






MARCH 2020: LONG-TERM-CARE ACTIVITIES

SAINT LUKE'S PLACE- A- MAIN – Page 1 of 2












1. SUNDAY 10:30 Catholic Communion (All Floors) 	2. MONDAY 10:00 Sensory Program (A-M) 2:00 Bingo (A-M & EW) (A-M) 	3. TUESDAY 10:00 One-To-One Visits (A-M) 2:00 St Patrick's Craft Cart (A-M)  3:00 Exercise with Physio (A-M)	4. WEDNESDAY 2:00 Monthly Gazette (A-M)  3:00 Exercise with Physio (A-M) 4:00 Sundown Slowdown (A-M) 6:15 Let's Chat (A-M)	5. THURSDAY 10:00 Resident's Council (Boardroom) 10:00 Walk Program (A-M) 11:00 Exercise with Physio (A-M) 1:45 Sing Along with Susie Q (A-M)	6. FRIDAY 10:15 Worship Service (Aud) 2:20 Music Therapy with Katie (A-M) 	7. SATURDAY 2:00 Coffee Shop Visits (A-M) 
8. SUNDAY Daylight Saving Time 10:30 Catholic Communion (All Floors) DAYLIGHT SAVING TIME 	9. MONDAY 10:00 Wilderness of the World DVD "Across the Great Divide" (A-M) 2:00 Card Bingo (A-M) 	10. TUESDAY 10:00 One-To-One Visits (A-M) 2:00 St. Paddy's Craft Cart (A-M) 3:00 Exercise with Physio (A-M) 	11. WEDNESDAY 2:00 St Paddy's Social (Stenhouse Hall)  3:00 Exercise with Physio (A-M) 4:00 Sundown Slowdown (A-M) 6:15 St Patrick's Decorating (A-M)	12. THURSDAY 10:00 Walk Program (A-M)  11:00 Exercise with Physio (A-M) 2:00 Pub Afternoon with Bob McLean (Aud)	13. FRIDAY 10:15 Worship Service (Aud) 1:45 Musical DVD (A-M) 	14. SATURDAY 2:00 What Is It? (A-M) 
15. SUNDAY 10:30 Catholic Communion (All Floors) 	16. MONDAY 10:00 Sensory Cart (A-M) 2:00 Tim Hortons Cart (All Floors) 	17. TUESDAY <i>St. Patrick's Day</i> 10:00 One-To-One Visits (A-M) 10:30 Anglican Communion (Chapel) 1:30 Roman Catholic Mass (Chapel) 2:00 Tried & True Tunes with Corey and Greg (Aud) 3:00 Exercise with Physio (A-M)	18. WEDNESDAY 2:00 Spa Visits (A-M)  3:00 Exercise with Physio (A-M) 4:00 Sundown Slowdown (A-M) 6:15 Reading Circle (A-M)	19. THURSDAY <i>Spring Begins</i> 10:00-11:00 Visiting Library (Coffee Shop) 10:00 Walk Program (A-M) 11:00 Exercise with Physio (A-M) 2:00 On A Roll (A-M) 	20. FRIDAY 10:15 Worship Service (Aud) 2:20 Music Therapy with Katie (A-M) 	21. SATURDAY 2:35 Peter Bauman plays Accordion (A-M) 



