WINDERMERE CARE CENTRE RECREATION CALENDAR

SEPTEMMBER 2009

PROGRAMS FOR FLOORS 2 - 8

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
		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 (1) **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 2:30 Reading Group (4) 3:45 One to One Visits (4)	**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 Fitness 11:00 Sing Along 2:00 One to One Visits **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 2:00 Creative Expressions	**Floors 6,7,8** 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th ***11:00 Story Telling***	
6	**7**	**8**	**9**	**10**	**11**	**12**
10:30 Pets and Friends	**LABOUR DAY HOLIDAY** ***2:00*** ***Entertainment***	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 (1) **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 2:30 One to One to Visits (4) 3:45 Reading Group (4)	**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** 9:45 Scenic Drives 11:00 Sing Along 2:00 One to One Visits **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 2:00 Creative Expressions	**Floors 6,7,8** 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th	
13	**14**	**15**	**16**	**17**	**18**	**19**
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 2:30 Book Club (4)	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) 2:30 One to One to Visits (4) 3:45 Reading Group (4)	**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 Neighbourhood Walks (2)	**Floors 6,7,8** 10:15 Music Therapy on 7th 11:15 Music Therapy on 8th ***11:00 Artsway Concert*** ***2:30*** ***Teddy Bear Picnic Theme*** ***Birthday Celebration***	
20	**21**	**22**	**23**	**24**	**25**	**26**
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 2:30 Book Club (4)	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 2:30 One to One to Visits (4) 3:45 Reading Group (4)	**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 Scenic Drive** 11:00 Sing Along 2:00 One to One Visits **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 2:00 Creative Expressions	**Floors 6,7,8** 10:15 Sing Along on 7th 11:15 Sing Along on 8th **11:00 Drumming Circle**	
27	**28**	**29**	**30**			
10:30 Pets and Friends ***2:00*** ***Vancouver Chambers Players***	**Floors 2,3,4** 10:15 11:15 Fitness **Floors 6,7,8** 10:00 Fitness 11:15 Sing Along 2:00 One to One Visits 3:00 Hand Massages 2:30 Book Club (4)	10:00 Balance Class 11th **Floors 2,3,4** 10:00 Fitness 11:00 Helping Hands 2:00 Garden Time **Floors 6,7,8** 11:00 Neighbourhood Walks 2:30 One to One to Visits (4) 3:45 Reading Group (4)	**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 Fitness 11:00 Sing Along 2:00 One to One Visits **Floors 6,7,8** 11:00 Neighbourhood Walks (2) 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**