

# WINDERMERE CARE CENTRE

## RECREATION PROGRAMS FOR FLOOR 2 - 8

### MONDAY

	Floors 2,3,4	Floors 6,7.8
10:00	Fitness	"Cookie Club" Baking and Tea
10:15	Music Therapy - one on one visits ( 2 - 8)	Music Therapy - one to one visits (Floors 2 - 8)
11:00	Nature's Mystries	

### TUESDAY

10:00	Balance Class on 11th floor	
9:30	Music Therapy on 3rd	
10:00	Creative Expression with Steven	
11:00	Helping Hands	Smoking Support Group

### WEDNESDAY

10:00	Fitness	
11:00		Fitness & Active Games
11:00	Music with Pete Campbell on various floors	

### THURSDAY

<b>10:00</b>	<b>Balance Class on 11th floor</b>	
10:00	Fitness	
11:00	Discovery Time	Beauty Parlour

### FRIDAY

10:00		Fitness & Active Games
10:15		Music Therapy on 7th floor
11:00	At the Spa	
11:15		Music Therapy - one to one visits ( 10 - 15)

**NO PROGRAMS(ON THE FLOOR) WEEKEND OR STATUTORY HOLIDAYS**