MARCH, 2020: LONG-TERM-CARE ACTIVITIES **SAINT LUKE'S PLACE-A - MAIN – Page 2 of 2**













<p>22. SUNDAY</p> <p>10:30 Catholic Communion (All Floors)</p> 	<p>23. MONDAY</p> <p>10:00 Coffee Shop Visits (Coffee Shop)</p>  <p>1:45 Travelogue (A-M)</p>	<p>24. TUESDAY</p> <p>10:00 One-To-One Visits (A-M)</p> <p>2:00 New Resident Meet and Greet (Stenhouse Hall)</p>  <p>3:00 Exercise with Physio (A-M)</p>	<p>25. WEDNESDAY</p> <p>9:30 Bread Making (A-M) (on AL)</p>  <p>1:30 Bread Social (A-M) (on AL)</p> <p>3:00 Exercise with Physio (A-M)</p>	<p>26. THURSDAY</p> <p>10:00 Helping Hands Craft (A-M)</p>  <p>11:00 Exercise with Physio (A-M)</p> <p>2:00 Bingo (A-M & E-W) (on A-M)</p> 	<p>27. FRIDAY</p> <p>10:15 Hymn Sing DVD (A-M)</p> <p>1:45 Musical DVD (A-M)</p> 	<p>28. SATURDAY</p> <p>2:00 Walk Program (A-M)</p> 
<p>29. SUNDAY</p> <p>10:30 Catholic Communion (All Floors)</p> <p>HOLY COMMUNION</p> 	<p>30. MONDAY</p> <p>10:00 Bible Study (A-M)</p> <p>1:45-3:00 Hot Drink Cart (All Floors)</p> 	<p>31. TUESDAY</p> <p>10:00 One-To-One Visits (A-M)</p> <p>2:00 On A Roll (A-M)</p>  <p>3:00 Exercise with Physio (A-M)</p>	<p>All Residents From All Floors Can Participate In All Programs</p> <p>Program times and locations may change at any time. Please refer to white boards on each unit for any changes</p>	<p>Also check out the “Events Calendar” on our website at www.saintlukesplace.ca for updates, special events, and other Saint Luke’s Place community activities.</p> 	 <p style="text-align: center;">NOVA SCOTIA</p>	

MARCH

MARCH

A- SECOND – March 2020







































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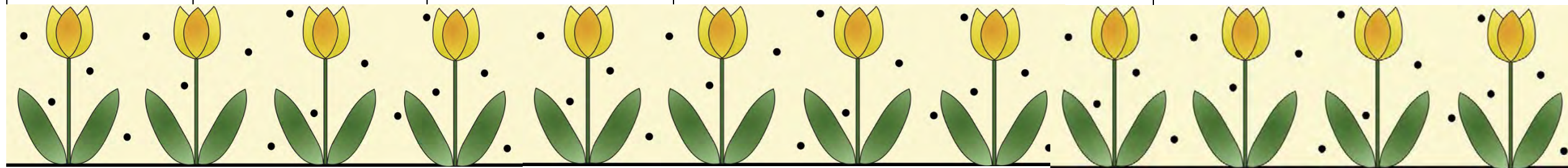
1	SUNDAY	2	MONDAY	3	TUESDAY	4	WEDNESDAY	5	THURSDAY	6	FRIDAY	7	SATURDAY
10:00 Dice Game with Emma (A-2)  10:30 Catholic Communion (On The Unit) Dog Visits Today!		10:15 Good Morning Mochas (A-2)  11:00 Exercises (A-2)  1:45 Movie Matinee (A-2)		2:00 Fun Facts about Nova Scotia & Travel Video (A-2)  4:00 Sundown Slowdown (A-2) 6:15 One-to-One Visits (A-2)		10:00 Roaming A-Z (A-2)  11:00 Exercises (A-2) 2:00 Nail Spa (A-2) 		10:00 Resident Council (Board Room) 10:15 Adult Colouring Club (A-2) 2:00 Coffee Shop Visits (A-2) 		10:15 Worship Service (AUD)  2:00 Musical DVD (A-2) 		Happy Saturday!! 	
8	SUNDAY	9	MONDAY	10	TUESDAY	11	WEDNESDAY	12	THURSDAY	13	FRIDAY	14	SATURDAY
10:30 Catholic Communion (On The Unit) DAYLIGHT SAVING TIME  BEGINS Dog Visits Today!		10:00 Super Quiz Trivia (A-2)  11:00 Exercises (A-2) 2:00 St. Patricks Day Decorating (A-2)		4:00 Sundown Slowdown (A-2)  6:30 Evening Bingo! (A-2 Dining Room) 		10:00 Hang-Man (A-2)  H _ _ _ A N 11:00 Exercises (A-2) 2:00 St. Patty's Day Social (Stenhouse) 		10:15 Wonders of the World (A-2)  2:00 Nova Scotia Pub Afternoon with Music by Bob Maclean (AUD) 		10:15 Worship Service (AUD)  2:20 Music Therapy with Katie (A-2 Dining Room) 		9:45 Travelogue to Ireland (A-2) 	
15	SUNDAY	16	MONDAY	17	TUESDAY	18	WEDNESDAY	19	THURSDAY	20	FRIDAY	21	SATURDAY
10:00 Java Music Club (A-2)  10:30 Catholic Communion (On The Unit) Dog Visits Today!		10:00 Bible Study with Lorne (A-2)  11:00 Exercises (A-2) 2:00 Travelling Tim Hortons Cart (All Floors) 		St. Patrick's Day! 10:30 Anglican Communion (Chapel) 1:30 Catholic Mass (Chapel) 2:00 Tried and True Tunes by Corey & Greg (AUD) 4:00 Sundown Slowdown (A-2) 6:15 One to One Visits (A-2) 		10:00 Canadian Train Ride through the East Coast (A-2)  11:00 Exercises (A-2) 2:00 Card Bingo (A-2) 		10:00-11:00 Visiting Library (Café)  2:00 Shuffleboard (A-2) 		10:15 Worship Service (AUD) 2:00 Musical DVD (A-2) 		Happy Saturday!! 	

