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# **June 2018 ACTIVITIES**

# BELLA SENIOR CARE RESIDENCE JUNE 2018

| SUNDAY                                                                                                                                                                                                                                                                                                                                | MONDAY                                                                                                                                                                                                                                                                                                                                                                                                                  | TUESDAY                                                                                                                                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                    | SATURDAY                                                                                                                                                                                                                                                                                                                                                                       |
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| <p><b>Courtyard Barbeques begin in JUNE!</b></p>                                                                                                                                                                                                     | <p>Families are cordially invited to attend our Father's Day BBQ!</p>                                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                                                                     | <p>A reminder to residents to call the Recreation Department to sign up for outings!!!!</p>  <p>Extension 728</p>                                                                                                                                                                                            | <p><b>RESIDENT COUNCIL MEETING</b></p> <p>JUNE 25<sup>th</sup><br/>10:00am (CR)</p>                                                                                                                                                                                                                                                                                           | <p>1<br/>10:00-Bowling with Daycare (CR)(O)<br/>11:00- Stamford United Church Service (CR)<br/>2:00- ROMAN CATHOLIC COMMUNION (CR)<br/>2:30- Ball Toss (W)<br/>3:45- Manicures(W)<br/>4:00- Trivia(F)<br/>6:15- Friendly Visits 2nd<br/>6:30- Ladies Movie Night (CR)</p>                                                                                                                                                                                 | <p>2<br/><b>COURTYARD PLANTING (CY)</b></p>                                                                                                                                                                                                                                                 |
| <p>3<br/>9:30- Walk &amp; Water(LL)<br/><br/>11:00- Hymn Sing (CR)<br/>1:45- Homemade Donut Social(FL)<br/><br/>3:00- Sunday Songs(W)<br/>6:15- Snoezelen(W)</p> | <p>4<br/>9:15- Walk &amp; Water (W)<br/>10:00- Crafts with Daycare (CR)(F)<br/>11:15- Poems (O)<br/>1:30- Euchre (RR)<br/>2:00- ANNE ON PIANO (CR)<br/>2:30- Colouring(W)<br/><br/>3:30-Getting To Know You(V)<br/>3:30- Doll Therapy(W)<br/>4:00 - Colouring Group (F/O)<br/>6:15- Friendly Visits 2nd<br/>6:30- Sing Along (V)</p> | <p>5<br/>9:45- Chair Fitness(F)<br/>10:00- Outdoor Fun with Daycare (DC)(L)<br/>11:00- Crosswords(O)<br/>11:15- Manicures<br/>1:15- Life Skills (RR)<br/>1:15- Finish the Line (L)<br/>2:45- Balloon Toss (LL)<br/>3:45- Trivia (V)<br/>6:00- Movie Night(W)<br/><br/>6:30- Nature Movie (CR)</p> | <p>6<br/>10:00- Daycare Walks (V/W)<br/>10:30- Movement Break(O)<br/>11:30- WALK TO Y'NOTS Lunch Outing<br/>2:00- BINGO (CR)<br/>2:15- Big Ball (W)<br/>2:30- Word Games(F)<br/>3:30 Courtyard Cruisin' (LL)<br/>3:30- Read to Me<br/>3:45- Balloon Tennis (V)<br/>4:00- Sharpen your Senses (L)<br/>6:00- Friendly Visits (2<sup>nd</sup>)<br/>6:30- PUB NIGHT WITH TRISTAN ALEXANDER (CR)</p> | <p>7<br/>9:45- Walk &amp; Water (V)<br/>10:00- Group Experience with Daycare (DC)(O)<br/>11:00- Big Ball (F)<br/>11:15- Mental Muscles(O)<br/>1:15- Leisure Walks(F)<br/>1:45- Gentle Yoga (V)<br/>2:00-Science for Seniors (CR)<br/>2:45- Card Bingo(F)<br/>3:00- Courtyard Walks (W)<br/>3:30- Banana Split Social (V)<br/>3:45- Word Games (LL)<br/>4:00- Time to Rhyme (L)<br/>6:00- Patio Chats(F/O)<br/>6:15- Sing along(W)<br/>6:30- Board Games (LL)</p> | <p>8<br/>9:15- Walk &amp; Water (F)<br/>10:00- Science with Daycare (CR)(O)<br/>10:00-Coffee &amp; Cookies (L)<br/>11:00- Presbyterian Church Service (CR)<br/>11:15- Glamour Nails (LL)<br/>1:45- Name That Tune (V)<br/>2:00- Travelogue Australia (CR)<br/>2:30- Balloon Tennis(W)<br/>3:00 - Yahtzee (L)<br/>3:30- Math Games(W)<br/>3:45- Ball Toss (O/F)<br/>4:00- Outdoor Strolls (LL/L)<br/>6:00- Montessori (W)<br/>6:15- Budding Humour (V)</p> | <p>9<br/>8:30- Men's Breakfast Club (CR)<br/>11:15-Short Stories (L)<br/>11:15- Perry Como Tribute (F/O)(CR)<br/>11:00-Ice Tea Social (LL)<br/>2:00- BINGO (CR)<br/><br/>3:00-Manicures!(W)<br/>3:15- UNO (V)<br/>3:15- Caring for our Feathered Friends (F)<br/>6:15- IPAD Games!(W)</p> |

