




INSPIRED SENIOR LIVING

June 2023 Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>SUNDAY JUN 18 Father's Day</p>				<p>9:00 Beauty Salon Treatments! *Hair and Makeup* (OM) 1</p> <p>10:00 LLL: Baking Strawberry Lemon Blondies (ORC)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>2:30 Short Stories and Musical Stories (ORC)</p> <p>3:00 Ball Therapy (OMLR)</p> <p>3:30 Afternoon Sing-a-long! (OM)</p>	<p>National Donut Day 2</p> <p>9:15 Fit Minds *Identify the Scent!* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>11:30 Picnic Lunch in the Courtyard! *ft. Donuts for dessert! (OC)</p> <p>2:30 Sip and Paint-a-Long! (LO)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 3</p> <p>9:00 Andre Rieu Concert Movie (OMLR)</p> <p>1:30 Table Top Activities: Dominos (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:00 Gardening Club: Watering and Weeding! (C) 4</p> <p>9:30 Active Games with Heather! (OMLR)</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>1:00 Go4Life Walking Club (OM)</p> <p>3:00 Java Music Club (ORC)</p> <p>3:30 Word Games (OMLR)</p>	<p>10:00 Morning Stretches (OMLR) 5</p> <p>10:30 Catholic Communion Service with Father Gabriel (ORC)</p> <p>1:00 Horse Race game (O)</p> <p>2:00 Bingo (OM)</p> <p>3:00 Balloon Badminton (OMLR)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:15 Gardening Club: Watering and Weeding! (C) 6</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>10:30 Music Therapy with Ria (OM)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:30 Jeopardy Trivia Game (ORC)</p> <p>3:30 Chair Soccer (O)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 7</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Movie Outing! (MEE)</p> <p>1:30 Ice Cream Sundae Outing to Dairy Queen! (OMLR)</p> <p>3:00 Brain Games (C)</p> <p>3:30 Afternoon Visits! (ORC)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Gardening Club! (OC) 8</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 The Price is Right! (ORC)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>2:30 Short Stories and Musical Stories (ORC)</p> <p>3:00 Entertainment with Rolland! (OM)</p>	<p>9:15 Fit Minds Friday! *World Flags* (OM) 9</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>2:30 Sip and Paint-a-Long! (LO)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 10</p> <p>9:00 Andre Rieu Concert Movie (OMLR)</p> <p>1:30 Table Top Activities: Yahtzee (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>9:00 Gardening Club: Watering and Weeding! (C) 11</p> <p>9:30 Active Games with Heather! (OMLR)</p> <p>10:00 Piano Music with Beryl (OMLR)</p> <p>1:00 Go4Life Walking Club (OM)</p> <p>3:00 Java Music Club (ORC)</p> <p>3:30 Word Games (OMLR)</p>	<p>10:00 Morning Stretches (OMLR) 12</p> <p>10:30 Catholic Communion Service with Father Gabriel (ORC)</p> <p>11:00 Gardening in the Courtyard! (OC)</p> <p>1:00 Horse Race game (O)</p> <p>2:00 Current Events (ORC)</p> <p>3:00 Balloon Badminton (OMLR)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:15 Gardening Club: Watering and Weeding! (C) 13</p> <p>9:30 Go4Life Walking Club! (OM)</p> <p>10:00 Crafts and Colouring in the Activity Kitchen! (ORC)</p> <p>10:30 Word Pyramid (OMLR)</p> <p>1:30 Pie and Coffee at White Spot! (OM)</p> <p>3:30 Jeopardy Trivia Game (ORC)</p> <p>6:30 Dog Therapy with Disney, Kaitlyn, and Lisa (OM)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 14</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Scenic Drive on the Bus! (MEE)</p> <p>1:00 Bean Bag Number Toss (OMLR)</p> <p>2:30 Brain Games (C)</p> <p>3:30 Afternoon Exercises! (ORC)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:00 Beauty Salon Treatments! *Hair and Makeup* (OM) 15</p> <p>10:00 Ball Therapy with Gabby! (OMLR)</p> <p>10:30 Blank Slate Word Game (ORC)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Music with John Anderson! (OM)</p>	<p>National Selfie Day! 16</p> <p>9:15 Fit Minds Friday! *Shadow Matching* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:00 Fun Fitness Friday (OMLR)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>2:30 Garden Visits (C)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Gardening Club: Watering and Weeding! (C) 17</p> <p>9:00 Andre Rieu Concert Movie (OMLR)</p> <p>1:30 Table Top Activities: Flower Arranging (OM)</p> <p>2:00 Hand Massages and Manicures (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
