

# WINDERMERE CARE CENTRE

## RECREATION PROGRAMS FOR FLOOR 2 - 8

### MONDAY

|       | Floors 2,3,4    | Floors 6,7,8   |
|-------|-----------------|----------------|
| 10:00 | Arts and Crafts | Baking and Tea |
|       |                 |                |

### TUESDAY

|       |                             |         |
|-------|-----------------------------|---------|
| 10:00 | Balance Class on 11th floor |         |
| 10:00 | Baking and Reminiscing      |         |
| 10:15 | Music Therapy               |         |
| 11:00 |                             | Fitness |

### WEDNESDAY

|      |                                  |
|------|----------------------------------|
| 6:30 | Music Therapy - 2nd & 3rd floors |
|------|----------------------------------|

### THURSDAY

|       |                             |               |
|-------|-----------------------------|---------------|
| 10:00 | Balance Class on 11th floor |               |
| 10:00 | Beauty Parlor & Spa         |               |
|       |                             | Arts & Crafts |

### FRIDAY

|       |                       |                              |
|-------|-----------------------|------------------------------|
| 10:00 | Fitness on Main floor | Beauty Parlor & Spa          |
|       |                       | Music Therapy Floors 6,7 & 8 |
| 11:00 | Discovery Time        | Trivia on Main floor         |

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