



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1.</p> <p><b><u>Legend</u></b></p> <p><b>U = Units</b></p> <p><b>UL = Unit Lounge</b></p> <p><b>BP = Back Patio</b></p> <p><b>ML = Main Lounge</b></p> <p><b>AR = Activity Room</b></p> <p><b>MF = Main Floor</b></p>	<p><b><u>Pet Visits</u></b></p> <p><b>“Scrappy” Mondays at 1:00pm &amp; “Chaz” Friday’s 1:45pm—3:00pm</b></p> 	<p><b>Activities are subject to change according to resident needs or Management requirements</b></p>	<p>1.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music Therapy 11:15 Hand Therapy TO 11:15 Short Stories U 12:00 Games &amp; Giggles ML <b>2:15 St. Patrick’s Roman Catholic Mass ML</b> 2:15 Bedside visits TO 2:15 Hand &amp; Finger Dexterity TO 2:15 Poetry Club AR 3:15 Relaxation Therapy AR 3:15 Card Games U 4:00 Hindu Prayer 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun &amp; Games ML 7:00 Relaxation Therapy AR <b>7:00 Memorial Service ML</b></p>	<p>2.</p> <p>9:15 Sounds of Nature 2 10:15 Morning Stretch AR 10:15 Sensory Stimulation ML 10:15 Walking Club 11:15 Helping Hands 3rd, 4th 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML 2:15 Bedside Music Therapy 2:15 Doll Therapy AR 2:15 Hand &amp; Finger Dexterity TO 2:15 Trivia ML 2:15 Puzzles 3rd 3:15 Scenic Tours 3:15 Music Therapy 2nd, 4th 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun &amp; Games ML 7:00 BINGO ML</p>	<p>3.</p> <p>9:15 Friendly visits 10:15 Sensory Stimulation AR 10:15 Fun &amp; Fitness ML 10:15 Bedside Music TO 11:15 Hand Therapy TO 12:00 Games &amp; Giggles ML 2:15 Doll Therapy 4 2:15 Ten Pin Bowling ML 2:15 Horticulture (link) 3:15 Scenic Tours 4:00 Bedside Music Therapy TO 4:00 Reading Group ML 4:00 Hand Therapy 3rd 5:00 Fun &amp; Games ML 7:00 Tyndall Cinema ML</p>	<p>4.</p> <p>9:15 Reminiscing 2 10:00 Hymn Sing ML 10:15 Reminiscing 4 11:15 Name that Tune 3rd 12:00 Games &amp; Giggles ML 2:15 Bedside Stretches TO <b>2:15 Heart Lake Seventh Day Adventist Children’s Group ML</b> 2:15 Sensory Stimulation AR 3:15 Bedside Stretch TO 4:00 Balloon toss TO 5:00 Fun &amp; Games ML</p>
<p>5.</p> <p><b>Daylight savings time</b> 9:15 Music Therapy 2nd 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 12:00 Games &amp; Giggles ML <b>2:15 Grace New Covenant Church ML</b> 2:15 Art Therapy AR 3:15 Card Games U 4:00 Friendly visits TO 5:00 Fun &amp; Games ML</p>	<p>6.</p> <p>9:15 Reminiscing 2 10:15 Fun &amp; Fitness ML 10:15 Music Therapy 2 10:15 Bean Bag Toss 4th 11:15 1:1 short stories 3rd, 4th 12:00 Games &amp; Giggles ML <b>2:00 Communion TO</b> 2:15 BINGO ML 2:15 Reminiscing 3rd 2:15 Bedside stretches 3:15 Thumb Ball 4th 3:15 Scenic Tours 4:00 Hand Therapy TO 4:00 Relaxation Therapy AR 5:00 Fun &amp; Games ML 7:00 Travel to... ML</p>	<p>7.