

| Main building 2 <sup>nd</sup> Floor Group Programs                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                                                                                                                            | “🌟”= program on main floor                                                                                                                                                                                                                              |
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| Sunday                                                                                                                                                                                                                                                                                                 | Monday                                                                                                                                                                                                                                           | Tuesday                                                                                                                                                                                                                                                                                                                                                             | Wednesday                                                                                                                                                                                                                                            | Thursday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Friday                                                                                                                                                                                                                                                                                                     | Saturday                                                                                                                                                                                                                                                |
| <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> 9:45 <i>Virtual Worship Service</i> * Sophia<br>10:00🌟Chinese group-Sabrina<br>11:00 Sensory lounge- Sophia<br>11:15🌟Exercises with Nico<br>1:15 1:1/sensory- Navida<br><b>1:30</b> 🌟 <b>Resident council</b> -sab/soph<br>3:00 <i>Music Appr. w/ Johann (MT)</i><br>3:00 take 10's -Navida<br>4:00 Sensory lounge- Sophia<br>6:00 🌟Karaoke w/ Johann (MT) | <b>2</b><br>10:00 music with Dave (MT)<br>11:00 Sensory lounge - Sonia<br>1:15 Crafts/Décor – Sophia<br>3:15 word games- Sophia<br>4:00 Sensory Lounge – Sophia<br>4:00 🌟Happy Hour<br>6:00 🌟Bingo (Sabrina)                                         | <b>3</b> <b>Fast Food lunch</b> \$ sab/soph<br>10:00 Good news with Sophia<br>11:00 sensory lounge/1:1's – Sophia<br>11:15🌟Exercises with Eddie<br>1:15 manicures- Sonia<br>3:15 sensory, 1:1- Sophia<br>3:15 🌟Res choice/courtyard<br>4:00 “Take 10's” - Sonia<br>4:00 sensory lounge – Sophia<br>6:00 Art & music - Sonia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | <b>4</b><br>10:00 Exercises with Sophia<br>11:00 Sensory Lounge Sophia<br>11:00 🌟Chinese Songs w/ Vicky (MT)<br><b>1:15</b> 🌟 <b>Pub with Bobby Bacchus</b> \$<br>2:30 <i>Chinese songs with Vicky</i><br>3:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia                                     | <b>5</b> (rec extra- Dorothy)<br>10:00 good news- Dorothy<br>11:15🌟exercises w/ Esther<br>11:15 sensory lounge- Dorothy<br>1:15 sensory lounge – Esther<br>2:45 <i>Music with Johann (MT)</i><br><b>4:00</b> 🌟 <b>WORD Christian fellowship</b>         |
