

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Legend		1	2	3	4	5
		10:00 Walking Club	10:30 Strength Training	10:30 Walking Club	10:30 Exercise	
All programs will be held on the Unit at this time.		10:30 Church Service	11:00 News & Views	11:00 Walk to the Lake	11:00 Group Discussions	
		1:30 Arts & Crafts	1:30 Mind Benders	1:30 Sensory Stimulation	1:30 Manicure	
		3:00 Movie Matinee	2:30 Bingo	3:30 Friendly Visits	2:30 Ice Cream Cart	
			3:30 Garden Strolls		3:00 Garden Strolls	
6	7	8	9	10	11	12
	10:30 Exercise	10:00 Walking Club	10:30 Strength Training	10:30 Walking Club	10:30 Exercise	
	11:00 News & Views	10:30 Church Service	11:00 News & Views	11:00 Walk to the Lake	11:00 News & Views	
	1:30 Trivia	1:30 Arts & Crafts	1:30 Outing: Country Drive	1:30 Sensory Stimulation	1:30 Snack: Fruity Shakes	
	2:30 Music Appreciation	3:00 Documentaries	3:00 Friendly Visits	3:30 Friendly Visits	2:30 Music Appreciation	
	3:00 Friendly Visits				3:00 Friendly Visits	
	$\frown$				)°,5	



Celebrate Senior's Week in Alberta - June 7 to 13, 2021



## June 2021 Terra Losa – West Wing

## Lifestyle Options RETIREMENT COMMUNITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13	1 10:30 Exercise 11:00 News & Views 1:30 Trivia 2:30 Sing Along 3:00 Friendly Visits	4 15 10:00 Walking Club 10:30 Church Service 11:30 Invite Only Lunch Club 1:30 Arts & Crafts 3:00 Movie Matinee	<b>16</b> 10:30 Strength Training 11:00 News & Views 1:30 Trivia 3:00 Social Butterflies	17 10:30 Walking Club 11:00 Walk to the Lake 1:30 Sensory Stimulation 3:30 Friendly Visits	18 10:30 Exercise 11:00 Group Discussions 1:30 Father's Day Cheers 3:00 Friendly Visits	19
Father's Day 20	2	1 22	23	24	25	26
Happy Father's Day	10:30 Exercise 11:00 News & Views 1:30 Trivia	10:00 Walking Club 10:30 Church Service 1:30 Arts & Crafts	10:30 Strength Training 11:00 News & Views 1:30 Word Games	10:30 Walking Club 11:00 Walk to the Lake 1:30 Sensory Stimulation		
	2:30 Music Appreciation 3:00 Friendly Visits	3:00 Movie Matinee	2:30 Music Appreciation 3:00 Friendly Visits	3:30 Friendly Visits	2:30 Snack: Chocolate Brownies 3:00 Friendly Visits	
27	2 10:30 Exercise 11:00 News & Views 1:30 Trivia 2:30 Sing Along 3:00 Friendly Visits	8 29 10:00 Walking Club 10:30 Church Service 1:30 Arts & Crafts 3:00 Armchair Travel	<b>30</b> 10:30 Strength Training 11:00 News & Views 1:30 Canada Day Trivia 3:00 Garden Stroll			

## June 2021 Terra Losa – West Wing

