

11:00 Brains & Banter CK

2:00 Circle of Friends

4:00 Movie & Music OA

10-1 Windreach Farm Outing

(Sign Up only)

2:30 You & I OA

3:45 Movie & Music OA 6:15 Ice cream Social L Legend

C—Chapel

TH—Town Hall OA--Open Area

L-- Library

FC--Fitness Centre
CK==Country Kitchen

ET---Travel

QR--- Quite Room MS---Main Street

CC--Community Centre FC—Fitness Centre B--- Balcony

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|--|--|--|---|
| 9:45 Sunday service TH 11:00 Brains & Banter CK 2:00 Circle of Friends 4:00 Movie & Music OA | 2 Elder Wisdom kick off 2:30 Country Drive (Sign Up Only) 2:30 Entertainment MS 3:45 Movie & music OA 6:15 Ice Cream Social L | 9:15 Neighbourhood Time OA 10:30 Stepping out T 2:15 Music Therapy 3:00 You & I 6:30 Bingo CC | 9:15 Neighbourhood Time 9:30 Musical moments OA 11:00 Bible Study L 2:30 Java Music Club - L 6:30 Pub Night W Mike Barbes MS | 9:00 Manicures CK 11:00 Music W Pastor Rob OA 2:15 Neighbourhood Time OA 6:30 Movie OA | 9:00 Neighbourhood Time OA 9:15 Outdoor walks T 11:00 For the Fun of Fit OA 2:15 Brains & Banter CK 4:00 Movie OA | 9:00 Neighbourhood Time OA 10:30 Soothing Sensation CK 2:14 Stepping out T 3:45 Movie OA |
| 9:45 Sunday service TH 11:00 Brains & Banter CK 2:00 Circle of Friends 4:00 Movie & Music OA | 12:00 Assisting In dining room :30 You & I OA 3:45 Movie & music OA 6:15 Ice Cream Social L | 9:15 Neighbourhood time OA 10:30 Room 217 OA 2:15 Music Therapy OA 6:30 Bingo CC | 9:15 Neighbourhood Time 11:00 Bible Study L 2:00 Pride Parade 2:30 Entertainment MS 6:30 Active Games MS | 9:00 Manicures & Hand Massage T 11:00 Music W Pastor Rob OA 2:30 Entertainment With Ryan Andrews MS 3:45 Movie & Music OA | 9:00 Neighbourhood Time OA 10:15 Brains & banters CK 2:15 Musical moments OA 3:45 Movie Time OA | 9:00 Neighbourhood time OA 10:30 Music-OA 12:00 Diners Club Lunch (sign Up) 2:30 Java Music Club -L 4:00 Movie & music OA |
| 9:45 Sunday service TH 11:00 Brains & Banter CK 2:30 Entertainment with Jack Garson MS 4:00 Movie & Music OA | 12:00 Assisting in dining room 2:30 You & I OA 3:45 Movie & music OA 6:15 Ice Cream Social L | 9:15 Neighbourhood time OA 10:30 Soothing sensation CK 2:15 Music Therapy OA 3:45 Movie OA 6:30 Bingo CC | 9:15 Neighbourhood time 9:30 Musical moments OA 11:00 Bible Study L 2:15 Express Yourself 6:30 Casino Night RH MS/TH | 9:00 Manicures CK 11:00 Music W Pastor Rob OA 2:15 In the Kitchen 6:30 Movie OA | 9:00 Neighbourhood Time OA 10:00 Catholic Mass TH 11:00 For the Fun of Fit OA 2:00 Indigenous Presentation 2:15 Brains & Banter CK 4:00 Movie OA | 9:00 Neighbourhood time OA 10:30 You & I OA 2:30 Bingo FC 2:30 For the fun of fit OA 3:45 Movie Time OA |
| 9:45 Sunday service TH 11:00 Brains & Banter CK 2:00 Circle of Friends 4:00 Movie & Music OA | 12:00 Assisting in dining room 2:30 You & I OA 3:45 Movie & Music OA 6:15 Ice Cream Social L | 9:15 Neighbourhood time OA 10:30 Room 217 OA 2:15 Music Therapy OA 6:30 Bingo CC | 25 :00 Neighbourhood time 9:30 Musical moments OA 11:00 Bible Study L 2:15 Express Yourself 6:30 Active Games MS | 9:00 Manicures CK 11:00 Music W Pastor Rob OA 2:15 In the Kitchen 6:30 Movie OA | 9:00 Neighbourhood time OA 10:30 Stepping out T 2:30 Residents Council FC 2:15 Bingo CK 3:45 Movie time OA | 9:00 Neighbourhood time OA 10:30 Java music Club CK 2:15 Stepping out T 4:00 Movie & music OA |
| 9:45 Sunday service TH | 30 2:30 Calendar Delivery T | loin, the | | | | |

#ElderWisdom 10th Anniversary

JUNE

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.