| <b>6</b> (rec extra- Esther)<br>10:00 coffee talk with - Esther<br>10:00🌟Drum Group -Dave (MT)<br>11:00 Sensory lounge- Esther<br>11:15🌟Exercises w/ Nancy<br>1:15🌟games with Nancy<br>3:15 Music appreciation with Dave (MT)<br>4:00-4:45 Sensory lounge- Nancy                                       | <b>7</b> <b>Labour Day</b><br><br>1:15 Music with Dave<br><br>                                                                                                  | <b>8</b> 9:45 <i>Virtual Worship Service</i> * Sophia<br>10:00🌟Chinese group-Sabrina<br>11:00 Sensory lounge- Sophia<br>11:15🌟Exercises with Nico<br><b>1:00</b> 🌟 <b>Mike's Critters</b> \$<br>1:15 1:1/sensory- Nancy<br>3:00 <i>Music Appr. w/ Johann (MT)</i><br>3:00 take 10's -Nancy<br>4:00 Sensory lounge- Sophia<br>6:00 🌟Karaoke w/ Johann (MT)           | <b>9</b><br>10:00 music with Dave (MT)<br>11:00 Sensory lounge - Sonia<br><b>1:15</b> 🌟 <b>Harmony Cultural Arts society Cantonese Opera</b><br>3:15 word games- Sophia<br>4:00 Sensory Lounge – Sophia<br>4:00 🌟Happy Hour<br>6:00 🌟Bingo (Sabrina) | <b>10</b> <b>10:00</b> 🌟 <b>Christian fellowship</b><br>10:00 Good news with Sophia<br>11:00 sensory lounge/1:1's – Sophia<br>11:15🌟Exercises with Eddie<br>1:15 manicures- Sonia<br>3:15 sensory, 1:1- Sophia<br><b>3:30</b> 🌟 <b>Hymns with Herb</b><br>4:00 “Take 10's” - Sonia<br>4:00 sensory lounge – Sophia<br>6:00 Art & music - Sonia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>11</b><br>10:00 Exercises with Sophia<br>11:00 Sensory Lounge Sophia<br>11:00 🌟Chinese Songs w/ Vicky (MT)<br><b>1:15</b> 🌟 <b>Pub with Susan</b><br>2:30 <i>Chinese songs with Vicky</i><br>3:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia                                               | <b>12</b> (rec extra-Navida)<br>10:00 good news- Navida<br><b>10:00</b> 🌟 <b>Caanan Church Choir</b><br>11:15🌟exercises w/ Sabrina<br>11:15 sensory lounge- Navida<br>1:15 sensory lounge – Sabrina<br>2:45 <i>Music with Johann (MT)</i>               |
| <b>13</b> (rec extra-Navida)<br>10:00 coffee talk with - Navida<br>10:00🌟Drum Group -Dave (MT)<br>11:00 Sensory lounge- Navida<br>11:15🌟Exercises w/ Iris<br>1:15🌟games with Iris<br>3:15 Music appreciation with Dave (MT)<br>4:00-4:45 Sensory lounge- Iris                                          | <b>14</b><br>10:00 Good News- Sophia<br>11:00 sensory lounge – Sophia<br>1:15 🌟Bingo<br>1:15 1:1 visits – Sophia<br>3:15 word games with Sophia<br>4:00 sensory lounge – Sophia<br>6:00 🌟Game night - Iris                                       | <b>15</b> 9:45 <i>Virtual Worship Service</i> *Sophia<br>10:00🌟Chinese group-Sabrina<br>11:00 Sensory lounge- Sophia<br>11:15🌟Exercises with Nico<br><b>1:15</b> 🌟 <b>Birthday Party with Cindy</b><br>3:00 <i>Music Appr. w/ Johann (MT)</i><br>3:00 take 10's -Sonia<br>4:00 Sensory lounge- Sophia<br>6:00 🌟Karaoke w/ Johann (MT)                               | <b>16</b><br>10:00 music with Dave (MT)<br>11:00 Chinese Group – Iris<br>1:15 Crafts/Décor – Sophia<br>3:15 word games- Sophia<br>4:00 Sensory Lounge – Sophia<br>4:00 🌟Happy Hour<br>6:00 🌟Bingo (Sabrina)                                          | <b>17</b> 10:00 Good news with Sophia<br>11:00 sensory lounge/1:1's – Sophia<br>11:15🌟Exercises with Eddie<br>1:15 manicures- Sonia<br>3:15 sensory, 1:1- Sophia<br><b>3:30</b> 🌟 <b>Hymns with Herb</b><br>4:00 “Take 10's” - Sonia<br>4:00 sensory lounge – Sophia<br>6:00 Art & music - Sonia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | <b>18</b><br>3:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia<br>11:00 🌟Chinese Songs w/ Vicky (MT)<br><b>1:15</b> 🌟 <b>Pub Social</b><br>2:30 <i>Chinese songs with Vicky</i><br>33:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia                                                | <b>19</b> (rec extra-Esther)<br>10:00 good news- Esther<br><b>10:00</b> 🌟 <b>Richmond Bible Baptist fellowship</b><br>11:15🌟exercises w/ Sabrina<br>11:15 sensory lounge- Esther<br>1:15 sensory lounge – Sabrina<br>2:45 <i>Music with Johann (MT)</i> |
