

If you have any questions, please feel free to reach out to the Life Enrichment Staff in your resident home area.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
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| 1 9:30am 1:1 Emotional 10:30am Hymn Sing 11:00am Group Exercise 2:30pm Music, Melody, & Memories (MW) | 2 9:25am Walking Program 10:10am Hymn Sing 10:30am Table Games 2:30pm Group Exercise 3:00pm Pet Therapy 3:00pm Spa 4:00pm 1:1 Intellectual | 3 10:10am Hymn Sing 10:30am Word Games 2:30pm Group Exercise 3:00pm Balloon Badminton 3:30pm Women's Club 4:30pm 1:1 Social | 4 10:00am Resident Council 10:10am Hymn Sing 10:30am Drumming Circle/Dancing 2:30pm Group Exercise 3:30pm Movie Matinee 4:00pm 1:1 Social | 5 8:30am Breakfast club 10:10am Hymn Sing 10:30am BINGO 11:00am Catholic Mass (MW) 2:30pm Group Exercise 2:30pm Men's Club (2nd Floor Link) 3:00pm Arts & Crafts 4:00pm 1:1 Serenity - A Sensory Experience | 6 10:10am Hymn Sing 10:30am Balloon Badminton 2:30pm Group Exercise 3:00pm Colouring Club 3:30pm Trivia 4:00pm 1:1 Social | 7 9:30am 1:1 Social 10:30am Hymn Sing 11:00am Group Exercise - Movement with Music 2:30pm BINGO Hall (MW) |
| 8 9:30am 1:1 Emotional 10:30am Hymn Sing 11:00am Group Exercise 2:30pm Markham Bible Chapel (MW) | 9 9:25am Walking Program 10:10am Hymn Sing 10:30am Card Games 2:30pm Group Exercise 2:30pm Music Concert by Rami & Gina (MW) 3:00pm Pet Therapy 4:00pm 1:1 Intellectual | 10 10:10am Hymn Sing 10:30am Word Games 2:30pm Group Exercise 3:00pm Table Games 4:00pm 1:1 Serenity - A Sensory Experience | 11 10:10am Hymn Sing 10:30am Drumming Circle/Dancing 2:30pm Group Exercise 3:30pm Table Games 4:00pm 1:1 Social | 12 10:10am Hymn Sing 10:30am BINGO 2:30pm Group Exercise 2:30pm Men's Club (2nd Floor Link) 3:00pm Balloon Badminton 4:00pm Colouring Club | 13 10:10am Hymn Sing 10:30am Pringle's Got Talent 2:30pm Group Exercise 3:00pm Colouring Club 3:30pm Trivia 4:00pm 1:1 Social 6:15pm Movie Night (MW) | 14 9:30am 1:1 Social 10:30am Hymn Sing 11:00am Group Exercise - Movement with Music 2:30pm BINGO Hall (MW) |
| 15 9:30am 1:1 Emotional 10:30am Hymn Sing 11:00am Group Exercise 2:30pm Music, Melody, & Memories (MW) | 16 9:25am Walking Program 10:10am Hymn Sing 10:30am Table Games 2:30pm Group Exercise 2:30pm St. Patrick's Day Social (MW) 3:00pm Pet Therapy 3:00pm Spa 4:00pm 1:1 Intellectual | 17 10:10am Hymn Sing 10:30am Word Games 2:30pm Group Exercise 3:00pm Balloon Badminton 3:30pm Women's Club 4:30pm 1:1 Social | 18 10:10am Hymn Sing 10:30am Drumming Circle/Dancing 2:30pm Group Exercise 3:30pm Movie Matinee 4:00pm 1:1 Social | 19 10:10am Hymn Sing 10:30am BINGO 2:30pm Group Exercise 2:30pm Craft Activity (MW) 4:00pm 1:1 Serenity - A Sensory Experience | 20 10:10am Hymn Sing 10:30am Balloon Badminton 2:30pm Group Exercise 3:00pm Colouring Club 3:30pm Trivia 4:00pm 1:1 Social | 21 9:30am 1:1 Social 10:30am Hymn Sing 11:00am Group Exercise - Movement with Music 2:30pm Sound Therapy (MW) |
| 22 9:30am 1:1 Emotional 10:30am Hymn Sing 11:00am Group Exercise 2:30pm Lansing Church (MW) | 23 9:25am Walking Program 10:10am Hymn Sing 10:30am Card Games 2:30pm Group Exercise 3:00pm Pet Therapy 4:00pm 1:1 Intellectual | 24 10:10am Hymn Sing 10:30am Word Games 2:30pm Group Exercise 3:00pm Arts & Crafts 4:00pm 1:1 Serenity - A Sensory Experience | 25 10:10am Hymn Sing 10:30am Drumming Circle/Dancing 2:30pm Group Exercise 3:30pm Table Games 4:00pm 1:1 Social | 26 10:10am Hymn Sing 10:30am BINGO 2:30pm Group Exercise 2:30pm Birthday Party (MW) 4:00pm 1:1 Serenity - A Sensory Experience Vendor: La Vucci 11am - 6pm, Cafe Area | 27 10:10am Hymn Sing 10:30am Pringle's Got Talent 2:30pm Group Exercise 3:00pm Colouring Club 3:30pm Trivia 4:00pm 1:1 Social 6:15pm Movie Night (MW) | 28 9:30am 1:1 Social 10:30am Hymn Sing 11:00am Group Exercise - Movement with Music 2:30pm BINGO Hall (MW) |
| 29 9:30am 1:1 Emotional 10:30am Hymn Sing 11:00am Group Exercise 2:30pm Music, Melody, & Memories (MW) | 30 9:25am Walking Program 10:10am Hymn Sing 10:30am Table Games 2:30pm Group Exercise 3:00pm Art & Craft 3:00pm Pet Therapy 4:00pm 1:1 Intellectual | 31 10:10am Hymn Sing 10:30am Word Games 2:30pm Group Exercise 3:00pm Balloon Badminton 3:30pm Women's Club 4:30pm 1:1 Social 6:15pm Performance by Markham Young Winds Band (MW) |  |  |  |  |