




WINDERMERE CARE CENTRE RECREATION CALENDAR

JULY 2009

PROGRAMS FOR FLOORS 2 - 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1 style="color: red; font-family: cursive;">Happy Canada Day</h1> 						
			1	2	3	4
				10:00 Balance Class 11th Floors 2,3,4 10:00 Fitness 11:00 Sing Along 2:00 One to One Visits Floors 6,7,8 11:00 Neighbour walks 2:00 Creative Expressions	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
5	6	7	8	9	10	11
10:30 Pets and Friends	Floors 2,3,4 10:15 Music Therapy - 4th floor 11:15 Fitness Floors 6,7,8 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages 2:00 Book Club	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands 2:00 Garden Time Floors 6,7,8 11:00 Neighbourhood Walks 2:00 Spa on Wheels 2:30 Outdoor Programs 3:45 Reading Group	Floors 2,3,4 9:45 Scenic Drives Floors 6,7,8 11:00 Fitness 2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th Floors 2,3,4 9:45 Scenic Drives 11:00 Sing Along 2:00 One to One Visits Floors 6,7,8 11:00 Neighbour walks 2:00 Creative Expressions	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th 11:00 Residents Council 2:30 Filipino Golden age Group	
12	13	14	15	16	17	18
10:30 Pets and Friends	Floors 2,3,4 10:15 Music Therapy - 4th floor 11:15 Fitness Floors 6,7,8 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages 2:00 Book Club	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands 2:00 Garden Time Floors 6,7,8 11:00 Neighbourhood Walks 2:00 Spa on Wheels 2:30 Outdoor Programs 3:45 Reading Group	Floors 2,3,4 10:00 Fitness Floors 6,7,8 11:00 Fitness 2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th Floors 2,3,4 10:00 Scenic Drive 11:00 Sing Along 2:00 One to One Visits Floors 6,7,8 11:00 Neighbour walks	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th 2:30 Birthday Celebration	
19	20	21	22	23	24	25
10:30 Pets and Friends 	Floors 2,3,4 10:15 Music Therapy - 4th floor 11:15 Fitness Floors 6,7,8 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages 2:00 Book Club	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands 2:00 Garden Time Floors 6,7,8 11:00 Neighbourhood Walks 2:00 Spa on Wheels 2:30 Outdoor Programs 3:45 Reading Group	Floors 2,3,4 11:00 Fitness Floors 6,7,8 9:45 Scenic Drives 2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th Floors 2,3,4 10:00 Fitness 11:00 Sing Along 2:00 One to One Visits Floors 6,7,8 11:00 Neighbour walks 2:00 Creative Expressions Happy 100th Birthday to Marjorie Stevenson	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
26	27	28	29	30	31	
10:30 Pets and Friends	Floors 2,3,4 10:15 Music Therapy - 4th floor 11:15 Fitness Floors 6,7,8 10:00 Fitness 11:15 Music Therapy - 6th floor 2:00 One to One Visits 3:00 Hand Massages 2:00 Book Club	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands 2:00 Garden Time Floors 6,7,8 11:00 Neighbourhood Walks 2:00 Spa on Wheels 2:30 Outdoor Programs 3:45 Reading Group	Floors 2,3,4 10:00 Fitness Floors 6,7,8 11:00 Fitness 2:00 Scenic Drives 2:00 One to One Visits 2:30 Outdoor Programs	10:00 Balance Class 11th Floors 2,3,4 10:00 Fitness 11:00 Sing Along 2:00 One to One Visits Floors 6,7,8 11:00 Neighbour walks 2:00 Creative Expressions	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	Tuck shop will be open on Mondays, and Wednesdays at 11:00 am In the Main Lounge