

MARCH

Emma's Neighbourhood

Legend

C—Chapel
 TH—Town Hall
 MS— Main Street
 TS—Town Square

FE—Front Entrance
 L—Library
 EM—Emma's
 HS—Hobby Shop

BP— Back Patio
 FC—Fitness Centre
 MFC — Main Floor Café
 PC—Patio Courtyard

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9:30 - Neighbourhood time 11:00 - Musical Moments 1:30- Neighbourhood time 2:30 - Bingo 4:00 - You and Me
2 9:30 - Neighbourhood time 11:00 - Virtual Church service 1:30 - Neighbourhood Time 3:00 - Bean Bag Toss 4:00 - Walking	3 9:30 - Neighbourhood time 11:00 - Tourist video 1:30 - Neighbourhood Time 3:00 - Musical Moments 4:00 - Stepping out	4 9:30am Neighbourhood Time 11am Brains & Banter 1:30pm Neighbourhood Time 3pm Emma's Fitness 4:00 - You and Me	5 9:30am Neighbourhood Time 11am Balloon Volleyball with PAL 1:30pm Neighbourhood Time 3pm Circle of Friends 4pm - You and Me 6:30 - Movie Time	6 9:00 - Neighbourhood time 11:00 - Circle of friends 1:30 - Neighbourhood time 3:00 - Emma's Fitness 4:00 - You and Me	7 9:30 - Neighbourhood time 11:00 - Circle of friends 1:30 - Neighbourhood time 3:00 - For the fun of fit 4:00 - Walking	8 9:30 -am Neighbourhood Time 11am Manicures 1:30 pm Neighbourhood Time 2:30 - In the Kitchen
9 9:30am Neighbourhood Time 10:45 Virtual TV Spiritual 1:30pm Neighbourhood Time 2:30 - Circle of friends 3:30pm Stepping Out	10 9:30 - Neighbourhood time 10:30 - Musical Moments 1:30 - Neighbourhood time 2:30 -Bingo 3:15 - Walking club with PAL	11 9:30 -Neighbourhood time 11:00 - Circle of friends 1:30 - Neighbourhood time 2:30 - Brains and Benter 3:00 - Emma's Fitness	12 9:30 - Neighbourhood Time 11am Balloon Volleyball with PAL 1:30pm Neighbourhood Time 2:30 pm Brains & Banter 3pm Emma's Fitness 4:00 - You and Me 6:30 - Movie Night	13 9:30 - Neighbourhood time 11:00 - Circle of friends 1:30 - Neighbourhood time 2:30 - Manicures 3:30 - You and Me	14 9:30 am Neighbourhood Time 11am Circle of Friends 1:30 pm Neighbourhood Time 3pm Brains & Banter 4pm Walking	15 9:30 - Neighbourhood time 11:00 - Stepping out 1:30 - Neighbourhood time 2:30 - Musical Moments 3:30 - You and Me

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23 9:30am Neighbourhood Time 11am Virtual Church Service 1:30pm Neighbourhood Time 2:30 Bean Bag Toss 3:30 Walking	24 9:30m Neighbourhood Time 11am Musical Moments 1:30pm Neighbourhood Time 2:30pm Bean Bag Toss 3:15 pm Walking club with PAL	25 9:30am Neighbourhood Time 11am Circle of Friends 1:30pm Neighbourhood Time 2:30pm Brains & Banter 3pm Emma's Fitness	26 9:30am Neighbourhood Time 11am Stepping Out 1:30pm Neighbourhood Time 2:30pm Brains & Banter 3:30pm Manicures 4pm You & I 6:30pm Movie Night	27 9:30am Neighbourhood Time 11am Circle of Friends 1:30pm Neighbourhood Time 2:30pm Manicures 3pm Emma's Fitness 4:00 - You and Me	28 9:30am Neighbourhood Time 11am Circle of Friends 1:30pm Neighbourhood Time 2:30pm Brains & Banter 3:30pm Soothing Sensations 4:00 - You and Me	29 9:30am Neighbourhood Time 11am Stepping Out 1:30pm Neighbourhood Time 2:30pm Musical Moments 3:30pm - Circle of friends
30 9:30am Neighbourhood Time 11am Virtual Church Service 1:30pm Neighbourhood Time 2:30 Bean Bag Toss 3:30 Walking	31 9:3am Neighbourhood Time 11am Musical Moments 1:30pm Neighbourhood Time 2:30pm Bean Bag Toss 3:15pm Walking club with PAL					

MARCH

Living In My Today Program Descriptions

Our emphasis is on developing relationships, while the experience of those living with dementia forms the foundation of The Five Pillars of LIVING in My Today.

The Five Pillars

- Meaningful and Active Engagement;
- Enjoyable Mealtimes;
- Empowered Care Partners;
- Thoughtful Design;
- Supportive Approaches to Care.

New Program Descriptions

We are now using broad program names on our calendars to maintain flexibility and ensure engagement for all residents.

This approach keeps programming dynamic, inclusive, and responsive to the community's evolving needs.

New Program Descriptions

Neighbourhood Time

- Neighbourhood time sets up shared living spaces with resources to catch resident's attention and invite them to give them a try.

In The Kitchen

- Creates moments of opportunity for reminiscence, learning, and fellowship through its recognition that the kitchen is not only used to prepare and consume food. Replaces; Baking, cooking, etc.

Circle of Friends

- Creates intentional opportunities for residents to cultivate new connections in a supportive environment that promotes shared experiences and camaraderie. Replaces; Tea & Chats, News & Views, etc.

Brains & Banter

- A stimulating and social activity, combining engaging brain games with lively conversation. Replaces; Trivia, Word Games, & Puzzles.

Musical Moments

- Supports residents to engage with music in meaningful ways. Replaces; Music on Demand, Sing-Alongs, etc

New Program Descriptions

Stepping Out

- A guided walk that supports residents to enjoy the outdoors and village community. Replaces; Walk & Talks, Walks on Main Street, etc.

You & I

- Replaces One to One & Friendly Visits

For the Fun of Fit

- Fitness activities that focus on having fun and building relationships, while also challenging hand-eye coordination, balance, and range of motion. Replaces; Active Games, Mini Putt, Bean Bag Toss, etc.

Express Yourself

- Honours creativity and creates a supportive environment for residents to explore and express themselves. Replaces; Crafts or anything creative.

Soothing Sensations

- A program that focuses on sensory enrichment. Replaces; Sensory programming

For the Soul

- Spiritual programs that connect us to others. Replaces; Spiritual programs, Gratitude Circles, & Joke programs