

Main building 1 st Floor Group Programs September 2026						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
*Virtual Visits: (15 min slots for out of town family/friends)		*Virtual visits 10-12- Sophia	Care Conf 9:30-11:30 Sophia	*Virtual visits 3-4	4	5 rec extra- Dorothy
Recreation Staff 1 st floor- Sabrina (tues-sat) 2 nd floor- Sophia (m-f) 1 st fl float- Iris (sun-th) Float: Serena (m,tu, th, f)		1 10:00 Chinese Group – Sabrina 10:00 good news- Navida 10-12 “Take 10’s” North- Sonia <u>11:15 Exercises</u> with Nico 1:30 Resident Council- Sabrina, Iris 3:15 word games – Sabrina 3:00-4:40 take 10's - Sonia 4:00 sensory lounge- Sabrina <i>6:00 Karaoke with Johann (MT)</i>	2 10:00 good news – Sonia 11:15 song writing/music w/ Dave MT 1:15 Floor games- Sabrina 3:00 float/sensory S/W – Sonia 3:15 manicures with Sabrina 4:00 Sensory lounge- Sonia <i>4:00 Bar open \$ Sonia</i> 6:00 \$Bingo with Sabrina	3 Fast Food lunch- by invite– 10:00 virtual Worship- Sabrina 10-12 “Take 10’s” West – Navida 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Table games - Sabrina 3:15 Res choice/outdoor-Sabrina/Nav 4:00 sensory lounge- Sabrina 6:00 art and music (2 nd fl) – Sonia	10:00 Good News- Nancy 10:00-12:00 “Take 10’s” East- Sonia 11:00 float/sensory S/W – Nancy <i>11:00 Chinese Songs 中国歌曲 MT</i> 1:15 Pub with Bobby Bacchus \$ <u><i>3:00 Music Appr- Johann (MT)</i></u> 3:00- 4:40 Float/1:1 – Sonia 4:00 <u>sensory lounge</u> – Nancy	10:00 good news – Esther 11:15 Exercises 运动 <i>1:15 Music w/ Johann (MT)</i> 3:00 Fun bingo – Esther 4:00 WORD Christian Fellowship - Esther
6 rec extra- Esther 10:00 float/sensory – Nancy <i>10:00 Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Nancy 1:15 games with Nancy 3:00 Sensory lounge- Nancy	7 Labour Day <i>3:15 Music with Dave (MT)</i> 	8 10:00 Chinese Group – Sabrina 10:00 good news- Nancy 10-12 “Take 10’s” North- Sonia <u>11:15 Exercises</u> with Nico 1:00 Mike’s Critters animal show \$ 3:15 word games – Sabrina 3:00-4:40 take 10's - Sonia 4:00 sensory lounge- Sabrina <i>6:00 Karaoke with Johann (MT)</i>	9 10:00 good news – Sonia 11:15 song writing/music w/ Dave MT 1:15 Harmony Cultural Arts society Cantonese Opera Performance 3:00 float/sensory S/W – Sonia 3:15 manicures with Sabrina 4:00 Sensory lounge- Sonia <i>4:00 Bar open \$ Sonia</i> 6:00 \$Bingo with Sabrina	10 10:00 Christ Fellowship 10-12 “Take 10’s” West – Nancy 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Table games - Sabrina 3:30 Hymns with Herb - sabrina- 3:30-4:30 1:1/sensory/float- Nancy 6:00 art and music (2 nd fl) – Sonia	11 10:00 Good News- Nancy 10:00-12:00 “Take 10’s” East- Sonia 11:00 float/sensory S/W – Nancy <i>11:00 Chinese Songs 中国歌曲 MT</i> 1:15 Pub with Susan <u><i>3:00 Music Appr- Johann (MT)</i></u> 3:00- 4:40 Float/1:1 – Sonia 4:00 <u>sensory lounge</u> – Nancy	12 rec extra- Navida 10:00 Caanan church choir - 11:15 Exercises 运动Sabrina <i>1:15 Music w/ Johann (MT)</i> <i>2:15 Violin with Julia (Dining rm)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
13 rec extra- Navida 10:00 float/sensory – Iris <i>10:00 Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:00 Sensory lounge- Iris	14 10:00 <i>Guitar with Raymond</i> and Sensory - Sonia 11:00 Talk TV- Youtube – Sonia 1:15 \$ Bingo (Iris/ Sonia) 3:15-4:15 “Take 10’s” south- Iris <i>3:15 Music with Dave (MT)</i> <u>4:00 sensory lounge-</u> Sonia 6:00 Game Night- Iris	15 10:00 Chinese Group – Sabrina 10:00 good news- Iris 10-12 “Take 10’s” North- Sonia <u>11:15 Exercises</u> with Nico 1:15 Birthday Party 3:15 word games – Sabrina 3:00-4:40 take 10's - Iris 4:00 sensory lounge- Sabrina <i>6:00 Karaoke with Johann (MT)</i>	16 10:00 good news – Iris 11:15 song writing/music w/ Dave MT 1:15 Floor games- Sabrina 3:00 float/sensory S/W – Iris 3:15 manicures