



INSPIRED SENIOR LIVING

September 2023

Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>World Alzheimer's Month</p>		<p>Grandparent's Day</p>			<p>9:15 Fit Minds *Name the object!* (OM) 1</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>3:30 Scattegories! (ORC)</p>	<p>No Life Enrichment Staff Today 2</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Table Top Activities: Dominos (OM)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>10:00 Piano Music with Beryl (OMLR) 3</p> <p>11:00 Word Games (OMLR)</p> <p>1:00 Central Okanagan United Church Service (LO)</p> <p>3:30 Java Music Club (ORC)</p>	<p>Welcome Back From Maternity Leave Laura! 4</p> <p>9:30 Meet & Greets! (OM)</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>10:30 One on One visits! (OMLR)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:00 Horse Race game (O)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and "Answer This" Trivia (OM)</p> <p>3:00 Active Games (OMLR)</p>	<p>9:30 Go4Life Walking Club! (OM) 5</p> <p>10:00 Scenic Drive (MEE)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>1:30 Jeopardy Trivia Game (ORC)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:00 Artful Enrichment-Guided Art (LO)</p> <p>3:30 Snack and Chat! (OM)</p>	<p>9:30 Dog Therapy with Dawn and Angel (OM) 6</p> <p>10:00 Music Bingo! (OMLR)</p> <p>11:00 Morning Chair Exercises! (ORC)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>2:30 Brain Games (C)</p> <p>3:00 Movie Matinee (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 7</p> <p>10:00 One on One Visits (OMLR)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Entertainment with Rolland! (OM)</p>	<p>9:15 Fit Minds Friday! *World Flags* (OM) 8</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>11:00 Fun Fitness Friday (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>No Life Enrichment Staff Today 9</p> <p>9:00 Morning Movie (OMLR)</p> <p>1:30 Table Top Activities: Yahtzee (OM)</p> <p>4:00 Armchair Travel! (OM)</p>
<p>Grandparent's Day 10</p> <p>9:30 Small Group Strength and Stretch (OMLR)</p> <p>10:00 Celebrating Grandparents- Piano Music with Beryl & special treats! (OMLR)</p> <p>10:00 Let's Get Baking (ORC)</p> <p>1:30 Board Games and Puzzles (OMLR)</p> <p>3:30 Java Music Club (ORC)</p>	<p>9:30 Guess that Tune! (OM) 11</p> <p>10:30 Catholic Communion Service with Father Gabriel (T)</p> <p>10:30 One on One visits! (OMLR)</p> <p>11:00 Balloon Badminton (OMLR)</p> <p>1:00 Fun & Fitness (ORC)</p> <p>1:30 Drumfit with Heather at Hawthorn Park (O)</p> <p>2:00 Afternoon Tea and "Answer This" Trivia (OM)</p> <p>3:00 Active Games (OMLR)</p>	<p>9:30 Go4Life Walking Club! (OM) 12</p> <p>10:00 Scenic Drive (MEE)</p> <p>11:30 BBQ hot dog luncheon *sign up \$7- see posters (O)</p> <p>1:30 Short Stories and Musical Stories (ORC)</p> <p>2:00 Dog Therapy with Jen and Cooper! (LO)</p> <p>3:00 Artful Enrichment-Guided Art (LO)</p>	<p>9:30 Individual Visits with Life Enrichment (ORC) 13</p> <p>9:30 Dog Therapy with Dawn and Angel (OM)</p> <p>10:00 Reading The Daily Chronicles (ORC)</p> <p>10:00 Music Bingo! (OMLR)</p> <p>1:00 Afternoon Visits and walks (OMLR)</p> <p>1:30 Exercise and Energize (ORC)</p> <p>3:00 Entertainment with "Double Sharp" Jazz band (OM)</p> <p>5:00 Bar Cart with Heather! (OM)</p>	<p>9:15 Brain Games- Trivia and more (OM) 14</p> <p>10:00 One on One Visits (OMLR)</p> <p>10:30 Sing a long (ORC)</p> <p>11:00 Ball Therapy! (OMLR)</p> <p>1:30 Giant Crossword Puzzle (ORC)</p> <p>3:00 Music with Jeremy! (OM)</p>	<p>National Eat an Apple Day! 15</p> <p>9:15 Fit Minds Friday! *Shadow Matching* (OM)</p> <p>9:45 Beach Ball Toss! (OMLR)</p> <p>10:30 Table Top Activities: Colouring (OMLR)</p> <p>10:30 Facetime Calls & One on one visits (OM)</p> <p>11:00 Fun Fitness Friday (OMLR)</p> <p>3:30 Scattegories! (ORC)</p>	<p>9:00 Morning Movie 16 (OMLR)</p> <p>1:30 Table Top Activities: Flower Arranging (OM)</p> <p>3:00 Picture Bingo (ORC)</p> <p>4:00 Armchair Travel! (OM)</p>



