

Sunday	Monday	Tuesday	Wednesday	Thursday	
					9:1
		Head Vo			9:4
					10:00
					10:30
World Alzheimer's		SUNDAY Grandparent's			10:30
		JEP	_		3:30
Month		10	Day		
10:00 Piano Music <b>3</b>	Welcome Back From Maternity <b>4</b> Leave Laura!	9:30 Go4Life Walking Club! 5 (OM)	9:30 Dog Therapy with Dawn and Angel (OM)	9:15 Brain Games- Trivia <b>7</b> and more (OM)	9:15
with Beryl (OMLR)	9:30 Meet & Greets! (OM)	10:00 Scenic Drive (MEE)	10:00 Music Bingo! (OMLR)	10:00 One on One Visits	9:45
11:00 Word Games	10:30 Catholic Communion Service with Father	1:30 Short Stories and Musical Stories (ORC)	11:00 Morning Chair Exercises! (ORC)		10:30
(OMLR)	Gabriel (T)	1:30 Jeopardy Trivia Game	1:00 Afternoon Visits and	11:00 Ball Therapy! (OMLR)	10.00
1:00 Central	10:30 One on One visits! (OMLR)	(ORC)	walks (OMLR)	1:30 Giant Crossword	10:30
Okanagan	11:00 Balloon Badminton	2:00 Dog Therapy with Jen and Cooper! (LO)	2:30 Brain Games (C) 3:00 Movie Matinee (OM)	Puzzle (ORC)	11:00
United Church	(OMLR) 1:00 Horse Race game (O)	3:00 Artful Enrichment-	5:00 Bar Cart with Heather!	3:00 Entertainment with Rolland! (OM)	
Service (LO)	1:30 Drumfit with Heather at	Guided Art (LO)	(OM)		3:30
3:30 Java Music Club	Hawthorn Park (O)	3:30 Snack and Chat! (OM)			
(ORC)	2:00 Afternoon Tea and "Answer This" Trivia (OM)				
	3.00 Active Games (OMLR)				
Grandparent's Day <b>10</b> 9:30 Small Group Strength	9:30 Guess that Tune! (OM) <b>11</b> 10:30 Catholic Communion	9:30 Go4Life Walking 12 Club! (OM)	9:30 Individual Visits with Life Enrichment (ORC)	9:15 Brain Games- Trivia <b>14</b> and more (OM)	Natio 9:15
and Stretch (OMLR)	Service with Father	10:00 Scenic Drive (MEE)	9:30 Dog Therapy with Dawn	10:00 One on One Visits	9.10
10:00 Celebrating	Gabriel (T) 10:30 One on One visits!	11:30 BBQ hot dog	and Angel (OM)	(OMLR)	
Grandparents- Piano Music with Beryl &	(OMLR)	luncheon *sign up	10:00 Reading The Daily Chronicles (ORC)	10:30 Sing a long (ORC)	9:45
special treats!	11:00 Balloon Badminton	\$7- see posters (O)	10:00 Music Bingo! (OMLR)	11:00 Ball Therapy!	10:30
(OMLR)		1:30 Short Stories and Musical Stories	1:00 Afternoon Visits and	(OMLR) 1:30 Giant Crossword	
10:00 Let's Get Baking	1:00 Fun & Fitness (ORC) 1:30 Drumfit with Heather at	(ORC)	walks (OMLR) 1:30 Exercise and Energize	Puzzle (ORC)	10:30
(ORC) 1:30 Board Games and	Hawthorn Park (O)	2:00 Dog Therapy with	(ORC)	3:00 Music with	11:00
Puzzles (OMLR)	2:00 Afternoon Tea and "Answer This" Trivia	Jen and Cooper!	3:00 Entertainment with "Double Sharp" Jazz	Jeremy! (OM)	11.00
3:30 Java Music Club	(OM)	(LO) 3:00 Artful Enrichment-	band (OM)		3:30
(ORC)	3:00 Active Games (OMLR)	Guided Art (LO)	5:00 Bar Cart with Heather!		
		× *	(OM)		

