



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Legend</p> <p>AR = Activity Room</p> <p>BP = Back Patio</p> <p>MF = Main Floor</p> <p>ML = Main Lounge</p> <p>TO—Touring</p> <p>U = Units</p> <p>UL = Unit Lounge</p> 	<p><u>Pet Visits</u></p> <p>“Chaz” Friday’s</p> <p>1:45pm</p> <p>Friendly visits/ bedside visits</p> <p>daily at 12:30pm</p> 	<p>Activities are subject to change according to resident needs or Management requirements</p>	<p>1. Ash Wednesday</p> <p>9:15 Current Events 2, 4</p> <p>10:15 Morning Stretch ML</p> <p>10:15 Tea Social AR</p> <p>10:15 Music Therapy 3rd</p> <p>10:15 Manicures TO</p> <p>11:15 Current Events 3rd</p> <p>11:15 Helping Hands 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:15 St. Patrick’s Roman Catholic Mass ML</p> <p>2:15 Music Therapy U</p> <p>2:15 Balloon Toss TO</p> <p>2:15 Sensory Stimulation AR</p> <p>3:15 Hand & Finger Dexterity</p> <p>3:15 Bedside Music Therapy TO</p> <p>4:00 Reading Group ML</p> <p>4:00 Trivia 3rd, 4th</p> <p>4:00 Walking Club MF</p> <p>5:00 Fun & Games ML</p> <p>7:00 Hot Chocolate Social AR</p> <p>7:00 On unit Games</p> <p>7:00 On unit board Games U</p>	<p>2. 9:15 Reminiscing 2, 4</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Sensory Stimulation ML</p> <p>11:15 Helping Hands 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Crafts AR</p> <p>2:15 Bedside Stretches TO</p> <p>2:15 Reminiscing 4th</p> <p>2:15 Fun & Fitness ML</p> <p>2:15 Hand therapy TO</p> <p>3:15 Walking Club MF</p> <p>3:15 Reminiscing 3rd</p> <p>4:00 Card Games ML</p> <p>4:00 Friendly visits</p> <p>4:00 Doll Therapy TO</p> <p>5:00 Fun & Games ML</p> <p>7:00 BINGO ML</p> <p>7:00 Helping Hands U</p>	<p>3.</p> <p>9:15 Reminiscing 2, 4</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Bedside stretches TO</p> <p>10:15 Sensory Stimulation ML</p> <p>11:15 Reminiscing 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Horse Shoes 2nd</p> <p>2:15 Ring Toss 3rd</p> <p>2:15 Bean Bag Toss 4th</p> <p>2:15 Bedside stories TO</p> <p>3:15 Reading Group AR</p> <p>3:15 Balloon Toss TO</p> <p>4:00 Walking Club MF</p> <p>4:00 Bedside Music Therapy TO</p> <p>4:00 Card Bingo ML</p> <p>5:00 Fun & Games ML</p> <p>7:15 Social Club with Francis DeMello ML</p>	<p>4.</p> <p>9:15 Reminiscing 2</p> <p>10:00 Hymn Sing ML</p> <p>10:15 Reminiscing 3,4</p> <p>11:15 Name that Tune 3rd</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Heart Lake Seventh Day Children’s’ Group ML</p> <p>2:15 Relaxation Therapy AR</p> <p>2:15 Balloon Toss TO</p> <p>3:15 Bedside Stretch TO</p> <p>4:00 Helping Hands U</p> <p>4:00 Current Events 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:00 Tyndall Cinema ML</p>
<p>5.</p> <p>9:15 Bedside visits TO</p> <p>10:15 Sensory Stimulation AR</p> <p>10:15 Balloon Toss TO</p> <p>11:15 Bedside visits</p> <p>12:00 Games & Giggles ML</p> <p>2:15 New Covenant Church Service ML</p> <p>2:15 Puzzles AR</p> <p>2:15 Friendly visits</p> <p>3:15 Hand Therapy TO</p> <p>4:00 Doll Therapy AR</p> <p>4:00 Reminiscing</p> <p>5:00 Fun & Games ML</p> <p>7:00 Thumb Ball AR</p>	<p>6.