Main building 1st Floor Group Programs November 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
***Virtual Visits:** (15 min slots for out of town family/friends)		***Virtual visits 10-12**	**Care Conf 9:30-11:30 Sophia**	***Virtual visits 3-4**		
1 rec extra- Navida 10:00 float/sensory – Iris *10:00 Drum Group w/ Dave(MT)* 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:15 Sensory lounge with Iris	**2** 10:00 talk TV- tea social – Sophia 11:00 sensory lounge- Sophia 1:15 **$** Bingo (Iris/Sophia) 3:00- 4:45 *Take 10's" South & Lounge- Sophia* *3:15 Music with Dave (MT)* 4:00 sensory lounge- Iris 6:00 Game Night- Iris	**3** 10:00 Chinese Group - Sabrina 10:00 good news- Sophia 10-12 "Take 10's"*North & lounge- Iris* 11:15 Exercises with Nico **1:30 Resident Council –** Sophia/Iris 3:00-4:45 take 10's & lounge Iris 3:15 word games – Sophia 4:00 sensory lounge- Sophia *6:00 Karaoke with Johann (MT)*	**4** 10:00 good news – Iris 11:15 song writing/music w/ Dave MT **1:15 Floor Games – I**ris 3:00 float/sensory S/W – Iris 3:15 manicures with Sabrina 4:00 Sensory lounge- Iris *4:00 Bar open $ Sabrina* 6:00 $Bingo with Sabrina	**5 Fast Food lunch- by invitation** Iris/Sophia 10:00 virtual Worship- Iris 10-12 *"Take 10's" West- Sabrina* 11:00 float/sensory – Iris 11:15 Exercises 运动 with Eddie **1:15 Diwali movie** 3:15 Hymns with Herb- *Iris/Sophia* 4:00 sensory lounge-Iris 4:00-5:00 1:1/sensory/float - Sophia 6:00 art and music (2nd fl) - ?	**6** 10:00 Good News- Sabrina 10-12 "Take 10's"East & *lounge-Sophia* 11:00 float/sensory S/W – Sabrina *11:00 Chinese Songs 中国歌曲 MT* **1:15 Pub with Bobby Bacchus $** *3:00 Music Appreciation- Johann (MT)* 3:00- 4:45 Float & Lounge – Sabrina 4:00 sensory lounge – Sophia	**7** rec extra- Navida 10:00 good news – Sabrina 11:15 Exercises 运动 Sabrina *1:15 Music w/ Johann (MT)* 3:00 Fun bingo – Sabrina **4:00 WORD Christian Fellowship** - Sabrina
8 rec extra- Navida 10:00 float/sensory – Iris *10:00 Drum Group w/ Dave(MT)* 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:15 Sensory lounge with Iris	**9** 10:00 talk TV- tea social – Sophia 11:00 sensory lounge- Sophia **1:15 Remembrance Day Service Music/Poetry Special guests** 3:00- 4:45 *Take 10's" South/ Lounge float - Sophia* *3:15 Music with Dave (MT)* 4:00 sensory lounge- Iris 6:00 Game Night- Iris	**10** 10:00 Chinese Group - Sabrina 10:00 good news- Sophia 10-12 "Take 10's"*North & lounge- Iris* 11:15 Exercises with Nico **1:00 Mike's Critters animal show $** 3:00-4:45 take 10's & lounge Iris 3:15 word games – Sophia 4:00 sensory lounge- Sophia *6:00 Karaoke with Johann (MT)*	**11** **Remembrance Day** 11:15 song writing/music w/ Dave MT	**12 10:00 Christ Fellowship** 10-12 ***"Take 10's"** West* – Sabrina 11:00 float/sensory – Iris 11:15 Exercises 运动 with Eddie 1:15 Table games - Iris 3:15 Hymns with Herb- *Iris/Sophia* 4:00 sensory lounge-Iris 4:00-5:00 1:1/sensory/float - Sophia 6:00 art and music (2nd fl) - Nancy	**13** 10:00 Good News- Sabrina 10-12 "Take 10's"East & *lounge-Sophia* 11:00 float/sensory S/W – Sabrina *11:00 Chinese Songs 中国歌曲 MT* **1:15 Pub Social** *3:00 Music Appreciation- Johann (MT)* 3:00- 4:45 Float & Lounge – Sabrina 4:00 sensory lounge – Sophia	**14** rec extra- Navida **10:00 Caanan church choir** - 11:15 Exercises with Sabrina *1:15 Music w/ Johann (MT* 3:00 Fun bingo – Sabrina 4:00 sensory Lounge- Sabrina