</p> <p>9:15 Music Therapy 2, 4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Manicures 11:15 1:1 Short Stories 3rd 12:00 Games &amp; Giggles ML 2:15 Hand &amp; Finger Dexterity TO 2:15 Men’s Club MF 2:15 Ladies Club AR 2:15 Bedside Music Therapy TO 2:15 Helping Hands AR 3:15 Scenic Tours 3:15 Puzzles 2nd 4:00 Walking Club MF 4:00 Doll Therapy TO 4:00 Bedside Music Therapy 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Hot Chocolate Social AR 7:00 Bedside Music therapy TO</p>	<p>8.</p> <p>9:15 Reminiscing 2, 4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Bedside Music Therapy 10:15 Hand Therapy TO 11:15 1:1 Short Stories U 12:00 Games &amp; Giggles ML 2:15 Music Therapy ML 2:15 Bedside visits TO 2:15 Hand &amp; Finger Dexterity TO 2:15 Baking AR 2:15 1:1 short stories 3:15 Card Games U 4:00 Friendly visits 4:00 Balloon Toss TO 4:00 Walking Club MF 5:00 Fun &amp; Games ML <b>7:00 Church of God ML</b> 7:00 Music Therapy U</p>	<p>9.</p> <p>9:15 Sounds of Nature 2 10:15 Morning Stretch AR 10:15 Walking Club MF 10:15 Sensory Stimulation ML 11:15 Helping Hands 3rd, 4th 12:00 Games &amp; Giggles ML 2:15 Bedside Music Therapy 2:15 Current Events ML 2:15 Hand &amp; Finger Dexterity TO 2:15 Remembrance Day Craft AR 3:15 Manicures TO 4:00 Friendly visits 4:00 Hand Therapy TO 5:00 Fun &amp; Games ML 7:00 Card Bingo ML</p>	<p>10.</p> <p>9:15 Friendly visits U 10:15 Fun &amp; Fitness ML 10:15 Music Therapy 4th 10:15 Sensory Stimulation AR 11:15 Word Games 3rd 11:15 Friendly visits 12:00 Games &amp; Giggles ML 2:15 Name that Face Biography ML 2:15 Bedside stretches TO 2:15 Relaxation Therapy AR 2:15 Balloon Toss TO 2:15 Scenic tours <b>3:00 Chinese Alliance Church ML</b> 3:15 Bean Bag Toss 2nd 4:00 Balloon Toss TO 4:00 Reading Group ML 4:00 Friendly visits 5:00 Fun &amp; Games ML <b>7:15 Social Club with Francis DeMello</b> 7:00 Tyndall Cinema ML</p>	<p>11. <b>Remembrance Day</b></p> <p>9:15 Music Therapy U <b>10:15 Remembrance Day reflections and service ML</b> 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML 2:15 Card Bingo ML 2:15 Hand Therapy TO 2:15 Music Therapy 3rd 2:15 Horse Shoes 4th 3:15 Bedside Stretch TO 3:15 Relaxation Therapy AR 4:00 Balloon toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Tyndall Cinema ML</p> 
<p>12.</p> <p>9:15 Music Appreciation U 10:15 Tea Social AR 10:15 Hand &amp; Finger Dexterity TO 10:15 Music Therapy ML 11:15 Helping Hands U 11:15 Bedside Music Therapy TO 12:00 Games &amp; Giggles ML <b>2:15 Salvation Army Church ML</b> 2:15 Hand Therapy TO 2:15 Balloon Toss TO 2:15 Reading group AR 3:15 Relaxation Therapy AR 3:15 Friendly visits 4:00 Doll Therapy TO 4:00 Walking Club 5:00 Fun &amp; Games ML 7:00 Card Bingo ML</p>	<p>13.