

Main building

1<sup>st</sup> Floor Group Programs

September 2026

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

