

# ACTIVITY CALENDAR - JUNE 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>Note:</b>                      Music therapy on 2<sup>nd</sup> Floor                      Monday, Tuesday, Wednesday &amp; Friday                      10:00 am – 10:45 am                      Thursday                      2:00 pm to 2:45 pm</p>		<p><b>1</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Sensory 2<sup>nd</sup>                      11:00 a.m. Fitness – 3<sup>rd</sup>                      12:00 p.m. Fitness – 4<sup>th</sup>                      12:50 p.m. Walks/1:1 2<sup>nd</sup>                      1:15 p.m. Sensory 2                      2:00 p.m. Music Therapy 2                      2:00 p.m. Indoor Golf                      3:30 p.m. Gentle Touch 3                      4:00 p.m. Happy Half                      4:45 p.m. Coloring 4                      5:45 p.m. Pictionary 3                      6:45 p.m. Word Timer 4</p>	<p><b>2</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Music Therapy 2                      10:45 a.m. Sensory 2                      11:00 a.m. Fitness 3                      12:00 p.m. Fitness 4                      12:50 p.m. 1:1/walks 2                      1:45 p.m. Sensory 2                      2:00 p.m. Karaoke 3 &amp; 4                      3:45 p.m. Sing along 2                      4:00 p.m. Happy Half                      4:45 p.m. Trivia 4                      5:45 p.m. Hangman 3                      6:45 p.m. Hangman 4</p>	<p><b>3</b>                      9:00 a.m. Walk a Block                      10:45 a.m. Fitness/Sensory 2                      11:00 a.m. Fitness – 3                      12:00 pm. Fitness – 4                      12:50 p.m. Walks/1:1 2                      2:00 p.m. Crosswords 4                      3:30 p.m. Walks/1:1 2                      4:00 p.m. Happy Half                      4:30 p.m. Gentle Touch 4                      5:30 p.m. Gentle Touch 3                      6:45 p.m. Hangman Game 4</p>
<p><b>4</b>                      9:00 a.m. Walk a Block                      9:30 a.m. Catholic Service                      10:45 a.m. Fitness/Sensory 2                      11:00 a.m. Fitness – 3                      12:00 p.m. Fitness – 4                      12:50 p.m. 1:1/Walks                      2:00 p.m. Sensory 2                      2:00 p.m. Bingo 3                      3:30 p.m. Walks/1:1 3                      4:00 p.m. Happy Half                      4:45 p.m. A Good Read 4                      5:45 p.m. Gentle Touch                      6:45 p.m. Word Timer 4</p>	<p><b>5</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Music Therapy 2                      10:30 a.m. Art Therapy with Joyce Chan                      10:45 a.m. Sensory 2                      12:00 p.m. Fitness – 4                      2:00 p.m. Flower Arranging                      4:00 p.m. Happy Half</p>	<p><b>6 (picnic lunch 3rd)</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Music Therapy 2                      10:45 a.m. Sensory 2                      11:30 a.m. Picnic Lunch                      2:00 p.m. Sing Along 3                      2:45 p.m. Soup Club 2                      3:00 p.m. Sing along 4                      3:00 p.m. Domino 4                      4:00 p.m. Happy Half</p>	<p><b>7</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Music Therapy                      10:45 a.m. Sensory 2                      11:00 a.m. Chair Yoga Leela Holt 3                      11:40 a.m. Chair Yoga Leela Holt 4                      12:50 p.m. Walks/1:1 2<sup>nd</sup>                      2:30 p.m. Ice Cream Social                      3:30 p.m. Walk/1:1 3                      4:00 p.m. Happy Half                      4:45 p.m. Walks/1:1 4                      4:45 p.m. Reminiscing 4                      5:45 p.m. Gentle Touch 3                      6:45 p.m. Gentle Touch 4</p>	<p><b>8</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Sensory 2<sup>nd</sup>                      11:00 a.m. Fitness – 3<sup>rd</sup>                      12:00 p.m. Fitness – 4<sup>th</sup>                      12:50 p.m. Walks/1:1 2<sup>nd</sup>                      1:15 p.m. Sensory 2                      2:00 p.m. Music Therapy 2                      2:30 p.m. Italian Day Luna Rossa                      3:30 p.m. Gentle Touch 3                      