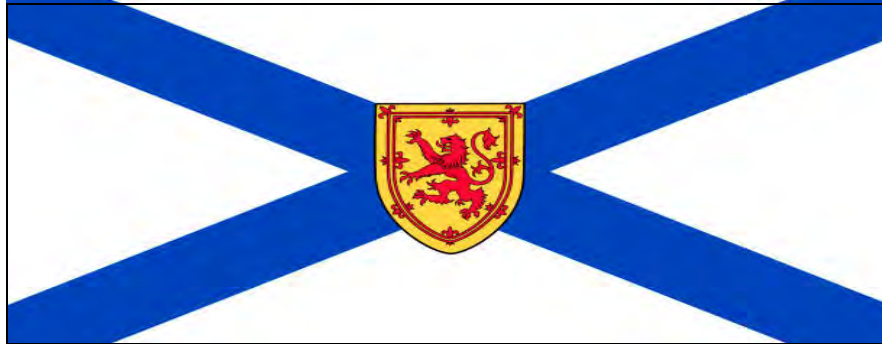
MARCH

A- SECOND – March 2020

SAINT LUKE'S PLACE – LONG-TERM-CARE ACTIVITIES Page 2 of 2

22	SUNDAY	23	MONDAY	24	TUESDAY	25	WEDNESDAY	26	THURSDAY	27	FRIDAY	28	SATURDAY
10:00 Name that Tune with Emma (A-2)	10:00 Coffee Shop Visits (A-2)	10:00 Coffee Shop Visits (A-2)	10:00 Coffee Shop Visits (A-2)	2:00 New Resident Meet and Greet (Stenhouse)	2:00 New Resident Meet and Greet (Stenhouse)	9:30 Bread Making with Agnes and Marissa (SCU)	9:30 Bread Making with Agnes and Marissa (SCU)	10:15 Family Feud (A-2)	10:15 Family Feud (A-2)	10:15 Hymn Sing DVD (A-2)	10:15 Hymn Sing DVD (A-2)	10:15 Splendors of Nature (A-2)	10:15 Splendors of Nature (A-2)
													
10:30 Catholic Communion (On The Unit)	11:00 Exercises (A-2)	11:00 Exercises (A-2)	11:00 Exercises (A-2)	4:00 Sundown Slowdown (A-2)	4:00 Sundown Slowdown (A-2)	11:00 Exercises (A-2)	11:00 Exercises (A-2)	2:00 Indoor Walks (A-2)	2:00 Indoor Walks (A-2)	2:20 Music Therapy with Katie (A-2 Dining Room)	2:20 Music Therapy with Katie (A-2 Dining Room)	2:35 Music with Paul Horton (A-2)	2:35 Music with Paul Horton (A-2)
													
Dog Visits Today!				6:15 One-to-One Visits (A-2)	6:15 One-to-One Visits (A-2)								
29	SUNDAY	30	MONDAY	31	TUESDAY				<p>Also check out the “Events Calendar” on our website at www.saintlukesplace.ca</p> <p>for updates, special events, and other Saint Luke's Place community activities</p> <p>Program times and locations may change at times. Please refer to the white boards on each unit for any changes.</p>				
10:30 Catholic Communion (On The Unit)	11:00 Exercises (A-2)	11:00 Exercises (A-2)	11:00 Exercises (A-2)	2:00 Adult Colouring (A-2)	2:00 Adult Colouring (A-2)								
													
Dog Visits Today!	2:00 Hot Drink Cart (All Floors)	2:00 Hot Drink Cart (All Floors)	2:00 Hot Drink Cart (All Floors)	4:00 Sundown Slowdown (A-2)	4:00 Sundown Slowdown (A-2)								
				6:30 Evening Bingo! (A-2 Dining Room)	6:30 Evening Bingo! (A-2 Dining Room)								





NOVA SCOTIA



DID YOU KNOW?

