

Recreation Calendar September 2019 Upper Terrace

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	10:15 Piano with Lori	10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Ice Cream Social	10:00 Famous People 1:15 Movie Afternoon 2:15 Music Therapy (west) 2:00 United Church/Lodge 2:30 One to One Activity	10:00 Coffee & Tea 10:15 Opera "Three Tenors Biography" 2:15 John Cronin 3:30 Hand Massage/linda	10:15 Fitness 11:00 The Things We Say... 2:15 Singalong with Judith 1:45 Helping Hands 3:15 Movie Afternoon	
8	9	10	11	12	13	14
11:00 Angela On the Piano at the Lodge	9:45 Coffee & Chat 10:15 Piano with Lori 11:00 Singalong (TV room) 2:00 Music Therapy (South) 2:15 Manicures 3:15 Movie Afternoon	9:45 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Garden Walks	9:45 Coffee & Chat 10:00 Movie Memories "Remembering Movies & Movie Stars" 1:45 Helping Hands "Serving Snack" 2:30 Ice Cream Social	10:00 Coffee & Tea 10:15 Young @ Heart "The Oldest Choir Biography" 1:15 Movie Afternoon 2:30 Puzzles 3:30 Hand Massage/linda	9:45 Coffee & Chat 10:15 Fitness 11:00 The Things We Say... "Discussion Group" 1:15 Movie Afternoon 2:00 Reg Dickson at Lower Terrace	2:00 Music Hour with Christine & Murrey at the Lodge
15	16	17	18	19	20	21
11:00 Angela On the Piano at the Lodge	9:45 Coffee & Chat 10:15 Piano with Lori 11:00 Singalong (TV room) 2:00 Music Therapy (South) 2:15 Manicures 3:15 Movie Afternoon	9:45 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Craft Program	9:45 Coffee & Chat 10:00 Where am I? "Famous Landmarks Around the World" 1:15 Movie Afternoon 2:15 Music Therapy (west) 2:30 One to One Activity	10:00 Coffee & Tea 10:15 Colours & Music 11:00 One to One Visits 2:15 Blue Lasso (entertainment) 3:15 Movie Afternoon 3:30 Hand Massage/linda	9:45 Coffee & Chat 10:15 Fitness 11:00 The Things We Say... "Discussion Group" 1:45 Helping Hands 2:15 Singalong with Judith 3:15 Movie Afternoon	
22	23	24	25	26	27	28
	9:45 Coffee & Chat 10:15 Piano with Lori 11:00 Singalong (TV room) 2:00 Music Therapy (South) 2:15 Manicures 3:15 Movie Afternoon	9:45 Coffee & Chat 10:15 Fitness 11:00 Music Therapy (North) 1:15 Movie Afternoon 2:00 Visits with Tobey 2:30 Craft Program	9:45 Coffee & Chat 10:00 Trivia "Animals & Their Offspring" 1:15 Movie Afternoon 1:45 Helping Hands "Serving Snack" 2:30 Puzzles	10:00 Coffee & Tea 10:15 Riock & Roll "Elvis Presley Biography" 1:15 Movie Afternoon 2:15 Roberto Risman at Lower Terrace 3:30 Hand Massage/linda	9:45 Coffee & Chat 10:15 Fitness 11:00 The Things We Say... "Discussion Group" 1:45 Helping Hands 2:15 Singalong with Judith 3:15 Movie Afternoon	
29	30					
11:00 Angela On the Piano at the Lodge	9:45 Coffee & Chat 10:15 Piano with Lori 11:00 Singalong (TV room) 2:15 Slideshow with Gail "Sounds of the Old West" 3:15 Movie Afternoon					