INSPIRED SENIOR LIVING

September 2023

Orchard Manor



INSPIRED SENIOR LIVING WITH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 9:30 Small Group Strength and Stretch (OMLR) 10:00 Piano Music with Beryl (OMLR) 10:00 Let's Get Baking (ORC) 1:30 Board Games and Puzzles (OMLR) 3:30 Java Music Club (ORC)	18 9:30 Guess that Tune! (OM) 10:30 Catholic Communion Service with Father Gabriel (T) 10:30 One on One visits! (OMLR) 11:30 A & W luncheon *Sign up with Life Enrichment (O) 1:00 Horse Race game (O) 1:00 Fun & Fitness (ORC) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Tea and "Answer This" Trivia (OM)	19 Day of Mourning Queen Elizabeth- See posters for details 9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive (MEE) 10:30 Crafts and Colouring in the Activity Kitchen! (ORC) 1:30 Jeopardy Trivia Game (ORC) 2:00 Dog Therapy with Jen and Cooper! (LO) 3:00 Artful Enrichment-Guided Art (LO) 3:30 Snack and Chat! (OM)	20 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Reading The Daily Chronicles (ORC) 10:00 Music Bingo! (OMLR) 1:00 Afternoon Visits and walks (OMLR) 1:30 Exercise and Energize (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather! (OM)	21 9:15 Brain Games- Trivia and more (OM) 10:00 One on One Visits (OMLR) 11:00 Ball Therapy! (OMLR) 1:30 Giant Crossword Puzzle (ORC) 3:00 Sing Along With Ria Falkner (OMLR)	22 9:15 Fit Minds *Breakfast Scramble* (OM) 9:45 Beach Ball Toss! (OMLR) 10:30 Table Top Activities: Colouring (OMLR) 10:30 Facetime Calls & One on one visits (OM) 11:00 Fun Fitness Friday (OMLR) 3:30 Scattegories! (ORC)	23 9:00 Morning Movie (OMLR) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM) 5:00 Table Top Activities: Photo Reminiscing (OM)
24 9:30 Small Group Strength and Stretch (OMLR) 10:00 Piano Music with Beryl (OMLR) 10:00 Let's Get Baking (ORC) 1:30 Board Games and Puzzles (OMLR) 3:30 Java Music Club (ORC)	25 9:30 Guess that Tune! (OM) 10:30 Catholic Communion Service with Father Gabriel (T) 10:30 One on One visits! (OMLR) 11:00 Balloon Badminton (OMLR) 1:00 Fun & Fitness (ORC) 1:30 Drumfit with Heather at Hawthorn Park (O) 2:00 Afternoon Tea and "Answer This" Trivia (OM) 3:00 Active Games (OMLR)	26 9:30 Go4Life Walking Club! (OM) 10:00 Scenic Drive (MEE) 10:30 Music Therapy with Ria (OM) 1:30 Short Stories and Musical Stories (ORC) 2:00 Dog Therapy with Jen and Cooper! (LO) 3:00 Artful Enrichment-Guided Art (LO) 3:30 Snack and Chat! (OM)	27 9:30 Dog Therapy with Dawn and Angel (OM) 10:00 Reading The Daily Chronicles (ORC) 10:00 Music Bingo! (OMLR) 1:00 Afternoon Visits and walks (OMLR) 1:30 Birthday Party with Vic & Carol! (OM) 1:30 Exercise and Energize (ORC) 2:30 Brain Games (C) 3:00 Movie Matinee (OM) 5:00 Bar Cart with Heather! (OM)	28 National Strawberry Cream Pie Day 9:15 Brain Games- Trivia and more (OM) 10:00 One on One Visits (OMLR) 10:30 Sing a long (ORC) 11:00 Ball Therapy! (OMLR) 1:30 Giant Crossword Puzzle (ORC)	29 Happy Oktoberfest! 9:15 Fit Minds Friday! *Card Games* (OM) 9:45 Beach Ball Toss! (OMLR) 10:30 Table Top Activities: Colouring (OMLR) 10:30 Facetime Calls & One on one visits (OM) 11:00 Fun Fitness Friday (OMLR) 3:30 Scattegories! (ORC)	30 National Day for Truth and Reconciliation *Wear an Orange shirt today 9:00 Morning Movie (OMLR) 1:30 Table Top Activities: Shake Loose A Memory (OM) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM)



THURSDAY
SEP
28

National Strawberry Cream Pie Day

Be Social

Locations Legend

Orchard Manor
 Living Room (OMLR)
 Orchard Manor (OM)
 Orchard Manor
 Activity Room (ORC)

Lounge (LO)
 Oakroom (O)
 Theatre (T)
 Meet by bus (MEE)
 Courtyard (C)

Calendar Legend

Outing
 Special Program
 Living, Loving, Local
 Signature Program