| <b>20</b> (rec extra-Esther)<br>10:00 coffee talk with - Esther<br>10:00🌟Drum Group -Dave (MT)<br>11:00 Sensory lounge- Esther<br>11:15🌟Exercises w/ Iris<br>1:15🌟games with Iris<br>3:15 Music appreciation with Dave (MT)<br>4:00-4:45 Sensory lounge- Iris                                          | <b>21</b><br>10:00 Good News- Sophia<br>11:00 sensory lounge – Sophia<br>1:15 🌟Bingo<br>1:15 1:1 visits – Sophia<br>3:15 word games with Sophia<br>4:00 sensory lounge – Sophia<br>6:00 🌟art to music w/ Nelson & Iris                           | <b>22</b> 9:45 <i>Virtual Worship Service</i> *Sophia<br>10:00🌟Chinese group-Sabrina<br>11:00 Sensory lounge – Sophia<br>11:15🌟Exercises with Nico<br>1:15 1:1/sensory- Sonia<br><b>1:30</b> 🌟 <b>Memorial Service</b><br>3:00 <i>Music Appr. w/ Johann (MT)</i><br>3:00 take 10's -Sonia<br>4:00 Sensory lounge- Sophia<br>6:00 🌟Karaoke w/ Johann (MT)            | <b>23</b><br>10:00 music with Dave (MT)<br>11:00 Chinese Group – Iris<br>1:15 Crafts/Décor – Sophia<br>3:15 word games- Sophia<br>4:00 Sensory Lounge – Sophia<br>4:00 🌟Happy Hour<br>6:00 🌟Bingo (Sabrina)                                          | <b>24</b> <b>10:00</b> 🌟 <b>Christian fellowship</b><br>10:00 Good news with Sophia<br>11:00 sensory lounge/1:1's – Sophia<br>11:15🌟Exercises with Eddie<br>1:15 manicures- Sonia<br>3:15 sensory, 1:1- Sophia<br><b>3:30</b> 🌟 <b>Hymns with Herb</b><br>4:00 “Take 10's” - Sonia<br>4:00 sensory lounge – Sophia<br>6:00 Art & music - Sonia                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>25</b> <b>mid autumn festival</b><br><b>10:00</b> 🌟 <b>Catholic Communion</b><br>3:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia<br><b>1:15</b> 🌟 <b>Pub with Pete Campbell</b> \$<br>2:30 <i>Chinese songs with Vicky</i><br>3:00 float/1:1 visits- Sophia<br>4:00 Sensory lounge- Sophia | <b>26</b> (rec extra-Esther)<br>10:00 good news- Esther<br>11:15🌟exercises w/ Sabrina<br>11:15 sensory lounge- Esther<br>1:15 sensory lounge – Sabrina<br>2:45 <i>Music with Johann (MT)</i>                                                            |
| <b>27</b> (rec extra-Navida)<br>10:00 coffee talk with - Navida<br>10:00🌟Drum Group -Dave (MT)<br>11:00 Sensory lounge- Navida<br>11:15🌟Exercises w/ Iris<br><b>1:15</b> 🌟 <b>Richmond Chinese alliance church service</b><br>3:15 Music appreciation with Dave (MT)<br>4:00-4:45 Sensory lounge- Iris | <b>28</b> (Navida 9:45-2:00 1 <sup>st</sup> fl)<br>10:00 Good News- Sophia<br>11:00 sensory lounge – Sophia<br>1:15 🌟Bingo<br>1:15 1:1 visits – Sophia<br>3:15 word games with Sophia<br>4:00 sensory lounge – Sophia<br>6:00 🌟Game night - Iris | <b>29</b> <b>short 1 rec</b><br>9:45 <i>Virtual Worship Service</i> *Sophia<br>10:00🌟Chinese group-Sabrina<br>11:00 Sensory lounge – Sophia<br>11:15🌟Exercises with Nico<br>1:15 scrapbooking- Sophia<br>3:00 <i>Music Appr. w/ Johann (MT)</i><br>4:00 Sensory lounge- Sophia<br>6:00 🌟Karaoke w/ Johann (MT)                                                      | <b>30</b><br><b>National Day for Truth and Reconciliation</b><br><br><br>10:00 music with Dave                                                                  | <b>Sensory Lounge:</b> staff prepare the lounge (e.g., music, TV) then engage residents in their preferred 1:1 or group activity such as games, colouring, reading, sorting, matching, puzzles, lpad, food.<br><b>“Take 10's”</b> – staff spend 10 mins with residents who prefer to stay in their rooms.<br><b>Library Delivery:</b> <i>sign up to have books delivered.</i><br><b>“\$”</b> =Optional program at a cost. Pub drinks \$1-\$4, Paid entertainers \$4, Bus trip \$6<br><b>Virtual Worship Service</b> <a href="http://www.spiritualeldercare.com">www.spiritualeldercare.com</a><br><b>Music Therapy</b> (MT) Music therapists Dave, Johann & Vicky lead 1:1, small & larger groups using instruments, voice & mediums.<br><b>Virtual Visits</b> (15 min slots for out of town family/friends) to book <a href="mailto:recreation@rosewoodmanor.org">recreation@rosewoodmanor.org</a> | <b>Cancelled</b><br>                                                                                                                                                                                                  |                                                                                                                                                                                                                                                         |