</p> <p>9:15 Trivia 2, 4</p> <p>10:15 Fun & Fitness ML</p> <p>10:15 Bedside Stretches TO</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Trivia 3rd</p> <p>11:15 Helping Hands 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:00 Communion TO</p> <p>2:15 BINGO ML</p> <p>2:15 Relaxation therapy AR</p> <p>2:15 Bedside Music Therapy</p> <p>2:15 Hand & Finger Dexterity TO</p> <p>3:15 Hand Therapy TO</p> <p>3:15 Part 2 Tyndall Cinema ML</p> <p>4:00 Thumb Ball AR</p> <p>4:00 Friendly visits</p> <p>4:00 Walking Club MF</p> <p>5:00 Fun & Games ML</p> <p>7:00 Sing-a-long ML</p> <p>7:00 Bedside visits</p>	<p>7.</p> <p>9:15 Short Stories 2,4</p> <p>9:45 Sensory Stimulation ML</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Manicures</p> <p>11:15 Short Stories 3rd</p> <p>11:15 Balloon Toss TO</p> <p>12:00 Games & Giggles ML</p> <p>2:00 Annual Volunteer/ Pastoral Meeting</p> <p>2:15 Collage Making AR</p> <p>2:15 Music Appreciation 2, 3, 4</p> <p>2:15 Spelling Bee ML</p> <p>3:15 Helping Hands AR</p> <p>3:15 Bean Bag Toss 2nd</p> <p>4:00 Walking Club MF</p> <p>4:00 Relaxation Therapy ML</p> <p>4:00 Trivia 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:00 Hot Chocolate Social AR</p>	<p>8.</p> <p>9:15 Reminiscing 2, 4</p> <p>10:15 Fun & Fitness ML</p> <p>10:15 Glamour Club AR</p> <p>10:15 Bedside Music Therapy</p> <p>10:15 Ring Toss 3rd</p> <p>11:15 Short Stories U</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Horse Races ML</p> <p>2:15 Art Therapy AR</p> <p>2:15 Bedside stretches</p> <p>2:15 Bean Bag Toss 2nd</p> <p>2:15 Hand & Finger Dexterity U</p> <p>3:15 Afternoon Stretch ML</p> <p>3:15 Bean Bag Toss 4th</p> <p>4:00 Hindu Prayer AR</p> <p>4:00 Friendly visits</p> <p>4:00 Hand Therapy TO</p> <p>4:00 Card BINGO ML</p> <p>5:00 Fun & Games ML</p> <p>7:00 Men’s’ Club AR</p> <p>7:00 Ladies Club ML</p>	<p>9. 9:15 Current Events U</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Music Therapy 2</p> <p>10:15 Sensory Stimulation ML</p> <p>11:15 Helping Hands 3rd</p> <p>11:15 Current Events 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Ten Pin Bowling ML</p> <p>2:15 Hand Therapy TO</p> <p>2:15 Baking AR</p> <p>2:15 Bedside music therapy</p> <p>3:15 Friendly visits</p> <p>3:15 Doll Therapy TO</p> <p>4:00 Walking Club MF</p> <p>4:00 Thumb Ball AR</p> <p>4:00 Hand & Finger Dexterity TO</p> <p>5:00 Fun & Games ML</p> <p>7:00 Relaxation Therapy AR</p> <p>7:00 BINGO ML</p> 	<p>10.</p> <p>9:15 Music Appreciation 2, 4</p> <p>10:00 Bible Study ML</p> <p>10:15 Bedside Stretches TO</p> <p>10:15 Morning Stretch AR</p> <p>11:15 Friendly visits</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Helping Hands 2, 4</p> <p>2:15 Ring Toss 4th</p> <p>2:15 Welcome Tea AR</p> <p>2:15 Bedside visits</p> <p>2:15 Bean Bag Toss 2nd</p> <p>3:00 Chinese Alliance Church ML</p> <p>4:00 Afternoon Stretch AR</p> <p>4:00 Reading Group 3rd</p> <p>4:00 Hand Therapy TO</p> <p>5:00 Fun & Games ML</p> <p>7:00 Tyndall Cinema ML</p> <p>7:00 Relaxation Therapy AR</p>	<p>11.</p> <p>9:15 Reminiscing 2</p> <p>10:00 Hymn Sing ML</p> <p>10:15 Reminiscing 3,4</p> <p>11:15 Name that Tune 3rd</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Doll Therapy TO</p> <p>2:15 Bingo ML</p> <p>2:15 Sensory Stimulation AR</p> <p>3:15 Balloon Toss U</p> <p>4:00 Helping Hands U</p> <p>4:00 Current Events 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:00 Card Bingo AR</p>