</p> <p>9:15 Reminiscing 2 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 11:15 Helping Hands 3rd, 4th 12:00 Games &amp; Giggles ML <b>2:00 Communion TO</b> 2:15 BINGO ML 2:15 Hand &amp; Finger Dexterity TO 2:15 Bedside visits 2:15 Balloon Toss TO 3:15 Helping hands 2 3:15 Part 2 Tyndall Cinema ML 4:00 Relaxation Therapy AR 4:00 Puzzles U 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Men’s Club ML 7:00 Ladies Club AR</p>	<p>14.</p> <p>9:15 Short Stories 2,4 10:15 Sensory Stimulation ML 10:15 Morning Stretch AR 10:15 Manicures 11:15 Balloon Toss TO 12:00 Games &amp; Giggles ML <b>2:15 Mississauga City Baptist Church ML</b> 2:15 1:1 short stories 2:15 Balloon Toss TO 2:15 Hand Therapy TO 3:15 Current events AR 3:15 Puzzles U 4:00 Walking Club MF 4:00 Doll Therapy TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Discussion Group AR</p>	<p>15. 9:15 Music therapy 2,4 <b>10:00 Heritage Museum Presentation ML</b> 10:15 Bedside stretches 10:15 Balloon Toss TO 10:15 Morning Stretch AR 11:15 Helping Hands 3rd 11:15 Manicures 12:00 Games &amp; Giggles ML 2:15 Hot Chocolate Social AR 2:15 Bedside Music Therapy 2:15 Reminiscing U 2:15 Planet Earth ML 3:15 Reading Group ML 3:15 Walking Club 4:00 Doll Therapy TO 4:00 Hand &amp; Finger Dexterity TO 4:00 Friendly visits 5:00 Fun &amp; Games ML <b>7:00 Rosary ML</b> 7:00 Card Games AR</p>	<p>16.</p> <p>9:15 Bedside music 2, 4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Manicures 10:15 Bedside stretches TO 11:15 Helping Hands 3rd, 4th 11:15 Friendly visits 12:00 Games &amp; Giggles ML <b>12:30 Luncheon with Darlene in the Activity room (sign up)</b> 2:15 Bedside Stretches TO 2:15 Hand &amp; Finger Dexterity TO 2:15 Bean Bag Toss 2 2:15 Ring Toss 4 3:15 Friendly visits 3:15 Walking Club MF 4:00 Balloon Toss 3 4:00 Friendly visits 4:00 Bedside Music Therapy TO 5:00 Fun &amp; Games ML 7:00 BINGO ML 7:00 Hand &amp; Finger Dexterity</p>	<p>17.</p> <p>9:15 Friendly visits U 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Helping Hands 10:15 Bedside stretches 11:15 Friendly visits 11:15 1:1 short stories 12:00 Games &amp; Giggles ML 2:15 Christmas Creations AR 2:15 Ten Pin Bowling ML 2:15 Hand Therapy TO 2:15 Doll Therapy TO 3:15 Bedside Music Therapy TO 3:15 Balloon Toss TO 4:00 Reading Group ML 4:00 Puzzles 3rd 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Glamour Club AR 7:00 Tyndall Cinema ML</p>	<p>18.</p> <p>9:15 Music Therapy U 10:00 Hymn Sing ML 10:15 Ring Toss 4 11:15 Bean Bag Toss 3 12:00 Games &amp; Giggles ML <b>2:15 New Life Fellowship Church of God ML</b> 2:15 Bean Bag Toss 2nd 2:15 Bedside visits 3:15 Hand &amp; Finger Dexterity TO 4:00 Relaxation Therapy AR 4:00 Doll Therapy TO 5:00 Fun &amp; Games ML 7:00 Music Therapy U</p>

# November 2017



Tyndall Seniors  
Village  
Recreation Calendar  
Part ONE