(W) Willoughby Hall 1<sup>st</sup> Floor  
(V) The Vineyard 1<sup>st</sup> Floor  
(L) The Legends 2<sup>nd</sup> Floor

(LL) Lundy's Lane 2<sup>nd</sup> Floor  
(O) The Orchards 3<sup>rd</sup> Floor  
(F) The Falls 3<sup>rd</sup> Floor

(CH) Chapel 3<sup>rd</sup> Floor  
(CR) Celebration Room 3<sup>rd</sup> Floor  
(RR) Rec Room 3<sup>rd</sup> Floor

(DC) Daycare 1<sup>st</sup> Floor  
(FL) Front Lobby 1<sup>st</sup> Floor  
(HR) Horticulture Room 3<sup>rd</sup> Floor

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| <p>10<br/>8:45- Breakfast Club (F)<br/>9:45- Cranium Crunchers(O) <br/>11:00- Hymn Sing (CR)<br/><b>1:45 - Sunday FUNday! (FL)</b><br/>3:00- Move and Groove(W)<br/>3:00-Big Ball (V)<br/>3:15- Afternoon Tea (L/LL) <br/>6:15- Sunday Night Movie(W)</p> | <p>11<br/>9:45-Word Games (V)<br/>10:00- Creative Experience with Daycare (CR)(F)<br/>11:00- Riddles(O)<br/>11:15- Being Creative (L)<br/>1:00- Library Visit (CR)<br/>2:00-Watermelon Social (FL) <br/>2:30- Matching Games(W)<br/>3:30- Courtyard Walks(W)<br/>3:30- Milkshakes (LL)<br/>4:00- Memory Game (L)<br/>6:00- Friendly Visits (2nd)<br/>6:30- Branching Out (LL)</p>      | <p>12<br/>10:00- Doll Therapy (W)<br/>10:00- Outdoor Fun with Daycare (DC)(LL)<br/>11:00- Jeopardy (F/O)<br/>11:15- Hangman (L)<br/>1:15- Life Skills (RR)<br/>1:15- Colouring Group (V)<br/><b>2:00- Birthday Party with DAN AND MARK (CR)</b><br/>2:45- Doll Therapy (LL)<br/>3:45- Hangman (L)<br/>6:00- Sing Along (W)<br/>6:30- Wacky Word Puzzles (RR)</p>                                                                                                         | <p>13<br/>9:45- Sing Along (W)<br/>10:00- Daycare Walks (L/LL)<br/><b>12:15- Pizza &amp; Wing Luncheon 1st Floor</b> <br/><b>2:00- BINGO (CR)</b><br/>2:15-Father's Day Craft (W)<br/>3:30- Life Skills (W)<br/>3:30- Word Games (V)<br/>4:00-Smoothies (F/O)<br/>4:00- Imagine That (L)<br/>6:00- Friendly Visits (L/LL)<br/><b>6:30- PUB NIGHT WITH DIANE AND CHRIS (CR)</b></p>                              | <p>14<br/><b>10:00- WALMART AND LUNCH OUTING</b><br/>11:15- Balloon Bounce(F)<br/>1:30- Ring Toss(O)<br/>1:45-Father's Day Stories (LL)<br/>3:00- Bean Bag Toss(W)<br/>3:00- Father's Day Craft (RR)<br/>3:30- Manicures (V)<br/>6:00- Word in a Word(O)<br/>6:15- Reading Circle (W)<br/>6:30- Fatherly Wit &amp; Wisdom (L) </p>                                                                                             | <p>15<br/>10:00- Match Game-with Daycare (CR)(O)<br/><b>11:00- ROMAN CATHOLIC MASS (CR)</b><br/>1:15- Trivia (F)<br/>2:00- Snoezelen (V)<br/>2:15- Donuts and Dad's (O)<br/>2:15- Ring Toss(W) <br/>3:30- Colouring Club(W)<br/>4:00- Farkle (F/O)<br/>6:00- Friendly Visits (L/LL)<br/><b>6:30- Movie Night (CR)</b></p> | <p>16<br/>8:30- Breakfast Club (O)<br/><b>11:00- Hymn Sing (CR)</b><br/>11:15-Sing Along (F)<br/>1:45- Yahtzee(L) <br/><b>2:00- BINGO (CR)</b><br/>2:30- Walk and Water(W)<br/>3:00- Stories on the Patio(O)<br/>3:00- Father's Day Photos(W)<br/>6:15- Leisure Walks(W)</p>                                                                                      |
