minds (4th Floor Activity Room) 4:00 News and Views (4th Floor Activity Room) | ¹³ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Music Therapy with Grace (4th Floor Dining Room) 12:45 1:1 Walks and Visits 2:00 St. Patrick's Day Craft (4th Floor Activity Room) 3:00 Montessori Group (4th Floor Activity Room) 4:00 Musical Game (4th Floor Activity Room) | ¹⁴ 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Colouring and Coffee (RR-B) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 National "Pi" Day Social (RR-B) 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) 10:15 1:1 Snoezelen Sessions (4th Floor Activity Room) 12:45 1:1 Walks and Visits 3:00 St. Patrick's Day Celebration with Edgardo (SS-DR) 4:00 Balloon Ball (4th Floor Activity Room) | ¹⁶ 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) |

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|--|---|---|--|---|--|---|
| <div>St. Patrick's Day17</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Sing-A-Long with Kelly (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) 4:30 St. Patrick's Day Dinner (Regular Seating Times) (4th Floor Dining Room)</div> <div></div> | <div>18</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Outing: Scenic Drive 12:45 1:1 Walks and Visits 2:15 Bingo (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>19</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Music with Homa (4th Floor Activity Room) 3:00 Balloon Ball (4th Floor Activity Room) 3:30 Fit Minds (4th Floor Activity Room) 4:00 News and Views (4th Floor Activity Room)</div> | <div>20</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Music Therapy with Grace (4th Floor Activity Room) 10:45 Reading Group (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Painting Group (4th Floor Activity Room) 3:00 Montessori Group (4th Floor Activity Room) 4:00 Musical Game (4th Floor Activity Room)</div> | <div>21</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Colouring and Coffee (RR-B) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 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)</div> | <div>22</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 1:1 Snoezelen Sessions (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)</div> | <div>23</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:45Musical Cafe with Rosal (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)</div> |
| <div>24</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Sing-A-Long with Kelly (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) 3:30 The Crafty Hour (RR-AR)</div> | <div>25</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Outing: Scenic Drive 12:45 1:1 Walks and Visits 2:15 Bingo (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Chair Yoga (4th Floor Activity Room)</div> | <div>26</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Music with Homa (4th Floor Activity Room) 3:00 Balloon Ball (4th Floor Activity Room) 3:30 Fit Minds (4th Floor Activity Room) 4:00 News and Views (4th Floor Activity Room)</div> | <div>27</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Concert with the Manotick Brass Ensemble (RR-A) 12:45 1:1 Walks and Visits 2:00 Easter Egg Decorating (4th Floor Activity Room) 3:00 Montessori Group (4th Floor Activity Room) 4:00 Musical Game (4th Floor Activity Room)</div> | <div>28</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Colouring and Coffee (RR-B) 10:30 Fitness with Andrew (4th Floor Activity Room) 12:45 1:1 Walks and Visits 2:00 Afternoon Spa (4th Floor Activity Room) 2:00 Anglican & Lutheran Worship Service (RR-C) 3:00 Easter Tea (SS-B) 4:00 News and Views (4th Floor Activity Room)</div> | <div>Good Friday (STAT)29</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Bowling (RR-L) 1:00 1:1 Walks and Visits 4:00 Balloon Ball (4th Floor Activity Room)</div> | <div>30</div> <div>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)</div> |
| <div>Easter31</div> <div>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Sing-A-Long with Kelly (4th Floor Activity Room) 11:30 Easter Lunch (Regular Seating Times) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room)</div> | <div></div> | | | | | |