No point in Nova Scotia is more than 60 km from the sea



1. SUNDAY

10:30 Catholic Communion (All Floors)



Dog visits today!

2. MONDAY

10:00 One to One Visits (E-Wing)
11:00 Exercise (E-Wing)

2:00 Bingo (A-Main Dining Room)



3. TUESDAY

10:00 Exercise (E-Wing)

10:00 Musical DVD (E-Wing)



2:00 Craft: Nova Scotia Lighthouse (E-Wing)



4. WEDNESDAY

10:00 Nail Spa (E-Wing)



11:00 Exercise (E-Wing)
1:30 Game: Clover All Over (E-Wing)



5. THURSDAY

10:00 Residents Council (Board Room)
1:30 Balloon Badminton (E-Wing)
4:00 Sundown Slowdown (E-Wing)

6:15 All About Nova Scotia (E-Wing)



6. FRIDAY

10:15 Worship Service (Aud.)

1:45 Music Therapy with Katie (E-Wing)



7. SATURDAY

10:00 Good Morning Mochas (EW Cart)



8. SUNDAY

10:30 Catholic Communion (All Floors)



Dogs Visits Today!

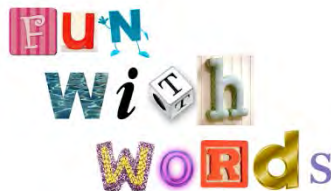
9. MONDAY

10:00 Bible Study (E-Wing)

11:00 Exercise (E-Wing)



1:30 Fun With Words (E-Wing)

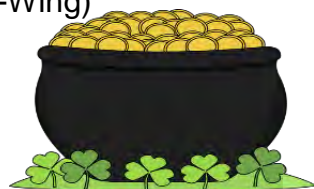


10. TUESDAY

10:00 Exercise (E-Wing)



10:00 Sensory Bin (E-Wing)



11. WEDNESDAY

10:00 Coffee Shop Visits

11:00 Exercise (E-Wing)



2:00 St. Patty's Day Social (Stenhouse)

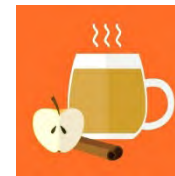


12. THURSDAY

2:00 Pub Afternoon with Bob McLean (AUD)



6:15 Hot Apple Cider Cart (E-Wing)



13. FRIDAY

10:15 Worship Service (Aud.)





1:45 Musical Video (E-Wing)

14. SATURDAY

10:00 Game: What Is It (E-Wing)