| <p>17<br/><b>11:00am – 2:00pm Father's Day BBQ (FL)</b> </p>                                                                                                                                                                                                                                                                              | <p>18<br/>10:00- Creative Experience with Daycare (CR)(F)<br/>11:00-Music &amp; Movement(L)<br/>1:45- Detectives (V)<br/><b>2:00- ANNE ON PIANO (CR)</b><br/>2:15-Read to Me(W)<br/>3:00- Yahtzee (V)<br/>3:15- Pet Therapy (LL)<br/>3:30- Outdoor Walks(W)<br/>4:00- Fun Facts/ Trivia (O)<br/>6:00- Friendly Visits (3rd)<br/>6:00- Friendly Visits (2nd)<br/><b>6:30- EUCHRE (RR)</b></p>                                                                            | <p>19<br/>10:00- Outdoor Fun with Daycare (DC)(L)<br/>11:00 Baggo (F)<br/>11:00- Manicures (V)<br/>1:30- UNO (O)<br/>1:30 – Life Skills (RR)<br/>2:00- Ice Cream Floats(LL)<br/>2:45- Tea Time (V)<br/>2:45- Music Therapy(F)<br/>3:45- Horse Shoe Toss<br/>4:00- Trivia(L)<br/>6:00- Doll Therapy (W)<br/>6:30-Sing Along (V) </p>                                                  | <p>20 Sense of Bling 10-2 (FL)<br/>9:45- Walk &amp; Water (V)<br/>10:00- Daycare Walks (O/F)<br/>11:00 – Patio Chats (L/LL)<br/>1:45- Jeopardy (O/F)<br/><b>2:00- BINGO (CR)</b> <br/>2:15- Ball Toss (W)<br/>3:30- Doll Therapy(W)<br/>3:45- Music &amp; Movement(F)<br/>3:45- Name That Tune (L)<br/>3:45- Yahtzee (V)<br/>6:00- Friendly Visits (L./LL)<br/><b>6:30- RESIDENTS' CHOICE PUBNIGHT (CR)</b></p> | <p>21<br/>9:15- Walk and Water (F)<br/>10:00- Group Experience with Daycare (DC)(W)<br/>11:15- Hangman (L)<br/>1:45- Selfie Day (V)<br/><b>2:00- Movie Matinee (CR)</b><br/>3:00-Sunshine Craft(W)<br/>3:30- Farkle (O)<br/>6:00- Visits on (3rd)<br/>6:15-Sing Along (W)<br/>6:30- UNO (L/LL) </p>                                                                                                                          | <p>22<br/>9:45- Walk &amp; Water (L)<br/>10:00- Sensory with Daycare(CR)(LL)<br/>11:00 – Laughter's the Best Medicine (V)<br/>11:15- Toss Games (L)<br/>1:45- Colouring Group (F)<br/><b>2:00- Éclair Social (CR)</b><br/>2:30- Move N Groove(W)<br/>3:00- Manicures(W)<br/>3:15 – Uno (F)<br/>3:45- Baggo(O)<br/>4:00- Sensory Cards (L)<br/>6:00- Friendly Visits (L/LL)<br/>6:30- Budding Humour (F)</p>  | <p>23<br/><b>8:30- Men's Breakfast Club (CR)</b> <br/>11:15 Crosswords (L/LL)<br/>11:15- Brain Teasers (V)<br/><b>2:00- BINGO (CR)</b><br/>3:00- Balloon Tennis (W)<br/>3:15-Walk n' Water (F) <br/>3:15- Caring for our Feathered Friends (O)<br/>6:15- Movie Night (W)</p> |