4:00 p.m. Happy Half                      4:45 p.m. 1:1 4                      5:45 p.m. Gentle Touch 3                      6:45 p.m. Word Timer 4</p>	<p><b>9</b>                      9:00 a.m. Walk a Block                      10:00 a.m. Music Therapy 2                      10:45 a.m. Sensory 2                      11:00 a.m. Fitness 3                      12:00 p.m. Fitness 4                      12:50 p.m. 1:1/walks 2                      1:45 p.m. Sensory 2                      2:30 p.m. Patrick Ray Classical Music                      3:45 p.m. Sing along 2                      4:00 p.m. Happy Half                      5:45 p.m. Hangman 3                      6:45 p.m. Hangman 4</p>	<p><b>10</b>                      9:00 a.m. Walk a Block                      10:45 a.m. Fitness/Catch &amp; Throw 2                      11:00 a.m. Fitness – 3                      12:00 p.m. Fitness – 4                      12:50 p.m. Gentle Touch 2                      1:45 p.m. Sensory 2                      2:00 p.m. Karaoke 3 &amp; 4                      3:30 p.m. Walk/1:1 3                      4:00 p.m. Happy Half                      4:45 pm. Card Game 4                      5:45 p.m. Gentle Touch                      6:45 p.m. Hangman 4</p>

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<p><b>11</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:45 a.m. Fitness 2nd            11:00 a.m. Fitness – 3<sup>rd</sup>            12:00 p.m. Fitness – 4<sup>th</sup>            12:50 p.m. Walks/1:1 2            1:45 p.m. Sensory 2<sup>nd</sup>            2:00 p.m. Flower Arranging            3:30 p.m. Walk/1:1 3<sup>rd</sup>            4:00 p.m. Happy Half            4:45 p.m. Reminiscing 4            5:30 p.m. Gentle Touch 3            6:30 p.m. Domino 4</p>	<p><b>12</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy 2            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Philippines Independence Day – Anna de Pansacola            4:00 p.m. Happy Half</p>	<p><b>13</b> (picnic lunch 4<sup>th</sup>)            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Fitness/Sensory 2nd            11:30 a.m. Lunch &amp; Learn with Carol            2:15 p.m. Weight Class 4            2:00 p.m. Sing Along 3            3:00 p.m. Sing along 4            3:00 p.m. Domino 4            3:15 p.m. Weight Class 3            4:00 p.m. Happy Half</p>	<p><b>14</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Fitness/2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Gentle Touch 2            1:45 p.m. Sensory 2            2:30 p.m. Flag Day            3:30 p.m. Walks/1:1 3            4:00 p.m. Happy Half            4:45 pm. Trivia 4            5:45 p.m. Gentle Touch</p>	<p><b>15</b>            9:00 a.m. Walk a Block            10:00 a.m. Fitness/Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1:1 2            2:00 p.m. Music Therapy 2            2:30 p.m. Birthday Party Bob Collins            4:00 p.m. Gentle Touch 2            4:00 p.m. Happy Half            4:45 p.m. A Good Read 4            5:45 p.m. Gentle Touch</p>	<p><b>16</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1:1 2            1:45 p.m. Sensory 2            2:30 p.m. Bingo 4            3:30 p.m. Reminiscing 3            4:00 p.m. Happy Half            4:45 p.m. Gentle Touch 4            5:45p.m. Gentle Touch 3            6:45 p.m. Word Timer 4</p>	<p><b>17</b>            9:00 a.m. Walk a Block            10:45 a.m. Fitness/ 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1:1 2            1:45 p.m. Sensory 2            2:00 p.m. Karaoke 3 &amp; 4            3:30 p.m. Walk/1:1 3            4:00 p.m. Happy Half            4:45 pm. Card Game 4            5:45 p.m. Documentary 3            6:45 p.m. Hangman 4 (Father’s Day theme)</p>
