




# Memory Care

## July 2024

Location of Activities

RR = Retirement Residence | SS = Senior Suites | A = Auditorium | B = Bistro  
 | T = Theatre | P = Patio | AR = Activity Room | C = Chapel

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 1 <b>9:30 Morning Mindfulness (4th Floor Activity Room)</b> <b>11:00 Balloon Ball (RR-L)</b> <b>12:45 1:1 Walks and Visits</b> <b>4:00 Bingo (4th Floor Activity Room)</b>	2 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>3:00 Balloon Ball (4th Floor Activity Room)</b> <b>3:30 Fit Minds (4th Floor Activity Room)</b> <b>4:00 News and Views (4th Floor Activity Room)</b>	3 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Music Therapy with Grace (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Painting Group (4th Floor Activity Room)</b> <b>3:00 Montessori Group (4th Floor Activity Room)</b> <b>4:00 Musical Game (4th Floor Activity Room)</b>	4 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Colouring and Coffee (RR-B)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Afternoon Spa (4th Floor Activity Room)</b> <b>3:00 Games and Puzzles (4th Floor Activity Room)</b> <b>4:00 News and Views (4th Floor Activity Room)</b>	5 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Morning Reading Group (RR-P)</b> <b>12:45 1:1 Walks and Visits</b> <b>1:30 Baking Group (RR-AR)</b> <b>3:00 Social Tea (4th Floor Dining Room)</b> <b>4:00 Balloon Ball (4th Floor Activity Room)</b>	6 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Montessori Group (4th Floor Activity Room)</b> <b>3:00 Afternoon Movie (4th Floor Activity Room)</b>	
7 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Games and Puzzles (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>1:30 Balloon Ball (4th Floor Activity Room)</b> <b>3:00 The Crafty Hour (RR-AR)</b>	8 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Sing-A-Long with Kelly (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Chair Tai Chi with Xian (4th Floor Activity Room)</b> <b>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</b> <b>4:00 Bingo (4th Floor Activity Room)</b>	9 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Music with Homa (4th Floor Activity Room)</b> <b>3:00 Balloon Ball (4th Floor Activity Room)</b> <b>3:30 Fit Minds (4th Floor Activity Room)</b> <b>4:00 News and Views (4th Floor Activity Room)</b>	10 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Painting Group (4th Floor Activity Room)</b> <b>3:00 Montessori Group (4th Floor Activity Room)</b> <b>4:00 Musical Game (4th Floor Activity Room)</b>	11 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Colouring and Coffee (RR-B)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Afternoon Spa (4th Floor Activity Room)</b> <b>3:00 Games and Puzzles (4th Floor Activity Room)</b> <b>4:00 News and Views (4th Floor Activity Room)</b>	12 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Morning Reading Group (RR-P)</b> <b>12:45 1:1 Walks and Visits</b> <b>1:30 Baking Group (RR-AR)</b> <b>3:00 Social Tea (4th Floor Dining Room)</b> <b>4:00 Balloon Ball (4th Floor Activity Room)</b>	13 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:45 Musical Cafe with Rosal (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Montessori Group (4th Floor Activity Room)</b> <b>3:00 Afternoon Movie (4th Floor Activity Room)</b>
14 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Games and Puzzles (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>1:30 Balloon Ball (4th Floor Activity Room)</b> <b>3:00 The Crafty Hour (RR-AR)</b>	15 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Sing-A-Long with Kelly (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Chair Tai Chi with Xian (4th Floor Activity Room)</b> <b>3:00 1:1 Snoezelen Sessions (4th Floor Activity Room)</b>	16 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Music with Homa (4th Floor Activity Room)</b> <b>3:00 Balloon Ball (4th Floor Activity Room)</b> <b>3:30 Fit Minds (4th Floor Activity Room)</b>	17 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:30 Music Therapy with Grace (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Painting Group (4th Floor Activity Room)</b> <b>3:00 Montessori Group (4th Floor Activity Room)</b> <b>4:00 Musical Game (4th Floor Activity Room)</b>	18 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Colouring and Coffee (RR-B)</b> <b>10:30 Fitness with Andrew (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Afternoon Spa (4th Floor Activity Room)</b> <b>3:00 Games and Puzzles (4th Floor Activity Room)</b>	19 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>10:15 Morning Reading Group (RR-P)</b> <b>12:45 1:1 Walks and Visits</b> <b>1:30 Baking Group (RR-AR)</b> <b>3:00 Social Tea (4th Floor Dining Room)</b> <b>4:00 Balloon Ball (4th Floor Activity Room)</b>	20 <b>10:00 Morning Mindfulness and Stretches (4th Floor Activity Room)</b> <b>12:45 1:1 Walks and Visits</b> <b>2:00 Montessori Group (4th Floor Activity Room)</b> <b>3:00 Afternoon Movie (4th Floor Activity Room)</b>

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	4:00 Bingo (4th Floor Activity Room)	4:00 News and Views (4th Floor Activity Room)		4:00 News and Views (4th Floor Activity Room)			
21 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Games and Puzzles (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) 3:00 The Crafty Hour (RR-AR)	22 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 2:00 Chair Tai Chi with Xian (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Bingo (4th Floor Activity Room)	23 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)	24 10:00 Morning Mindfulness and Stretches (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)	25 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)	26 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:15 Morning Reading Group (RR-P) 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)	27 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)	
28 10:00 Morning Mindfulness and Stretches (4th Floor Activity Room) 10:30 Games and Puzzles (4th Floor Activity Room) 12:45 1:1 Walks and Visits 1:30 Balloon Ball (4th Floor Activity Room) 3:00 The Crafty Hour (RR-AR)	29 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 2:00 Chair Tai Chi with Xian (4th Floor Activity Room) 3:00 1:1 Snoezelen Sessions (4th Floor Activity Room) 4:00 Bingo (4th Floor Activity Room)	30 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)	31 10:00 Morning Mindfulness and Stretches (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)				