| <p>24<br/>8:30- Breakfast Club (L)<br/>9:15- Walk &amp; Water (O)<br/><b>11:15 Hymn Sing (CR)</b><br/><b>1:30- Sundae Sundays (FL)</b><br/>3:00- Painting (W)<br/>3:15-4 Pics One Word (V)<br/>3:15- Music &amp; Movement(F)<br/>6:15- Detectives (W) </p>                                                                               | <p>25<br/>10:00- Creative Experience with Daycare (CR)(F)<br/><b>10:00- Resident Council Meeting (CR)</b><br/>11:00- I-Spy Adventure (O)<br/>11:15 Popsicles on the Patio (V) <br/>1:45- Bean Bag Toss<br/>1:30- <b>EUCHRE (RR)</b><br/>2:15- Seek &amp; Find (W)<br/>3:30- Read to Me(W)<br/>3:15- Music with Suzy Q<br/>6:00-Glamour Circle<br/>6:00- Friendly Visits (L/LL)</p> | <p>26<br/>9:45- Doll Therapy (W)<br/>10:00- Outdoor Fun with Daycare (DC)(V)<br/>11:15- Trivia Time (L)<br/><b>12:00- 3rd Floor Courtyard BBQ (CY)</b><br/>1:15-Courtyard Cruisin' (O)<br/>1:15- Life Skills (RR)<br/>2:30-Board games (F)<br/>2:45- Detectives(LL)<br/>3:30-Wheel Of Fortune (V)<br/>4:00- Ring Toss (L)<br/>6:00- Colouring Group (W)<br/>6:30- Dominoes (L) </p> | <p>27<br/>9:45- Sing Along(V)<br/>10:00- Daycare Walks (L/LL)<br/>11:00- Walk &amp; Water (F)<br/>1:30- Leisure Walks (LL)<br/><b>2:00- BINGO (CR)</b><br/>2:30- Hangman (L)<br/>2:15-Colouring Group (W)<br/>3:30- Balloon Toss(W)<br/>3:30- Ice Cream Treats (V)<br/>3:30 – Finish the Lyrics (LL)<br/>3:45- Ice Tea Social (O)<br/>6:00- Friendly Visits 2nd<br/><b>6:30- PUB NIGHT WITH JESSE LAMOTHE(CR)</b></p>                                                                              | <p>28<br/>9:45- Walk &amp; Water (W)<br/>10:00- Group Experience with Daycare (DC)(V)<br/>11:00- Jeopardy (LL/L)<br/>11:15- Leisure Walks (F)<br/>1:45- Yahtzee(O)<br/><b>2:00- Bird House Building (CY)</b><br/>3:00- Afternoon Tea(W)<br/>3:15 Left Right Center(F)<br/>3:45- Memory Lane (V)<br/><b>3:30 - Popsicle Social (CY)</b> <br/>6:00- Friendly Visits (3rd)<br/>6:15- Snoezelen (W)<br/>6:30- Sing Along (L)</p> | <p>29<br/>10:00- Outdoor Fun with Daycare (CY) (O)<br/>11:00- Popsicle Social (V)<br/>1:30-Washer Toss(L)<br/>1:30- Fun Facts(F)<br/>2:15- Balloon Toss(W)<br/>3:15- Manicures(V)<br/>3:30- Courtyard Strolls(W)<br/>3:30 Horse Shoes(O)<br/>6:00- Friendly Visits 2nd<br/><b>6:30- Game Night (RR)</b></p>                                                                                                  | <p>30<br/>8:30- Breakfast Club (LL)<br/>9:30-Ladderball (V)<br/>10:45-Sing Along (F)<br/>11:00 – LRC Dice Game (L)<br/>11:00-Adventure Walk (O)<br/>1:45- Lemonade Social (V) <br/><b>2:00- BINGO (CR)</b><br/>3:00- Ring Toss(W)<br/>3:15- Caring for our Feathered Friends (O)<br/>6:15- Read to Me(W)</p>                                                    |