15 rec extra- Navida 10:00 float/sensory – Iris *10:00 Drum Group w/ Dave(MT)* 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:15 Sensory lounge with Iris	**16** 10:00 talk TV- tea social – Sophia 11:00 sensory lounge- Sophia 1:15 **$** Bingo (Iris/Sophia) 3:00- 4:45 *Take 10's" South/ Lounge float - Sophia* *3:15 Music with Dave (MT)* 4:00 sensory lounge- Iris 6:00 Art to music w/ Nelson & Iris	**17** 10:00 Chinese Group - Sabrina 10:00 good news- Sophia 10-12 "Take 10's"*North & lounge- Iris* 11:15 Exercises with Nico **1:15 Birthday Party with Cindy** 3:00-4:45 take 10's & lounge Iris 3:15 word games – Sophia 4:00 sensory lounge- Sophia *6:00 Karaoke with Johann (MT)*	**18** 10:00 good news – Iris 11:15 song writing/music w/ Dave MT 1:15 Floor games- Iris 3:00 float/sensory S/W -Sabrina 3:15 manicures with Iris 4:00 Sensory lounge- Iris *4:00 Bar open $ Sabrina* 6:00 $Bingo with Sabrina	**19** *rec staff meeting* 10:00 virtual Worship- Iris 10-12 *"Take 10's" West- Sabrina* 11:00 float/sensory – Iris 11:15 Exercises 运动 with Eddie 3:15 Hymns with Herb- *Iris/Sophia* 4:00 sensory lounge-Iris 4:00-5:00 1:1/sensory/float - Nancy 6:00 art and music (2nd fl) - Serena	**20** 10:00 Good News- Sabrina 10-12"Take 10's"East & *lounge-* Nancy 11:00 float/sensory S/W – Sabrina *11:00 Chinese Songs 中国歌曲 MT* **1:15 Pub with Angie $** *3:00 Music Appreciation- Johann (MT)* 3:00- 4:45 Float & Lounge – Sabrina 4:00 sensory lounge – Nancy	**21** rec extra- Navida **10:00 Richmond Bible Baptist** 11:15 Exercises with Sabrina *1:15 Music w/ Johann (MT)* 2:15 Cello w/ Cayden (dining rm) 3:00 Fun bingo – Sabrina 4:00 sensory Lounge- Sabrina
22 rec extra- Navida 10:00 float/sensory – Iris *10:00 Drum Group w/ Dave(MT)* 11:15 Exercises 运动w/ Iris 1:15 games with Iris 3:15 Sensory lounge with Iris	**23** 10:00 talk TV- tea social – Sonia 11:00 sensory lounge- Sonia 1:15 **$** Bingo (Iris/Sonia) 3:00- 4:45 *Take 10's" South/ Lounge float - Sonia* *3:15 Music with Dave (MT)* 4:00 sensory lounge- Iris 6:00 Game Night- Iris	**24** 10:00 Chinese Group - Sabrina 10:00 good news- Sonia 10-12 "Take 10's"*North & lounge- Iris* 11:15 Exercises with Nico 1:15 Crafts/Décor- Iris/ Sonia 3:00-4:45 take 10's & lounge Iris 3:15 word games – Sonia 4:00 sensory lounge- Sonia *6:00 Karaoke with Johann (MT)*	**25** Library Delivery 10:00 good news – Iris 11:15 song writing/music w/ Dave MT 1:15 Floor games- Iris 3:00 float/sensory S/W -Sabrina 3:15 manicures with Iris 4:00 Sensory lounge- Iris *4:00 Bar open $ Sabrina* 6:00 $Bingo with Sabrina	**26 10:00 Christ Fellowship** – 10-12 ***"Take 10's"** West* – Sabrina 11:00 float/sensory – Iris 11:15 Exercises 运动 with Eddie 1:15 Table games - Iris 3:15 Hymns with Herb- *Iris/Sonia* 4:00 sensory lounge-Iris 4:00-5:00 1:1/sensory/float - Sonia 6:00 art and music (2nd fl) - Nancy	**27 10:00 Catholic Comm.**- Sabrina 10:00 Good News- Sonia 10:45-12 ***"Take 10's"** East - Sabrina* 11:00 float/sensory S/W – Sonia *11:00 Chinese Songs 中国歌曲 MT* **1:15 Pub with Lorraine $** *3:00 Music Appreciation- Johann (MT)* 3:00- 4:40 Float/1:1 – Nancy 4:00 sensory lounge – Sonia	**28** rec extra- Navida 10:00 good news - Sabrina 11:15 Exercises with Sabrina ***1:15 Piano Recital*** 3:00 Fun bingo – Sabrina 4:00 sensory Lounge- Sabrina
29 rec extra- Navida 10:00 float/sensory – Iris *10:00 Drum Group w/ Dave(MT)* 11:15 Exercises 运动w/ Iris **1:15 Rch Chinese Alliance church Service** 3:15 Sensory lounge w/ Iris	**30** **10:00 Movie Matinee-** Sophia 11:00 Xmas Décor - Sophia 1:15 $ Bingo (Iris/Sophia) *3:15 Music with Dave (MT)* 3:00-4:45 Xmas Décor – Iris/Sophia 6:00 Game Night- Iris		Recreation Staff: 1st floor- Iris (su-th) 2nd floor- Serena (m,tu, th, f) 1st fl float- Sabrina(tues-sat) Float- Sophia (m-f) Program calendar is subject to change	**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.	