<p>15. SUNDAY 10:30 Catholic Communion (All Floors)</p>  <p>Dog visits today!</p>	<p>16. MONDAY 10:00 Sensory Cart (EW+AM) 11:00 Exercise (E-Wing) 1:30 Tim Hortons Cart (All Floors)</p> 	<p>17. TUESDAY 10:00 Exercise (E-Wing) 10:30 Anglican Communion (Chapel) 1:30 Catholic Mass (Chapel)</p>  <p>2:00 Tired and True Tunes with Corey And Greg (AUD)</p> 	<p>18. WEDNESDAY 10:00 Indoor Walks (E-Wing) 11:00 Exercise (E-Wing)</p>  <p>1:30 Craft: Spring Flowers (E-Wing)</p> 	<p>19. THURSDAY 10:00 – 11:00 Visiting Library (Coffee Shop) 1:30 Discussion Group (E-Wing)</p>  <p>4:00 Sundown Slowdown (E-Wing) 6:15 Nail Spa (E-Wing)</p>	<p>20. FRIDAY 10:15 Worship Service (Aud.)</p>  <p>1:45 Music Therapy with Katie (E-Wing)</p> 	<p>21. SATURDAY 2:00 Accordion Man Peter Bauman (E-Wing)</p> 
<p>22. SUNDAY 10:30 Catholic Communion (All Floors)</p>  <p>Dog visits today!</p>	<p>23. MONDAY 10:00 Dice Game (E-Wing)</p>  <p>11:00 Exercise (E-Wing) 1:30 East Coast Travelogue (E-Wing)</p>	<p>24. TUESDAY 10:00 One to One Visit (AM + EW) 10:00 Exercise (E-Wing) 2:00 New Resident Tea (Stenhouse)</p> 	<p>25. WEDNESDAY 10:00 Bread Making (A-Lower) 11:00 Exercise (E-Wing)</p>  <p>1:30 Musical Memories – Irish Tunes (E-Wing)</p> 	<p>26. THURSDAY 2:00 Bingo (A-Main)</p>  <p>4:00 Sundown Slowdown (E-Wing) 6:15 Apps-olutely I-Pad Visits (E-Wing)</p>	<p>27. FRIDAY 10:00 Hymn Sing DVD (E-Wing)</p>  <p>2:00 Craft: Painting Bird Houses (E-Wing)</p> 	<p>28. SATURDAY</p> 
<p>29. SUNDAY 10:00 Game: Family Feud (E-Wing) 10:30 Catholic Communion (All Floors)</p> <p>Dog visits today!</p>	<p>30. MONDAY 10:00 Bible Study (E-Wing)</p>  <p>11:00 Exercises (E-Wing) 2:00 Hot Drink Social (Stenhouse)</p>	<p>31. TUESDAY 10:00 Paper Craft (E-Wing) 10:00 Exercises (E-Wing) 1:30 Fun With Words (E-Wing)</p> 	<p>Check out the "Events Calendar" on our website at www.saintlukesplace.ca for updates, special events, and other Saint Luke's Place community activities</p> <p>Program times and locations may change at times. Please refer to white boards on each unit for any changes.</p> <p>All residents from all floors can participate in all programs.</p>			












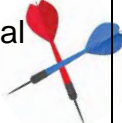





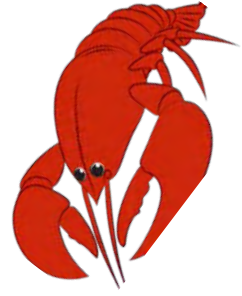
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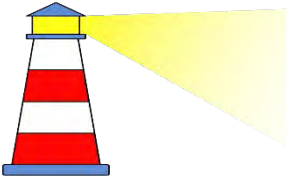








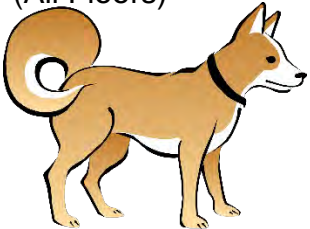










NOVA SCOTIA



1. SUNDAY 10:30 Catholic Communion (All Floors)  Dog visits today!	2. MONDAY 10:30AM- Monthly Gazette (SCU)  2:00 PM- Coloring Club (SCU)  4:15 PM- Sundown Slowdown (SCU)	3. TUESDAY 11:15 AM- Exercise with Physio (SCU)  1:45 PM-The East Coast Travelogue(SCU) 	4. WEDNESDAY 10:30AM- Physical Aerobics: 'Bean Bag Toss (SCU) 2:00 PM- Java Music Club (SCU)  4:15 PM- Sundown Slowdown (SCU)	5. THURSDAY 9:30 AM- Exercise with Physio (SCU) 1:45 PM- Bingo! (SCU)  4:15 PM- Sundown Slowdown (SCU) 6:15 PM- Reminising Circle (SCU)	6. FRIDAY 10:15AM – Worship Service (AUD) 1:45 PM- Musical DVD (SCU)  4:15PM- Sundown Slowdown (SCU)	7. SATURDAY 10:30 AM- Early Morning Painting (SCU) 1:45 PM- Name That Tune (SCU)  4:15PM- Sundown Slowdown (SCU)
8. SUNDAY 10:30 Catholic Communion (All Floors)  Dog visits today!	9. MONDAY 10:30AM- Would you Rather?? (SCU)  2:00 PM- Physical Aerobics: Darts  4:15 PM- Sundown Slowdown (SCU)	10. TUESDAY 11:15 AM- Exercise with Physio (SCU) 4:15 PM- Sundown Slowdown (SCU)  6:15 PM- Evening Movie (SCU)	11. WEDNESDAY 10:00AM-Hymn Sing/ bible Study (SCU) 2:00 PM- Saint Paddy's Social (STEN)  4:15 PM- Sundown Slowdown (SCU)	12. THURSDAY 9:30 AM- Exercise with Physio (SCU)  1:45 PM- Pub Afternoon with Bob Mclean (AUD) 4:15 PM- Sundown Slowdown(SCU)  6:15 PM-Lower "Gallery Tour" (SCU)	13. FRIDAY 10:15AM – Worship Service (AUD) 1:45 PM- Singing with Katie (SCU)  4:15PM- Sundown Slowdown (SCU)	14. SATURDAY 1:45 Hot drinks and Travelogue to Ireland (SCU) 