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19.</p> <p>9:15 Reminiscing 2 10:15 Tea Social AR 10:15 Sensory Stimulation ML 11:15 Hand &amp; Finger Dexterity TO 12:00 Games &amp; Giggles ML <b>2:15 Kingdom Covenant Church ML</b> 2:15 Puzzles U 2:15 Balloon Toss TO 3:15 4:00 Friendly visits 4:00 Manicures 5:00 Fun &amp; Games ML  7:00 Discussion Group AR</p>	<p>20.</p> <p>9:15 Music Appreciation 2 10:15 Morning Stretch AR 10:15 Reading Group ML 10:15 Music Therapy 4th 11:15 Current Events 3 11:15 Helping Hands U 12:00 Games &amp; Giggles <b>2:00 Communion TO</b> 2:15 Hand Therapy TO 2:15 Hand &amp; Finger Dexterity TO 2:15 Christmas Creations 2:15 BINGO ML 3:15 music appreciation 4th 3:15 Bedside Music Therapy 4:00 Balloon Toss TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Men's' Club 7:00 Ladies Club</p>	<p>21.</p> <p>9:15 Sounds of Nature 2,4 10:15 Fun &amp; Fitness ML 10:15 Morning Stretch AR 10:15 Hand &amp; Finger Dexterity TO 10:15 Friendly visits 11:15 Walking Club 11:15 Helping hands U 12:00 Games &amp; Giggles <b>2:15 Church of the Holy Spirit Anglican Service ML</b> 2:15 Music Therapy U 2:15 Scenic Tours 2:15 Relaxation Therapy AR 3:15 Reading Group ML 3:15 Hand Therapy TO 4:00 Doll Therapy TO 4:00 Walking Club MF 4:00 Bedside music TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Hot Chocolate Social AR 7:00 Reminiscing U</p>	<p>22.</p> <p>9:15 Sounds of Nature 2, 4 10:15 Sensory Stimulation ML 10:15 Bedside stretches TO 10:15 Morning Stretch AR 11:15 Friendly visits 3, 4 12:00 Games &amp; Giggles 2:15 Bedside stretches <b>2:15 Hands On Exotics visits Tyndall ML</b> 2:15 Helping Hands 3,4 3:15 Card Games 3 4:00 Helping Hands U 4:00 1:1 short stories 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Sing-a-long ML 7:00 Hand Therapy U</p>	<p>23.</p> <p>9:15 Music Appreciation 2 10:15 Fun &amp; Fitness ML 10:15 Bean Bag Toss 3 10:15 Morning Stretch AR 11:15 Bedside Music Therapy 11:15 Helping Hands U 12:00 Games &amp; Giggles <b>1:00 Activity Dept. Meeting</b> 3:15 Hand &amp; Finger Dexterity TO 3:15 Ring Toss 2nd 3:15 Walking Club MF 4:00 Reading Group ML 4:00 Hand Therapy TO 4:00 Friendly visit 5:00 Fun &amp; Games 7:00 Card BINGO ML 7:00 Relaxation Therapy AR</p>	<p>24.</p> <p>9:15 Sounds of Nature 2, 4 10:15 Fun &amp; Fitness ML 10:15 Bean Bag Toss 4 10:15 Sensory Stimulation AR 10:15 Bedside visit TO 11:15 Helping Hands U 11:15 Puzzles U 12:00 Games &amp; Giggles ML 2:15 Hand &amp; Finger Dexterity 2:15 Jeopardy ML 2:15 Balloon Toss TO 2:15 Knitting Club AR 2:15 Doll Therapy 3 3:15 Scenic Tours 3:15 Hand Therapy TO 4:00 Bedside visits 4:00 Friendly visits TO 4:00 Walking Club MF 5:00 Fun &amp; Games <b>7:15 Social Club with Michael Kelly ML</b></p>	<p>25.</p> <p>9:15 Music Therapy 2 10:00 Hymn Sing ML 10:15 Collage Making AR 10:15 Hand therapy TO 11:15 Name that tune 3rd 11:15 Bedside stretches TO 12:00 Games &amp; Giggles <b>2:15 Indigo Chimes ML</b> 2:15 Balloon Toss TO 2:15 Relaxation Therapy AR 2:15 Manicures 3:15 Scenic Tours 3:15 Manicures 4:00 Friendly visits 4:00 Balloon Toss TO 5:00 Fun &amp; Games 7:00 Tyndall Cinema ML</p>