<p><b>18</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:45 a.m. Fitness/Sensory            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. 1:1/Walks 2            1:45 p.m. Gentle Touch 2            2:30 p.m. Father’s Day Party – Robert Sproviero            2:30 p.m. Father’s Day Party 2            3:30 p.m. Reminiscing 3            4:00 p.m. Happy Half            4:45 p.m. Gentle Touch 4            5:45 p.m. Karaoke 3            6:45 p.m. Word Timer 4</p>	<p><b>19</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Lorraine Smith Summer Theme            4:00 p.m. Happy Half</p>	<p><b>20</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy 2            10:45 a.m. Sensory 2            11:00 a.m. VanDusen Cart Tour            2:00 p.m. Sing along 3            2:30 p.m. Soup Club 2            3:00 p.m. Sing along 4            4:00 p.m. Happy Half</p>	<p><b>21</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2            11:00 a.m. Breathing Class (Harsha Sosa) – 3            11:40 a.m. Breathing Class (Harsha Sosa) – 4            12:50 p.m. Walks/1:1- 3            2:30 p.m. Lemonade Party            3:30 p.m. Walk/1:1 3<sup>rd</sup>            4:00 p.m. Happy Half            4:45 p.m. Reminiscing 4            5:45 p.m. A Good Read 3            6:45 p.m. Hangman 4</p>	<p><b>22</b>            9:00 a.m. Walk a Block            10:00 a.m. Fitness 2            11:00 a.m. Fitness 3            12:00 p.m. Fitness 4            12:50 p.m. Walks/1:1 2            1:15 p.m. Sensory 2            2:00 p.m. Music Therapy            2:30 p.m. Pride Party &amp; Welcome New Residents Hand Over Heart            4:00 p.m. Happy Half            4:45 p.m. Gentle Touch 4            5:45 p.m. Gentle Touch 3            6:45 p.m. Word Timer 4</p>	<p><b>23</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. 1:1/walks 2            1:45 p.m. Sensory 2            2:00 p.m. Karaoke 3            3:30 p.m. Gentle Touch 3            4:00 p.m. Happy Half            4:45 pm. Card Game 4            5:45 p.m. Reminiscing 3            6:45 p.m. A Good Read 4</p>	<p><b>24</b>            9:00 a.m. Walk a Block            10:45 a.m. Fitness 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1:1 2            1:45 p.m. Sensory 2            2:00 p.m. Karaoke 4            3:30 p.m. Walks/1:1 3            4:00 p.m. Happy Half            4:45 pm. Coloring 4            5:45 p.m. Coloring 3            6:45 p.m. Hangman 4</p>

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<p><b>25</b>            9:00 a.m. Walk a Block            9:30 a.m. Catholic Service            10:45 a.m. Fitness/            Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. Walks/1:1 2            1:45 p.m. Sensory 2            2:00 p.m. Bingo 3            3:30 p.m. Walk/1:1 3rd            4:00 p.m. Happy Half            4:45 p.m. Card Game 4            5:45 p.m. A Good Read 3            6:30 p.m. Word Timer 4</p>	<p><b>26</b>            9:00 a.m. Walk a Block            10:00 p.m. Music Therapy 2            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            2:30 p.m. Greek Day            Luna Rossa            3:45 p.m. Gentle Touch 2            4:00 p.m. Happy Half</p>	<p><b>27</b> (picnic lunch 2nd)            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2nd            11:30 a.m. Picnic Lunch            12:50 pm. Walks/1:1 2            2:15 p.m. Weight Class 4            2:30 pm. Soup Club            2:00 p.m. Sing Along 3            3:00 p.m. Sing along 4            3:00 p.m. Domino 4            3:15 p.m. Weight Class 3            4:00 p.m. Happy Half</p>	<p><b>28</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4<sup>t</sup>            12:50 p.m. Walks/1:1 2            1:45 p.m. Gentle Touch 2            2:30 p.m. Celebration of            Life – Rebecca Blair            3:30 p.m. Walk/1:1 3            4:00 p.m. Happy Half            4:45 p.m. Reminiscing 4            5:45 p.m. Reminiscing 3            6:45 p.m. Hangman 4</p>	<p><b>29</b>            9:00 a.m. Walk a Block            10:00 a.m. Sensory 2<sup>nd</sup>            11:00 a.m. Fitness 3            12:00 p.m. Fitness 4            12:50 p.m. Walks/1:1 2            1:15 p.m. Gentle Touch 2            2:00 p.m. Karaoke 3            2:00 p.m. Music Therapy            3:30 p.m. Walks/1:1 3            4:00 p.m. Happy Half            4:45 p.m. News &amp; Views 4            5:45 p.m. Gentle Touch 3            6:45 p.m. Word Timer 4</p>	<p><b>30</b>            9:00 a.m. Walk a Block            10:00 a.m. Music Therapy            2            10:45 a.m. Sensory 2            11:00 a.m. Fitness – 3            12:00 p.m. Fitness – 4            12:50 p.m. 1:1/walks 2            1:45 p.m. Sing along 2            2:00 p.m. Karaoke            Canadian Artist theme            3:30 p.m. Walk/1:1 3            4:00 p.m. Happy Half            4:45 p.m. A Good Read 4            5:45 p.m. Documentary 3            6:45 p.m. Crossword 4</p>	