MARCH

MARCH

15. SUNDAY 10:30 Catholic Communion (All Floors)  Dog visits today!	16. MONDAY 10:30AM- Chicken Soup for the Soul(SCU)  2:00 PM- Tim Horton's Cart (All Floor) 4:15 PM- Sundown Slowdown (SCU)	17. TUESDAY 11:15 AM- Exercise with Physio (SCU)  1:45 PM- Corey & Greg: Tired and True Tunes (SCU) 4:15 PM- Sundown Slowdown (SCU)  5:15 PM- Homestyle Dinner(SCU) *Sign up Required*	18. WEDNESDAY 10:30AM- Daily Horoscopes and Predictions (SCU)  2:00 PM- Chit Chat Club (SCU)  4:15 PM- Sundown Slowdown (SCU)	19. THURSDAY 9:30 AM- Exercise with Physio (SCU) 1:45 PM- Birthday Celebration (SCU) 4:15 PM- Exercise with Physio (SCU) 6:15 PM- - SuperQuiz (SCU) 	20. FRIDAY 10:15AM – Worship Service (AUD) 1:45 PM- Musical DVD(SCU) 	21. SATURDAY 10:30 AM- Hand Massages (SCU) 1:45 PM- Afternoon Coffee & Tea (SCU)  4:15 PM- Sundown Slowdown (SCU)
22. SUNDAY 10:30 Catholic Communion (All Floors)  Dog visits today!	23. MONDAY 10:30AM- Sing Out loud (SCU)  2:00 PM- Roaming A to Z (SCU) 4:15 PM- Sundown Slowdown (SCU)	24. TUESDAY 11:15 AM- Exercise with Physio (SCU) 1:45 PM- New Resident Tea (SCU)  4:15 PM- Sundown Slowdown (SCU) 6:15 PM- Games Night (SCU) 	25. WEDNESDAY 10:15AM- Bread Making (SCU)  1:30 PM- Bread and Tea Social (SCU)  4:15 PM- Sundown Slowdown (SCU)	26. THURSDAY 9:30 AM- Exercise with Physio (SCU) 1:45 PM- Baking Angel Food Cake (SCU) 4:15 PM- Sundown Slowdown(SCU) 6:15 PM- Montessorri(SCU)	27. FRIDAY 10:15AM – Hymn Sing DVD (SCU) 1:45 PM- Sing out with Katie (SCU)  4:15PM- Sundown Slowdown (SCU)	28. SATURDAY 
29. SUNDAY 10:30 Catholic Communion (All Floors)  1:30 Physical Aerobics: Beach Ball Toss (SCU) Dog visits today!	30. MONDAY 10:30AM- Trivia /Charades (SCU)  1:45 PM- Hot Drink Cart (All floors)  4:15 PM- Sundown Slowdown (SCU)	31. TUESDAY 11:15 AM- Exercise with Physio (SCU) 1:45 PM- Move and Groove (SCU) 4:15 PM- Sundown Slowdown (SCU) 6:15 PM- Reading Circle (SCU)	<p align="center">Check out the "Events Calendar" on our website at www.saintlukesplace.ca for updates, special events, and other Saint Luke's Place community activities</p> <p align="center">Program times and locations may change at times. Please refer to white boards on each unit for any changes. All residents from all floors can participate in all programs.</p>			