


# WINDERMERE CARE CENTRE RECREATION CALENDAR

## AUGUST 2009

### PROGRAMS FOR FLOORS 2 - 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
30	31					1
10:30 Pets and Friends	<b>Floors 2,3,4</b> 10:15 Music Therapy - 4th floor 11:15 Fitness <b>Floors 6,7,8</b> 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to one Visits 3:00 Hand Massages  2:30 Book Club			10:00 Balance Class 11th <b>Floors 2,3,4</b> 10:00 Fitness 11:00 Sing Along 2:00 One to One Visits <b>Floors 6,7,8</b> 11:00 Neighbour walks  2:00 Creative Expressions	<b>Floors 6,7,8</b> 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
2	3	4	5	6	7	8
10:30 Pets and Friends	<b>B.C. Day</b>	10:00 Balance Class 11th <b>Floors 2,3,4</b> 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands <b>12:00 4th Floor Summer Picnic</b> 2:00 Garden Time <b>Floors 6,7,8</b> 11:00 Neighbourhood Walks  2:30 one to one visit 3:45 Reading Group	9:45 Scenic Drives  <b>Floors 6,7,8</b> 11:00 Fitness  2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th <b>Floors 2,3,4</b> 9:45 Scenic Drives 11:00 Sing Along 2:00 One to One Visits  <b>Floors 6,7,8</b> 11:00 Neighbour walks  2:00 Creative Expressions	<b>Floors 6,7,8</b> 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
9	10	11	12	13	14	15
10:30 Pets and Friends	<b>Floors 2,3,4</b> 10:15 Music Therapy - 4th floor 11:15 Fitness <b>Floors 6,7,8</b> 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages  2:30 Book Club	10:00 Balance Class 11th <b>Floors 2,3,4</b> 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands 2:00 Garden Time <b>Floors 6,7,8</b> 11:00 Neighbourhood Walks  2:30 one to one visit 3:45 Reading Group	10:00 Fitness  <b>Floors 6,7,8</b> 11:00 Fitness  2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th <b>Floors 2,3,4</b> 10:00 Scenic Drive 11:00 Sing Along 2:00 One to One Visits <b>Floors 6,7,8</b> 11:00 Neighbour walks	<b>Floors 6,7,8</b> 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th  <b>2:30</b> Birthday Celebration	
16	17	18	19	20	21	22
10:30 Pets and Friends  	<b>Floors 2,3,4</b> 10:15 Music Therapy - 4th floor 11:15 Fitness <b>Floors 6,7,8</b> 10:00 Fitness  11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages  2:30 Book Club	10:00 Balance Class 11th <b>Floors 2,3,4</b> 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands <b>12:00 6th Floor Summer Picnic</b> 2:00 Garden Time <b>Floors 6,7,8</b> 11:00 Neighbourhood Walks  2:30 one to one visit 3:45 Reading Group	11:00 Fitness  <b>Floors 6,7,8</b> 9:45 Scenic Drives  2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th <b>Floors 2,3,4</b> <b>10:00 Scenic Drive</b> 11:00 Sing Along 2:00 One to One Visits  <b>Floors 6,7,8</b> 11:00 Neighbour walks  2:00 Creative Expressions	<b>Floors 6,7,8</b> 10:15 Sing Along on 7th 11:15 Sing Along on 8th  <b>2:30</b> Ice Cream Truck	
23	24	25	26	27	28	29
10:30 Pets and Friends	<b>Floors 2,3,4</b> 11:15 Fitness <b>Floors 6,7,8</b> 10:00 Fitness  11:15 Sing Along 2:00 One to One Visits 3:00 Hand Massages  2:30 Book Club	10:00 Balance Class 11th <b>Floors 2,3,4</b> 10:00 Fitness 11:00 Helping Hands <b>12:00 7th and 8th Floor Summer Picnic</b> 2:00 Garden Time <b>Floors 6,7,8</b> 11:00 Neighbourhood Walks  2:30 one to one visit 3:45 Reading Group	10:00 Fitness  <b>Floors 6,7,8</b> 11:00 Fitness  <b>2:00 Scenic Drives</b>  2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th <b>Floors 2,3,4</b> 10:00 Fitness 11:00 Sing Along 2:00 One to One Visits  <b>Floors 6,7,8</b> 11:00 Neighbour walks  2:00 Creative Expressions	<b>Floors 6,7,8</b> 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th  <b>2:30</b> Windermere Carnival	<b>Tuck shop will be open on Mondays, and Wednesdays at 11:00 am</b>  <b>In the Main Lounge</b>