**INSPIRED** 

**SENIOR LIVING** 

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Saturday

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## **Friday**

#### :15 Fit Minds \*Name the 1 No Life Enrichment 2 object!\* (OM) **Staff Today** 45 Beach Ball Toss! 9:00 Morning Movie (OMLR) (OMLR) :00 Fun Fitness Friday 1:30 Table Top (OMLR) :30 Table Top Activities: **Activities:** Colouring (OMLR) Dominos (OM) 30 Facetime Calls & One 4:00 Armchair Travel! on one visits (OM) (OM) 30 Scattegories! (ORC) :15 Fit Minds Friday! No Life Enrichment 9 8 \*World Flags\* (OM) **Staff Today** 45 Beach Ball Toss! 9:00 Morning Movie (OMLR) (OMLR) 30 Table Top Activities: Colouring (OMLR) 1:30 Table Top 30 Facetime Calls & One **Activities:** on one visits (OM) Yahtzee (OM) 00 Fun Fitness Friday 4:00 Armchair Travel! (OMLR) 30 Scattegories! (ORC) (OM)ational Eat an Apple Day! 15 9:00 Morning Movie 16 15 Fit Minds Friday! (OMLR) \*Shadow Matching\* 1:30 Table Top (OM) **Activities:** 45 Beach Ball Toss! (OMLR) Flower **30 Table Top Activities:** Arranging Colouring (OMLR) (OM)30 Facetime Calls & One **3:00 Picture Bingo** on one visits (OM) 00 Fun Fitness Friday (ORC) (OMLR) 4:00 Armchair 30 Scattegories! (ORC) Travel! (OM)



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INSPIRED SENIOR LIVING

# **September 2023 Orchard Manor**

Sunday	Monday	Tuesday	Wednesday	Thursday	
9:30 Small Group Strength and Stretch (OMLR)1710:00 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)	<ul> <li>9:30 Guess that Tune! (OM)</li> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>10:30 One on One visits! (OMLR)</li> <li>11:30 A &amp; W luncheon *Sign up with Life Enrichment (O)</li> <li>1:00 Horse Race game (O)</li> <li>1:00 Fun &amp; Fitness (ORC)</li> <li>1:30 Drumfit with Heather at Hawthorn Park (O)</li> <li>2:00 Afternoon Tea and "Answer This" Trivia (OM)</li> </ul>	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)	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)	9:15 Brain Games- Trivia <b>21</b> 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)	9:14 9:44 10:30 10:30 11:00 3:30
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)	<ul> <li>9:30 Guess that Tune! (OM)</li> <li>9:30 Guess that Tune! (OM)</li> <li>10:30 Catholic Communion Service with Father Gabriel (T)</li> <li>10:30 One on One visits! (OMLR)</li> <li>11:00 Balloon Badminton (OMLR)</li> <li>1:00 Fun &amp; Fitness (ORC)</li> <li>1:30 Drumfit with Heather at Hawthorn Park (O)</li> <li>2:00 Afternoon Tea and "Answer This" Trivia (OM)</li> <li>3:00 Active Games (OMLR)</li> </ul>	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)	<ul> <li>9:30 Dog Therapy with Dawn 27 and Angel (OM)</li> <li>10:00 Reading The Daily Chronicles (ORC)</li> <li>10:00 Music Bingo! (OMLR)</li> <li>1:00 Afternoon Visits and walks (OMLR)</li> <li>1:30 Birthday Party with Vic &amp; Carol! (OM)</li> <li>1:30 Exercise and Energize (ORC)</li> <li>2:30 Brain Games (C)</li> <li>3:00 Movie Matinee (OM)</li> <li>5:00 Bar Cart with Heather! (OM)</li> </ul>	National Strawberry Cream Pie Day289:15 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)	+ 9:14 10:30 10:30 11:00 3:30



Cream Pie Day



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# **Friday**

# Saturday

<ul> <li>15 Fit Minds *Breakfast Scramble* (OM)</li> <li>45 Beach Ball Toss! (OMLR)</li> <li>30 Table Top Activities: Colouring (OMLR)</li> <li>30 Facetime Calls &amp; One on one visits (OM)</li> <li>30 Fun Fitness Friday (OMLR)</li> <li>30 Scattegories! (ORC)</li> </ul>	9:00 Morning Movie <b>23</b> (OMLR) 3:00 Picture Bingo (ORC) 4:00 Armchair Travel! (OM) 5:00 Table Top Activities: Photo Reminiscing (OM)
Happy Oktoberfest!2915 Fit Minds Friday! *Card Games* (OM)*Card Games* (OM)45 Beach Ball Toss! (OMLR)(OMLR)30 Table Top Activities: Colouring (OMLR)Colouring (OMLR)30 Facetime Calls & One on one visits (OM)One Fun Fitness Friday (OMLR)30 Scattegories! (ORC)	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)
egend ounge (LO) akroom (O) neatre (T) eet by bus (MEE) ourtyard (C)	Calendar Legend Outing Special Program Living, Loving, Local Signature Program