<p>12. Daylight Savings Time</p> <p>9:15 Current Events U</p> <p>10:15 Bean Bag Toss 2</p> <p>10:15 Horse Shoes 4th</p> <p>11:15 Trivia 3rd</p> <p>12:00 Games & Giggles ML</p> <p>ML 2:15 Salvation Army Church ML</p> <p>2:15 Relaxation Therapy AR</p> <p>2:15 Bedside visits TO</p> <p>3:15 Reminiscing Social 4th</p> <p>4:00 Ring Toss 3rd</p> <p>4:00 Doll Therapy AR</p> <p>5:00 Fun & Games ML</p> <p>7:00 Discussion Group AR</p> 	<p>13.</p> <p>9:15 Reminiscing 2, 4</p> <p>10:15 Portuguese Spiritual Group with Sister Diane AR</p> <p>10:15 Fun & Fitness ML</p> <p>11:15 Helping Hands 3rd</p> <p>12:00 Games & Giggles ML</p> <p>2:00 Communion TO</p> <p>2:15 BINGO ML</p> <p>2:15 Bedside visits TO</p> <p>2:15 Balloon Toss 2nd</p> <p>3:15 Part 2 Tyndall Cinema ML</p> <p>4:00 Doll Therapy TO</p> <p>4:00 Ring Toss 4th</p> <p>4:00 Reminiscing 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:00 Music Therapy U</p> <p>7:00 Ten Pin Bowling ML</p>	<p>14.</p> <p>9:15 Short Stories 2,4</p> <p>9:45 Sensory Stimulation ML</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Manicures TO</p> <p>11:15 Bedside Stretches TO</p> <p>11:15 Short Stories 3rd</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Mississauga City Baptist Church ML</p> <p>2:15 Hand & Finger Dexterity TO</p> <p>2:15 St. Patrick’s Crafts AR</p> <p>2:15 Ring Toss 3rd</p> <p>2:15 Doll Therapy TO</p> <p>2:15 Bedside Music Therapy TO</p> <p>3:15 Scenic Tours</p> <p>4:00 Walking Club MF</p> <p>4:00 Helping Hands 3rd</p> <p>4:00 Relaxation Therapy AR</p> <p>4:00 Trivia 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:00 Board Games ML</p> <p>7:00 Tea & Toast Social AR</p>	<p>15.</p> <p>9:15 Reminiscing 2, 4</p> <p>10:15 Fun & Fitness ML</p> <p>10:15 Balloon Toss TO</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Bedside Music Therapy</p> <p>11:15 Helping Hands 3rd</p> <p>11:15 Reminiscing 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>12:00 Pizza Take out Lunch (sign up)</p> <p>2:15 Mini Golf ML</p> <p>2:15 Art Therapy AR</p> <p>2:15 Friendly visits</p> <p>3:15 Sensory Stimulation AR</p> <p>3:15 Thumb Ball ML</p> <p>4:00 Helping Hands AR</p> <p>4:00 Hand & Finger Dexterity TO</p> <p>4:00 Card BINGO ML</p> <p>5:00 Fun & Games ML</p> <p>7:00 Rosary ML</p>	<p>16.</p> <p>9:15 Current Events 2, 4</p> <p>10:15 Heritage Museum Presentation ML</p> <p>10:15 Morning Stretch AR</p> <p>10:15 Balloon Toss TO</p> <p>11:15 Helping Hands 3rd</p> <p>11:15 Current Events 3rd, 4th</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Horse Races ML</p> <p>2:15 Hand Therapy TO</p> <p>2:15 Music Therapy 3, 4</p> <p>3:15 Doll Therapy TO</p> <p>3:15 Reading Group AR</p> <p>4:00 Sensory Stimulation ML</p> <p>5:00 Fun & Games ML</p> <p>7:00 BINGO ML</p>	<p>17. St. Patrick’s Day</p> <p>9:15 Irish Music Appreciation 2, 4</p> <p>10:15 Glamour Club AR</p> <p>10:15 Sensory Stimulation ML</p> <p>11:15 Bedside Stretches TO</p> <p>12:00 Games & Giggles ML</p> <p>2:15 Helping Hands 2, 4</p> <p>2:15 Doll Therapy AR</p> <p>2:15 Travel To Ireland ML</p> <p>2:15 Ring Toss 4th</p> <p>2:15 Hand & Finger Dexterity TO</p> <p>3:15 Puzzles 2nd</p> <p>4:00 Bedside Music Therapy TO</p> <p>4:00 St. Patrick’s Word Games AR</p> <p>4:00 Balloon Toss 3rd</p> <p>5:00 Fun & Games ML</p> <p>7:15 St. Patrick’s Social Club with Frank Wilks ML</p>	<p>18.