


WINDERMERE CARE CENTRE RECREATION CALENDAR OCTOBER 2009

PROGRAMS FOR FLOORS 2 - 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				10:00 Balance Class 11th Floors 2,3,4 10:00 Fitness 11:00 Sing Along Floors 6,7,8 10:00 Fitness	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
4	5	6	7	8	9	10
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	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands Floors 6,7,8 11:00 Fitness (2)	Floors 2,3,4 10:00 Fitness	10:00 Balance Class 11th Floors 2,3,4 9:45 Scenic Drives 11:00 Sing Along Floors 6,7,8 10:00 Fitness	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
11	12	13	14	15	16	17
10:30 Pets and Friends	Floors 2,3,4 10:15 Music Therapy - 4th floor 11:15 Music Therapy - 6th floor 	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands Floors 6,7,8 11:00 Fitness (2)	Floors 6,7,8 11:00 Fitness	10:00 Balance Class 11th Floors 2,3,4 9:45 Scenic Drives 11:00 Sing Along Floors 6,7,8 10:00 Fitness	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
18	19	20	21	22	23	24
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	10:00 Balance Class 11th Floors 2,3,4 9:30 Music Therapy on 3rd 10:30 Fitness 11:00 Helping Hands Floors 6,7,8 11:00 Fitness (2)	Floors 2,3,4 11:00 Fitness	10:00 Balance Class 11th Floors 2,3,4 9:45 Scenic Drives 11:00 Sing Along Floors 6,7,8 10:00 Fitness	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
25	26	27	28	29	30	31
10:30 Pets and Friends 2:00 <i>Vancouver Chambers Players</i>	Floors 2,3,4 10:15 Music Therapy - 4th Floor 11:15 Fitness Floors 6,7,8 10:00 Fitness 11:15 Sing Along	10:00 Balance Class 11th Floors 2,3,4 10:00 Fitness 11:00 Helping Hands Floors 6,7,8 11:00 Fitness (2)	Floors 2,3,4 10:00 Fitness	10:00 Balance Class 11th Floors 2,3,4 9:45 Scenic Drives 11:00 Sing Along Floors 6,7,8 10:00 Fitness	Floors 6,7,8 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	