

Main building 1st Floor Group Programs September 2025						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Virtual Visits: (15 min slots for out of town family/friends)		*Virtual visits 10-12-		*Virtual visits 3-4		
Recreation Staff: 1 st floor- Sabrina (tu-sat) 2 nd floor- Sophia (m-f) 1 st fl float -Meena (su-th) Float- Iris (m,tu, th, f)	1 Labour Day 3:15 <i>Music with Dave (MT)</i>	2 10:00 good news- Kim 10:00 Chinese Group- Sabrina 11:00 “Take 10’s” North- Kim 11:15 <u>Exercises</u> with Nico 1:15 Resident council- Sabrina 3:00-4:40 float/sensory S/W- Kim 3:15 word games – Sabrina 4:00 <u>sensory lounge-</u> Sabrina 6:00 <i>Karaoke with Johann (MT)</i>	3 library delivery 10:00 good news – Kim 11:15 <i>song writing/music w/ Dave MT</i> 1:15 Floor games- Sabrina 3:00 float/sensory S/W – Kim 3:15 manicures with Sabrina 4:00 Sensory lounge- Kim 4:00 <i>Bar open</i> \$ Sabrina 6:00 \$Bingo with Sabrina	4 Fast food lunch – pizza by invite cost \$5 (Sabrina, Sophia) 10:00 virtual Worship- Sabrina 10-12 “Take 10’s” West – Meena 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Table games - Meena 3:30 Hymns with Herb- Meena/sabrina 6:00 art and music- Iris	5 10:00 Good News- Iris 10-12 Take 10’s/memory boxes- Sabrina 11:00 float/sensory S/W – Iris 1:15 Pub with Hand over heart \$ 3:00 <i>Music Appreciation- Johann (MT)</i> 3:00- 4:40 Float/1:1 – Iris 4:00 <u>sensory lounge – Sabrina</u>	6 rec extra- Kim 10:00 good news - Sabrina 11:15 Exercises 运动 with Sabrina 1:15 <i>Music w/ Johann (MT)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
7 rec extra- Navida 9:45 float/sensory – Meena 10:00 <i>Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Meena 1:15 games with Meena 2:15 guitar/ukuele w/Sabina(dining) 3:15 Sensory lounge w/ Meena 3:15 <i>Guzhong (Chinese Harp) with Charity</i>	8 10:00 Talk TV- You tube-Iris 11:00 knitting circle – Iris 1:15 \$ Bingo (Iris/Meena) 3:15-4:45 “Take 10’s” south- Iris 3:15 <i>Music with Dave (MT)</i> 4:00 <u>sensory lounge-</u> Meena 6:00 Game Night- Meena	9 10:00 good news- Meena 10:00 Chinese Group- Sabrina 11:00 “Take 10’s” North- Meena 11:15 <u>Exercises</u> with Nico 1:00 Mike’s Critters Animal show 3:00-4:40 float/sensory S/W-Meena 3:15 word games – Sabrina 4:00 <u>sensory lounge-</u> Sabrina 6:00 <i>Karaoke with Johann (MT)</i>	10 Rec extra - kim 10:00 good news – Meena 11:15 <i>song writing/music w/ Dave MT</i> 1:15 Bus Trip- scenic (Karen & Sabrina) 1:15 Floor games- kim 3:00 float/sensory S/W – Sabrina 3:15 manicures with Meena 4:00 Sensory lounge- Meena 4:00 <i>Bar open</i> \$ Sabrina 6:00 \$Bingo with Sabrina	11 10:00 Christ Fellowship – Sabrina 10-12 “Take 10’s” West – Meena 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Table games - Meena 3:30 Hymns with Herb- Meena/sabrina 6:00 art and music- Iris	12 10:00 Good News- Iris 10-12 Take 10’s/memory boxes- Sabrina 11:00 float/sensory S/W – Iris 1:15 Pub with Susan 3:00 <i>Music Appreciation- Johann (MT)</i> 3:00- 4:40 Float/1:1 – Iris 4:00 <u>sensory lounge – Sabrina</u>	13 rec extra- Kim 10:00 Caanan chuch choir - 11:15 Exercises 运动 with Sabrina 1:15 <i>Music w/ Johann (MT)</i> 2:15 Violin w/ Julia (dining room) 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
14 rec extra- Navida 9:45 float/sensory – Meena 10:00 <i>Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Meena 1:15 games with Meena 2:15 guitar/ukuele w/Sabina(dining) 3:15 Sensory lounge w/ Meena 3:15 <i>Guzhong (Chinese Harp) with Charity</i>	15 10:00 Talk TV- You tube-Iris 11:00 knitting circle – Iris 1:15 \$ Bingo (Iris/Meena) 3:15-4:45 “Take 10’s” south- Iris 3:15 <i>Music with Dave (MT)</i> 4:00 <u>sensory lounge-</u> Meena 6:00 Game Night- Meena	16 10:00 good news- Meena 10:00 Chinese Group- Sabrina 11:00 “Take 10’s” North- Meena 11:15 <u>Exercises</u> with Nico 1:15 Hawaiian Dancers 3:00-4:40 float/sensory S/W-Meena 3:15 word games – Sabrina 4:00 <u>sensory lounge-</u> Sabrina 6:00 <i>Karaoke with Johann (MT)</i>	