18 Happy Fathers Day! Dress in your Sunday Best! 9:00 Gardening Club: Watering and Weeding! (C) 9:30 Active Games with Heather! (OMLR) 10:00 Piano Music with Beryl (OMLR) 1:00 Go4Life Walking Club (OM) 1:30 Father's Day Entertainment with Rolland! (OMLR) 3:00 Java Music Club (ORC) 3:30 Word Games (OMLR)	19 10:00 Morning Stretches (OMLR) 10:30 Catholic Communion Service with Father Gabriel (ORC) 1:00 Horse Race game (O) 2:00 Bingo (OM) 3:00 Balloon Badminton (OMLR) 3:30 Snack and Chat! (OM)	20 9:15 Gardening Club: Watering and Weeding! (C) 9:15 Go4Life Walking Club! (OM) 9:30 Crafts and Colouring in the Activity Kitchen! (ORC) 10:00 Word Pyramid (OMLR) 11:30 Pirate Pak Party in the Oakroom! (O) 1:30 Music Bingo (OMLR) 2:30 Jeopardy Trivia Game (ORC) 3:30 Chair Soccer (O) 6:30 Dog Therapy with Disney, Kaitlyn, and Lisa (OM)	21 Indigenous Peoples Day 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Exercises with Jolynne! (OMLR) 10:30 Trivia Games (LO) 10:45 Beach Ball Toss Game! (OMLR) 1:00 Afternoon Visits and walks (OMLR) 2:30 Sing Along (OMLR) 5:00 Bar Cart with Heather! (OM)	22 9:00 Beauty Salon Treatments! *Hair and Makeup* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Sing a long (ORC) 1:30 Giant Crossword Puzzle (ORC) 3:00 Entertainment with Mar Manongdo! (OM)	23 9:15 Fit Minds *Breakfast Scramble* (OM) 9:45 Beach Ball Toss! (OMLR) 10:00 Fun Fitness Friday (OMLR) 10:30 Facetime Calls & One on one visits (OM) 10:30 Table Top Activities: Colouring (OMLR) 2:30 Sip and Paint-a-Long! (LO) 3:30 Scattegories! (ORC)	24 9:00 Gardening Club: Watering and Weeding! (C) 9:00 Andre Rieu Concert Movie (OMLR) 2:00 Hand Massages and Manicures (OM) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM) 5:00 Table Top Activities: Photo Reminiscing (OM)
25 9:00 Gardening Club: Watering and Weeding! (C) 9:30 Active Games with Heather! (OMLR) 1:00 Go4Life Walking Club (OM) 3:00 Java Music Club (ORC) 3:30 Word Games (OMLR)	26 National Bingo Day! 10:00 Morning Stretches (OMLR) 10:30 Catholic Communion Service with Father Gabriel (T) 1:00 Horse Race game (O) 2:00 Current Events (ORC) 3:00 Balloon Badminton (OMLR) 3:30 Snack and Chat! (OM)	27 9:15 Gardening Club: Watering and Weeding! (C) 9:15 Go4Life Walking Club! (OM) 9:30 Crafts and Colouring in the Activity Kitchen! (ORC) 10:30 Gold Winner- Best of Kelowna Celebration! Music with Ria (OM) 1:30 Short Stories and Musical Stories (ORC) 2:30 Jeopardy Trivia Game (ORC) 3:30 Chair Soccer (O) 6:30 Dog Therapy with Disney, Kaitlyn, and Lisa (OM)	28 9:00 Gardening Club: Watering and Weeding! (C) 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Scenic Drive on the Bus! (MEE) 1:00 Afternoon Visits and walks (OMLR) 2:30 Brain Games (C) 3:30 Afternoon Exercises! (ORC) 5:00 Bar Cart with Heather! *LLL: Featuring Strawberry Refreshers! (OM)	29 9:00 Gardening Club: Watering and Weeding! (C) 9:15 Beauty Salon Treatments! *Hair, Makeup, and Nails* (OM) 10:00 Ball Therapy with Gabby! (OMLR) 10:30 Blank Slate Word Game (ORC) 1:30 Giant Crossword Puzzle (ORC)	30 9:00 Gardening Club: Watering and Weeding! (C) 9:15 Fit Minds Friday! *Card Games* (OM) 9:45 Beach Ball Toss! (OMLR) 10:00 Fun Fitness Friday (OMLR) 10:30 Facetime Calls & One on one visits (OM) 10:30 Table Top Activities: Colouring (OMLR) 2:30 Sip and Paint-a-Long! (LO) 3:30 Scattegories! (ORC)	



Locations Legend		Calendar Legend
Orchard Manor (OM)	Oakroom (O)	Outing
Orchard Manor Living Room (OMLR)	OM courtyard (OC)	Special Program
Orchard Manor Activity Room (ORC)	Meet by bus (MEE)	Living, Loving, Local
Courtyard (C)	Theatre (T)	Signature Program