CaSPACare
Living well. Living locally.

OCTOBER 2024
SOUTH PORT

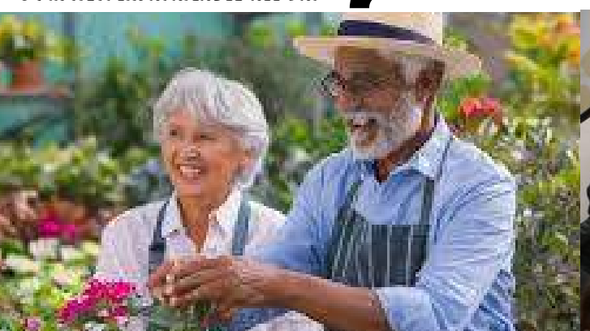
*subject to change

LIBRARY SERVICES AVAILABLE

CALENDARS CAN BE TRANSLATED IN OTHER LANGUAGE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:30 AM RESIDENT CHOICE OF ARTIST 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM MASTERCHEF 2:45 PM BINGO 4 PM 1-1 ROOM VISITS	2 9:30 AM WELCOME TO THE DAY 10:00 AM NEWSPAPER READ 10 :30 AM IN CHAIR EXERCISES 11:15 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC TRIVIA 1:30 PM ARM CHAIR TRAVEL 3 :30 PM TABLE GAMES 4 PM 1- 1 ROOM VISITS	3 9:30 AM WELCOME TO THE DAY 10:00 AM BALLOON THERAPY 11:15 AM SUMAN PHYSIO EXERCISES 1 PM NETFLIX MOVIE 1 :30 PM BUS TRIP 2:30 PM PUPPETS ALIVE 3 :30 PM W.E CHAT 4 PM 1-1 ROOM VISITS	4 9:30 AM WELCOME TO THE DAY 10:00 AM MUSIC THERAPY (INSTRUMENTS OR MOVEMENT) 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONGS 4 PM 1-1 ROOM VISITS	5 9:30 AM MORNING TV SHOWS 10:00 AM MORNING CHAT GROUP WITH TEA & COFFEE 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING GROUP 4 PM TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPEREIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
6 9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST) 10:00 AM TOOLBOX ACTIVITIES 11 :00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS WITH LYRICS VIA YOUTUBE 3 PM GARDEN WALKS 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM NETFLIX AVAILABLE ALL DAY	7 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES VIA YOUTUBE 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS & CRAFTS 3 PM GREEK MOVIE OR MUSIC 4 PM GARDEN WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM NETFLIX MOVIES	8 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:30 AM PET THERAPY WITH COOKIE 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM FLOOR GAMES 2:45 PM BINGO 4 PM 1-1 ROOM VISITS	9 9:30 AM LIFESTYLE HUDDLE MEETING 10 :30 AM IN CHAIR EXERCISES 11:15 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC TRIVIA 1:30 PM DOCUMENTARY 3 :30 PM GARDENING 4 PM 1- 1 ROOM VISITS	10 9:30 AM WELCOME TO THE DAY 10:00 AM INTERGENERATIONAL PROGRAM 11:15 AM SUMAN PHYSIO EXERCISES 1 :30 PM BUS TRIP 1:30 PM NETFLIX MOVIE 3 :30 PM W.E CHAT 4 PM 1-1 ROOM VISITS	11 9:30 AM WELCOME TO THE DAY 10:00 AM MUSIC THERAPY (INSTRUMENTS OR MOVEMENT) 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONGS 4 PM 1-1 ROOM VISITS	12 9:30 AM MORNING TV SHOWS 10:00 AM MORNING CHAT GROUP WITH TEA & COFFEE 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING GROUP 4 PM TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPEREIENCE PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
13 9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST) 10:00 AM TOOLBOX ACTIVITIES 11 :00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS WITH LYRICS VIA YOUTUBE 3 PM GARDEN WALKS 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM NETFLIX AVAILABLE ALL DAY	14 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES VIA YOUTUBE 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES 3 PM GREEK MOVIE OR MUSIC 4 PM GARDEN WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM NETFLIX MOVIES	15 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:30 AM RESIDENT CHOICE OF ARTIST 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM MASTERCHEF 2:45 PM BINGO 4 PM 1-1 ROOM VISITS	16 RON IN CONCERT 9:30 AM WELCOME TO THE DAY 10:00 AM NEWSPAPER READ 10 :30 AM IN CHAIR EXERCISES 11:15 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC TRIVIA 1:30 PM ARM CHAIR TRAVEL 3 PM RON IN CONCERT 4 PM 1- 1 ROOM VISITS	17 9:30 AM WELCOME TO THE DAY 10:00 AM BALLOON THERAPY 11:15 AM SUMAN PHYSIO EXERCISES 1 :30 PM BUS TRIP 1:30 PM NETFLIX MOVIE 3 :30 PM W.E CHAT 4 PM 1-1 ROOM VISITS	18 9:30 AM WELCOME TO THE DAY 10:00 AM INTERGENERATIONAL PROGRAM 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONGS 4 PM 1-1 ROOM VISITS	19 9:30 AM MORNING TV SHOWS 10:00 AM MORNING CHAT GROUP WITH TEA & COFFEE 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING GROUP 4 PM TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPEREIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY

CaSPACare
Living well. Living locally.