17 Rec extra -Kim 10:00 good news – Meena 11:15 <i>song writing/music w/ Dave MT</i> 1:15 Birthday Party with Cindy 3:00 float/sensory S/W – Meena 3:15 manicures with Sabrina 4:00 Sensory lounge- Meena 4:00 <i>Bar open</i> \$ Sabrina 6:00 \$Bingo with Sabrina	18 rec staff mtg 10:00 virtual Worship – sabrina 10-12 “Take 10’s” West – Meena 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 3:30 Hymns with Herb- Meena/sabrina 6:00 art and music- Iris	19 10:00 Good News- Iris 10-12 Take 10’s/memory boxes- Sabrina 11:00 float/sensory S/W – Iris 1:15 Pub with Steve Warner \$ 3:00 <i>Music Appreciation- Johann (MT)</i> 3:00- 4:40 Float/1:1 – Iris 4:00 <u>sensory lounge – Sabrina</u>	20 rec extra- Navida 10:00 Richmond Bible Baptist fellowship - 11:15 Exercises 运动 with Sabrina 1:15 <i>Music w/ Johann (MT)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
21 rec extra- Navida 9:45 float/sensory – Meena 10:00 <i>Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Meena 1:15 Spot your Light Foundation Performance 2:15 guitar/ukuele w/Sabina(dining) 3:15 Sensory lounge w/ Meena 3:15 <i>Guzhong (Chinese Harp) with Charity</i>	22 10:00 Talk TV- You tube-Iris 11:00 knitting circle – Iris 1:15 \$ Bingo (Iris/Meena) 3:15-4:45 “Take 10’s” south- Iris 3:15 <i>Music with Dave (MT)</i> 4:00 <u>sensory lounge-</u> Meena 6:00 Art to music w/ Nelson &Meena	23 10:00 good news- Meena 10:00 Chinese Group- Sabrina 11:00 “Take 10’s” North- Meena 11:15 <u>Exercises</u> with Nico 1:30 Resident Memorial Service 3:00-4:40 float/sensory S/W-Meena 3:15 word games – Sabrina 4:00 <u>sensory lounge-</u> Sabrina 6:00 <i>Karaoke with Johann (MT)</i>	24 10:00 good news – Meena 11:15 <i>song writing/music w/ Dave MT</i> 1:15 Day for Truth & Reconciliation Presentation 3:00 float/sensory S/W – Meena 3:15 manicures with Sabrina 4:00 Sensory lounge- Meena 4:00 <i>Bar open</i> \$ Sabrina 6:00 \$Bingo with Sabrina	25 10:00 Christ Fellowship – Sabrina 10-12 “Take 10’s” West – Meena 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Bus Trip- scenic (Karen & Sabrina) 1:15 Table games - Meena 3:30 Hymns with Herb- Meena/sabrina 6:00 art and music- Iris	26 10:00 Catholic Communion- Sabrina 10:00 Good News- Iris 11-12 Take 10’s/memory boxes- Sabrina 11:00 float/sensory S/W – Iris 1:15 Pub with Mike Kinal \$ 3:00 <i>Music Appreciation- Johann (MT)</i> 3:00- 4:40 Float/1:1 – Iris 4:00 <u>sensory lounge – Sabrina</u>	27 rec extra- Navida 10:00 Church of Christ fellowship - Sabrina 11:15 Exercises 运动 with Sabrina 1:15 <i>Music w/ Johann (MT)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
28 rec extra- Navida 9:45 float/sensory – Meena 10:00 <i>Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Meena 1:15 Rch Chinese Alliance Church Service 2:15 guitar/ukuele w/Sabina(dining) 3:15 Sensory lounge w/ Meena 3:15 <i>Guzhong (Chinese Harp) with Charity</i>	29 10:00 Talk TV- You tube-Iris 11:00 knitting circle – Iris 1:15 \$ Bingo (Iris/Meena) 2:15 <i>Flute with Julia (dining room)</i> 3:15-4:45 “Take 10’s” south- Iris 3:15 <i>Music with Dave (MT)</i> 4:00 <u>sensory lounge-</u> Meena 6:00 Game Night- Meena	30 STAT Holiday Day for Truth and Reconciliation 11:15 Music with Vicky 6:00 Karaoke with Johann (MT)	Sept 30 National Day for Truth and Reconciliation 	Float/Sensory: staff assist with group programs or engage residents in 1:1 & small group activity. Sensory Lounge: staff prepare the lounge (e.g., music, TV) then engage residents in their preferred 1:1 & group activities- e.g., Ipad, colouring, reading, sorting, matching, puzzles, games, food. Music Therapy (MT) therapists Dave, Johann & Vicky lead 1:1, small & larger groups using voice, instruments & mediums. Lon/Stev: Small groups tues 9:30-10:30, 1:15-2:15 Library Delivery- sign up to have books delivered		“\$”=Optional program at a cost. Pub drinks \$1-\$4, Paid entertainers \$4, Bus Trips\$6 “Take 10’s” – staff spend 10 min “check-ins” with residents who prefer to stay in their rooms.