with Sabrina 4:00 Sensory lounge- Iris <i>4:00 Bar open \$ Iris</i> 6:00 \$Bingo with Sabrina	17 rec staff meeting 10-12 “Take 10’s” West – Iris 10:00 virtual Worship- Sabrina 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 3:30 Hymns with Herb - sabrina- 3:30-4:30 1:1/sensory/float-Iris 6:00 art and music (2 nd fl) – Sonia	18 10:00 Good News- Sabrina 10:00-12:00 “Take 10’s” East- Sonia 11:00 float/sensory S/W – Sabrina <i>11:00 Chinese Songs 中国歌曲 MT</i> 1:15 Pub Social <u><i>3:00 Music Appr- Johann (MT)</i></u> 3:00- 4:40 Float/1:1 – Sonia 4:00 <u>sensory lounge</u> – Sabrina	19 rec extra- Esther 10:00 Richmond Bible Baptist 11:15 Exercises 运动 Sabrina <i>1:15 Music w/ Johann (MT)</i> <i>2:15 Cello w/ Cayden(Dining rm)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
20 rec extra- Esther 10:00 float/sensory – Iris <i>10:00 Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:00 Sensory lounge- Iris	21 10:00 Sensory - Sonia 11:00 Talk TV- Youtube – Sonia 1:15 \$ Bingo (Iris/ Sonia) 3:15-4:15 “Take 10’s” south- Iris <i>3:15 Music with Dave (MT)</i> <u>4:00 sensory lounge-</u> Sonia 6:00 Art to music w/ Nelson & Iris	22 10:00 Chinese Group – Sabrina 10:00 food committee- Scott/Iris 10-12 “Take 10’s” North- Sonia <u>11:15 Exercises</u> with Nico 1:30 Memorial service 3:15 word games – Sabrina 3:00-4:40 take 10's - Iris 4:00 sensory lounge- Sabrina <i>6:00 Karaoke with Johann (MT)</i>	23 10:00 good news – Iris 11:15 song writing/music w/ Dave MT 1:15 Floor games- Sabrina 3:00 float/sensory S/W – Iris 3:15 manicures with Sabrina 4:00 Sensory lounge- Iris <i>4:00 Bar open \$ Iris</i> 6:00 \$Bingo with Sabrina	24 10:00 Christ Fellowship- Mid Autumn festival program 10-12 “Take 10’s” West – Iris 11:00 float/sensory – Sabrina 11:15 Exercises 运动 with Eddie 1:15 Table games - Sabrina 3:30 Hymns with Herb - sabrina- 3:30-4:30 1:1/sensory/float-Iris 6:00 art and music (2 nd fl) – Sonia	25 Mid Autumn Festival 10:00 Catholic Communion -Sabrina 10:00-12:00 “Take 10’s” East- Nancy 11:00 sensory (Mid autumn)– Sabrina 1:15 Pub with Pete Campbell \$ <u><i>3:00 Music Appr- Johann (MT)</i></u> 3:00- 4:40 Float/1:1 – Nancy 4:00 <u>sensory lounge</u> – Sabrina	26 rec extra- Esther 10:00 good news - Sabrina 11:15 Exercises with Sabrina <i>1:15 Maple Leaf singers variety show</i> Cancelled <i>1:15 Music w/ Johann (MT)</i> 3:00 Fun bingo – Sabrina 4:00 <u>sensory Lounge-</u> Sabrina
27 rec extra- Navida 10:00 float/sensory – Iris <i>10:00 Drum Group w/ Dave(MT)</i> 11:15 Exercises 运动w/ Iris 1:15 Rch Chinese Alliance church Service 3:00 Sensory lounge- Iris	28 10:00 Sensory - Navida 11:00 Talk TV- Youtube – Navida 1:15 \$ Bingo (Iris/ Navida) 3:15-4:00 “Take 10’s” south- Iris <i>3:15 Music with Dave (MT)</i> <u>4:00 sensory lounge-</u> Iris 6:00 Game Night- Iris	29 10:00 Chinese Group – Sabrina 10:00 good news- Iris <u>11:15 Exercises</u> with Nico 1:15 crafts/decor- autumn- Sabrina 3:15 word games – Sabrina 3:00-4:40 take 10's – Iris 4:00 sensory lounge- Sabrina <i>6:00 Karaoke with Johann (MT)</i>	30 National Day for Truth and Reconciliation  11:15 Indigenous music appreciation with Dave	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 and group activities such as games, colouring, reading, sorting, matching, puzzles, Ipad, food. “Take 10’s” – staff spend 10 min “check-ins” with residents who prefer to stay in their rooms. Library Delivery- sign up to have books delivered Music Therapy (MT) therapists Dave, Johann & Vicky lead 1:1, small & larger groups using voice, instruments & mediums. Lon/Stev lounges: Small groups tues 9:30-10:30, 1:15-2:15 “\$”=Optional program at a cost. Pub drinks \$1-\$4, Paid entertainers \$4, DR= dining room Mahjong: the table is in the garden lounge. Volunteers are available to assist. Check the posted schedule.		