# Special Events

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|---------------------------|----------------------------------|---------------------------|------------------------------|
| June 2 <sup>nd</sup> ...  | Courtyard Planting               | June 18 <sup>th</sup> ... | Anne on Piano                |
| June 3 <sup>rd</sup> ...  | Homemade Donut Social            | June 18 <sup>th</sup> ... | Euchre                       |
| June 5 <sup>th</sup> ...  | Nature Movie                     | June 20 <sup>th</sup> ... | Resident's Choice Pub Night  |
| June 6 <sup>th</sup> ...  | Walk to Y'Nots                   | June 21 <sup>st</sup> ... | Movie Matinee                |
| June 6 <sup>th</sup> ...  | Pub Night with Tristan Alexander | June 22 <sup>nd</sup> ... | Éclair Social                |
| June 7 <sup>th</sup> ...  | Science for Seniors              | June 24 <sup>th</sup> ... | Sunday Sundaes               |
| June 8 <sup>th</sup> ...  | Travelogue to Australia          | June 25 <sup>th</sup> ... | Resident Council Meeting     |
| June 10 <sup>th</sup> ... | Sunday FUNday                    | June 25 <sup>th</sup> ... | Euchre                       |
| June 12 <sup>th</sup> ... | Birthday Party with Dan & Mark   | June 27 <sup>th</sup> ... | Pub Night with Jesse LaMothe |
| June 13 <sup>th</sup> ... | Pub Night with Diane & Chris     | June 28 <sup>th</sup> ... | Birdhouse Building           |
| June 14 <sup>th</sup> ... | Walmart & Lunch Outing           | June 28 <sup>th</sup> ... | Popsicle Social              |
| June 17 <sup>th</sup> ... | Father's Day BBQ                 |                           |                              |



# Spiritual Service

June 1<sup>st</sup> Stamford United Church Service at 11:00am

June 1<sup>st</sup> Roman Catholic Communion at 2:00pm

June 8<sup>th</sup> Presbyterian Church Service at 11:00am

June 15<sup>th</sup> Roman Catholic Mass at 11:00am





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RESTORATIVE SERVICES/PROGRAMS

We believe that each resident at Bella Senior Care Residence has the right to be involved in his or her care, make decisions, and to have the services available to him or her to maintain the highest level of mental, physical, and psychosocial function he or she desires. This involves the recognition of each individual's uniqueness, and his or her capabilities and possibilities, despite some impairment or disability.

Restorative Nursing includes the prevention of complications, teaching lost skills or teaching a new way of doing useful skills, preventing decline, teaching the use of assistive devices and maintaining existing functional ability.

Restorative Procedures involve the skills needed for daily living called Activities of Daily Living (ADLs). ADLs include communication, eating, grooming, dressing, bathing, walking, transferring and toileting. Our goal is to enable each resident to become as independent as possible.

This is a basic change in our philosophy of providing Restorative Services to our residents. Restorative Programs are now provided to each resident based upon their specific needs and desires. Residents are assessed by our Restorative Care Team and individualized programs are put in place to assist the resident to reach their highest level of functioning. The Restorative Programs are offered to residents on a daily basis based on their assessed needs.

Our Restorative Team includes:

- Restorative Nurse
- 2 full time Restorative Aides
- 2 part time Restorative Aides

If you have questions about restorative services being offered please speak with the Team Leader or the Restorative Care Staff.

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