OCTOBER 2024
SOUTH PORT

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
20 9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST) 10:00 AM TOOLBOX ACTIVITIES 11 :00 AM PAMPERING 12:00 PM LUNCH FINE DINING 1:30 PM SINGAONGS WITH LYRICS (VIA YOUTUBE) 3 PM GARDEN WALKS 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM NETFLIX AVAILABLE ALL DAY	**21** 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES VIA YOUTUBE 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM ARTS & CRAFTS 3 PM GREEK MOVIE OR MUSIC 4 PM GARDEN WALKS 5 PM DINNER FINE DINING EXPERIENCE 6 PM NETFLIX MOVIES	**22** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:30 AM PET THERAPY WITH COOKIE AND RENEE 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM FLOOR GAMES 2:45 PM BINGO 4 PM 1-1 ROOM VISITS	**23** 9:30 AM LIFESTYLE HUDDLE MEETING 10 :30 AM IN CHAIR EXERCISES 11:15 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC TRIVIA 1:30 PM DOCUMENTARY 3 :30 PM GARDENING 4 PM 1- 1 ROOM VISITS	**24** 9:30 AM WELCOME TO THE DAY 10:00 AM INTERGENERATIONAL PROGRAM 11:15 AM SUMAN PHYSIO EXERCISES 1 :30 PM BUS TRIP 1:30 PM NETFLIX MOVIE 3 :30 PM W.E CHAT 4 PM 1-1 ROOM VISITS	**25** 9:30 AM WELCOME TO THE DAY 10:00 AM INTERGENERATIONAL PROGRAM 11:00 AM ZUMBA GOLD 2 PM HAPPY HOUR 3 PM TOMMY'S SINGALONGS 4 PM LIFESTYLE FOCUS GROUP MEETING	**26** 9:30 AM MORNING TV SHOWS 10:00 AM MORNING CHAT GROUP WITH TEA & COFFEE 11:00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1 :30 PM FLOOR GAMES 3 PM OUTDOOR OR INDOOR WALKING GROUP 4 PM TABLE GAMES 5 PM DINNER FINE DINING MUSIC EXPEREIENCE 6 PM SATURDAY NIGHT AT THE MOVIES NETFLIX AVAILABLE ALL DAY
27 9:30 AM LIVESTREAM MORNING CHURCH MASS (BY REQUEST) 10:00 AM TOOLBOX ACTIVITIES 11 :00 AM PAMPERING 12:00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM SINGALONGS WITH LYRICS VIA YOUTUBE 3 PM GARDEN WALKS 4 PM TABLE GAMES 5 PM DINNER FINE DINING EXPERIENCE MUSIC 6 PM NETFLIX AVAILABLE ALL DAY	**28** *ALBERT PARK COLLEGE INTERGENERATIONAL PROGRAM* 9:30 AM MORNING TV SHOWS 10:30 AM MUSIC MELODIES VIA YOUTUBE 12 :00 PM LUNCH FINE DINING MUSIC EXPERIENCE 1:30 PM FLOOR GAMES 3 :30 PM ALBERT PARK COLLEGE INTERGENERATIONAL PROGRAM 5 PM DINNER FINE DINING EXPERIENCE 6 PM NETFLIX MOVIES	**29** 9:30 AM WELCOME TO THE DAY 9:30 AM SUMAN'S PHYSIO EXERCISES 10:30 AM RESIDENT CHOICE OF ARTIST 12 PM LUNCH FINE DINING EXPERIENCE 1:30 PM MASTERCHEF 2:45 PM BINGO 4 PM 1-1 ROOM VISITS	**30** 9:30 AM WELCOME TO THE DAY 10:00 AM NEWSPAPER READ 10 :30 AM IN CHAIR EXERCISES 11:15 AM MEMORY LANE GENERAL KNOWLEDGE OR MUSIC TRIVIA 1:30 PM ARM CHAIR TRAVEL 3 :30 PM TABLE GAMES 4 PM 1- 1 ROOM VISITS	**31** *HALLOWEEN* *DIWALI DAY* 9:30 AM WELCOME TO THE DAY 10:00 AM INTERGENERATIONAL PROGRAM 11:15 AM SUMAN PHYSIO EXERCISES 1:30 PM HALLOWEEN TRICK OR TREAT 3 PM DIWALI DAY CELEBRATIONS 3 :30 PM W.E CHAT 4 PM 1-1 ROOM VISITS