</p> <p>9:15 Reminiscing 2</p> <p>10:00 Hymn Sing ML</p> <p>10:15 Reminiscing 3,4</p> <p>11:15 Helping Hands 3rd</p> <p>11:15 Balloon Toss TO</p> <p>12:00 Games & Giggles ML</p> <p>2:15 New Life Fellowship Church of God ML</p> <p>2:15 Boards Games 3, 4</p> <p>2:15 Trivia 2nd</p> <p>3:15 Afternoon Stretch AR</p> <p>3:15 Balloon Toss TO</p> <p>4:00 Relaxation Therapy AR</p> <p>4:00 Bedside Music</p> <p>5:00 Fun & Games ML</p> <p>7:00 Tyndall Cinema ML</p>

March
2017



Tyndall Seniors
Village
Recreation Calendar
Part ONE

March 2017



Part Two

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19.</p> <p>9:15 Current Events 2, 4 10:15 Music Therapy ML 10:15 Bedside Stretches 10:15 Tea Social AR 11:15 Puzzles 3rd 12:00 Games & Giggles 2:15 Relaxation Therapy AR 2:15 Board Games U 2:30 Kingdom Covenant Center ML 3:15 Doll Therapy TO 3:15 Friendly visits TO 4:00 Thumb Ball AR 4:00 Walking Club 5:00 Fun & Games ML</p> <p>7:00 Discussion Group AR</p>	<p>20.</p> <p>9:15 Reminiscing 2 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 11:15 Trivia 3rd 12:00 Games & Giggles 2:00 Communion TO 2:15 Travel the World ML 2:15 Helping Hands U 2:15 Puzzles U 2:15 Bedside Visits TO 3:15 Reading Group AR 3:15 Bedside Music Therapy 4:00 Relaxation Therapy AR 4:00 Dominoes ML 4:00 Walking Club MF 5:00 Fun & Games ML 7:00 BINGO ML 7:00 Hand & Finger Dexterity TO</p>	<p>21. First Day of Spring</p> <p>9:15 Music Therapy 2,4 10:00 Outing to the War Plane Museum (sign up) 10:15 Sensory Stimulation ML 10:15 Manicures 11:15 Hand & Finger Dexterity 12:00 Games & Giggles 2:15 Church of the Holy Spirit Anglican Service ML 2:15 Crafts AR 2:15 Balloon Toss 4th 2:15 Card Bingo 3rd 2:15 Puzzles 2nd 3:15 Hand Therapy TO 4:00 Afternoon Stretch AR 4:00 Mini Golf ML 4:00 Reminiscing 3rd 5:00 Fun & Games ML 7:00 Sing-a-long ML</p>	<p>22.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Bedside Stretches TO 10:15 Reminiscing 3rd 11:15 Hand & Finger Dexterity TO 12:00 Games & Giggles 1:00 Activity Dept. Meeting 3:15 Spring Trivia ML 4:00 Balloon Toss TO 4:00 Relaxation therapy AR 4:00 Walking club MF 5:00 Fun & Games ML 7:00 Discussion Group AR 7:00 Hand Therapy U</p>	<p>23.</p> <p>9:15 Current Events 2 10:15 Music Therapy 2, 4 10:15 Bean Bag Toss 3rd 10:15 Sensory Stimulation ML 11:15 Bedside Music Therapy 11:15 Card Games 3rd 11:15 Friendly visits 12:00 Games & Giggles 2:15 Spring Flower Arranging AR 2:15 Horse Races ML 2:15 Bedside visits 2:15 Helping Hands U 2:15 Balloon Toss TO 3:15 Walking Club MF 3:15 Ring Toss 2nd 4:00 Reading Group AR 4:00 Hand Therapy TO 4:00 Bean Bag Toss 4th 5:00 Fun & Games 7:00 BINGO ML 7:00 Relaxation Therapy AR</p>	<p>24.</p> <p>9:15 Short Stories 2, 4 10:00 Bible Study ML 10:15 Morning Stretch AR 10:15 Bedside stretches 10:15 Word Games 3rd 11:15 Short Stories 3 11:15 Balloon Toss TO 12:00 Games & Giggles 2:15 Card Games U 2:15 Ten Pin Bowling ML 2:15 Baking AR 2:15 Helping Hands U 2:15 Doll Therapy U 3:15 Word Games 2nd 3:15 Hand & Finger Dexterity TO 4:00 Puzzles ML 4:00 Short Stories 3rd 4:00 Walking Club MF 4:00 Relaxation Therapy AR 5:00 Fun & Games 7:00 Tyndall Cinema ML 7:00 Music Therapy U</p>	<p>25.</p> <p>9:15 Current Events 2, 4 10:00 Hymn Sing ML 10:15 Reminiscing 3rd 11:15 Name that tune 3rd 12:00 Games & Giggles 2:15 Art Therapy AR 2:15 Ring Toss ML 2:15 Bedside visits 3:15 Busy Hands AR 4:00 Walking Club MF 4:00 Busy Hands 3 5:00 Fun & Games 7:00 Card Bingo ML</p>