<p>26.</p> <p>9:15 Sounds of Nature 2 10:15 Music Therapy ML 10:15 Puzzles 2nd 10:15 Walking Club MF 11:15 Current Events 3, 4 12:00 Games &amp; Giggles <b>2:15 Applewood Gospel Hall ML</b> 2:15 Bedside stretches TO 2:15 Christmas Crafts AR 2:15 Hand &amp; Finger Dexterity TO 3:15 Puzzles 4th 3:15 Balloon Toss 3rd 4:00 Hand &amp; Finger Dexterity TO 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Card Bingo ML</p>	<p>27.</p> <p><b>Christmas Decoration Begins</b></p> <p>9:15 Sounds of Nature 2 10:15 Morning Stretch AR 10:15 Fun &amp; Fitness ML 10:15 Balloon Toss TO 11:15 Helping Hands 3rd 11:15 Bedside Music U 12:00 Games &amp; Giggles <b>2:00 Communion TO</b> <b>2:00 Christmas Decorating</b> 3:15 Walking Club MF 4:00 Friendly visits TO 4:00 Bedside Music TO 4:00 Word Games 3rd 5:00 Fun &amp; 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 Walking Club MF 11:15 Helping Hands 3rd, 4th 11:15 Bedside visits 12:00 Games &amp; Giggles <b>2:00 Westminster United Church ML</b> <b>2:15 Christmas Decorating</b> 2:15 Knitting Club AR 3:15 Reading Group ML 4:00 Card Games U 4:00 Friendly visits TO 4:00 1:1 short Stories 5:00 Fun &amp; Games ML 7:00 Hot Chocolate &amp; Fireside Stories ML</p>	<p>29.</p> <p>9:15 Sounds of Nature 2, 4 10:15 Fun &amp; Fitness ML 10:15 Sensory Stimulation AR 11:15 Balloon Toss TO 12:00 Games &amp; Giggles <b>2:15 Monthly Birthday Party with Steve Paul ML</b> 4:00 Helping Hands U 4:00 1:1 short stories 4:00 Friendly visits 5:00 Fun &amp; Games ML 7:00 Travel to .... ML 7:00 Bedside Music TO</p>	<p>30.</p> <p>9:15 Music Appreciation 2 <b>10:15 Resident Council Meeting ML</b> 10:15 Bean Bag Toss 3 10:15 Sensory Stimulation AR 10:15 Manicures 10:15 Bedside stretches TO 11:15 Bedside Music Therapy 11:15 Helping Hands U 12:00 Games &amp; Giggles <b>2:15 Portuguese Social Group ML</b> 2:15 Baking for the Bake Sale 2:15 Bean Bag Toss 4th 2:15 1:1 short stories 3:15 Hand &amp; Finger Dexterity TO 3:15 Balloon Toss TO 3:15 Ring Toss 2nd 4:00 Reading Group ML 4:00 Hand Therapy TO 4:00 Friendly visit 5:00 Fun &amp; Games 7:00 Card BINGO ML 7:00 Relaxation Therapy AR</p>	<p><b>Legend</b></p> <p><b>AR = Activity Room</b> <b>BP = Back Patio</b> <b>MF = Main Floor</b> <b>ML = Main Lounge</b> <b>TO—Touring</b> <b>U = Units</b> <b>UL = Unit Lounge</b></p>	<p><b>Pet Visits</b></p> <p><b>“Scrappy” Mondays at 1:00pm &amp; “Chaz” Friday’s 1:45pm—3:00pm</b></p>

November  
2017



Tyndall Seniors  
Village  
Recreation Calendar  
Part TWO