<p>26.</p> <p>9:15 Current Events U 10:15 Music Therapy ML 10:15 Morning Stretch AR 11:15 Current Events U 12:00 Games & Giggles 2:15 Applewood Heights Gospel Hall ML 2:15 Bedside visits TO 2:15 Sensory Stimulation AR 3:15 Doll Therapy TO 4:00 Puzzles 3rd 4:00 Balloon Toss 4th 5:00 Fun & Games ML 7:00 Sing-a-long ML</p>	<p>27.</p> <p>9:15 Reminiscing 2 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 10:15 Trivia 4 11:15 Balloon Toss TO 11:15 Reminiscing 3rd, 4th 12:00 Games & Giggles 2:00 Communion TO 2:15 Travel the World ML 2:15 Crafts AR 2:15 Hand & Finger Dexterity TO 3:15 Bedside visits 3:15 Helping Hands AR 4:00 Hand Therapy U 4:00 Walking Club MF 4:00 Word Games 3rd 5:00 Fun & Games ML 7:00 BINGO ML 7:00 Music Therapy U</p>	<p>28.</p> <p>9:15 Music Therapy 2,4 10:15 Morning Stretch AR 10:15 Sensory Stimulation ML 10:15 Music Therapy 3 11:15 Friendly visits 11:15 Helping Hands 3rd 12:00 Games & Giggles 2:15 Reminiscing Group U 2:15 Collage Making AR 2:00 Westminster United Church 2:15 Bedside Stretches 2:15 Hand Therapy 2:15 Manicures 3:15 Ring Toss 2 3:15 Bean Bag Toss 3rd 4:00 Walking Club MF 4:00 Discussion Group AR 4:00 Card Games 3 4:00 Friendly visits 5:00 Fun & Games ML 7:00 Relaxation Therapy 7:00 Reading Group U</p>	<p>29.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun & Fitness ML 10:15 Helping Hands AR 10:15 Reminiscing 3rd 10:15 Trivia 4th 11:15 Current Events 3, 4 11:15 Hand & Finger Dexterity TO 12:00 Games & Giggles 2:15 Monthly Birthday Party Bill Dearling ML 4:00 Helping Hands U 4:00 Short Stories U 4:00 Bedside Music Therapy 4:00 Puzzles U 5:00 Fun & Games ML 7:00 Sing-a-long ML 7:00 Helping Hands TO</p>	<p>30.9:15 Current Events 2 10:00 Resident Council ML 10:15 Music Therapy 2, 4 10:15 Morning Stretch AR 10:15 Bean Bag Toss 3rd 11:15 Bedside Music Therapy 11:15 Card Games 3rd 11:15 Friendly visits 12:00 Games & Giggles 2:15 Friendly visits TO 2:15 Sensory Stimulation AR 2:15 Bedside visits 2:15 Helping Hands U 3:15 Walking Club MF 3:15 Ring Toss 2nd 4:00 Reading Group AR 4:00 Hand Therapy TO 4:00 Bean Bag Toss 4th 5:00 Fun & Games 7:00 BINGO ML</p>	<p>31.</p> <p>9:15 Short Stories 2, 4 10:15 Morning Stretch AR 10:15 Fun & Fitness ML 11:15 Short Stories 3 12:00 Games & Giggles 2:15 Name Face Biography ML 2:15 Collage Making AR 2:15 Bedside Stretches TO 2:15 Helping Hands U 2:15 Doll Therapy U 3:15 Thumb Ball AR 4:00 Puzzles ML 4:00 Name That Tune 3rd 4:00 Relaxation Therapy AR 5:00 Fun & Games 7:00 Tyndall Cinema ML 7:00 Board Games U</p>	<p>Legend</p> <p>AR = Activity Room</p> <p>BP = Back Patio</p> <p>MF = Main Floor</p> <p>ML = Main Lounge</p> <p>TO—Touring</p> <p>U = Units</p> <p>UL = Unit Lounge</p>

March
2017



Tyndall Seniors
Village
Recreation Calendar
Part TWO