



~~~ PLEASE SCROLL DOWN TO SEE ~~~

# September 2018 ACTIVITIES

# BELLA SENIOR CARE RESIDENCE SEPTEMBER 2018

| SUNDAY                                                                                                                                                                                                                                                           | MONDAY                                                                                                                                                                                                                                                                                                                                                         | TUESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                             | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                                                         | FRIDAY                                                                                                                                                                                                                                                                                                                                                                           | SATURDAY                                                                                                                                                                                                                                                                                                                                                                                          |
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| <p><b>SENSE OF BLING</b></p> <p><b>WEDNESDAY</b><br/><b>SEPTEMBER 26<sup>th</sup></b></p> <p>10am to 2pm<br/>in the<br/>Front Lobby</p>                                         | <p><i>SEPTEMBER</i></p> <p><i>BUS OUTINGS</i></p> <p><b>September 12<sup>th</sup></b></p> <p>Casino and Lunch</p> <p><b>September 20<sup>th</sup></b></p> <p>Swiss Chalet</p>                                                                                                                                                                                  | <p><b>Oktoberfest</b><br/><b>September 6<sup>th</sup> at</b><br/><b>2:45pm!!</b></p>  <p><b>3<sup>rd</sup> Floor</b></p> <p><b>Celebration Room</b></p>                                                                                                                                                                                                                                 |  <p><b>September</b></p>                                                                                                                                                                                                                                                                                                                                           | <p><b>BETTY'S</b></p> <p>FISH AND CHIPS<br/>Take Out Lunch</p>  <p>Please sign up with the<br/>Recreation Department<br/>as spots are limited.</p>                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                               | <p>1</p> <p>8:30- Men's Breakfast Club (CR)</p>  <p>2:00- BINGO (CR)</p> <p>3:00- Bowling (W)</p> <p>6:15- Memory Lane (W)</p>                                                                                                                                                                                 |
| <p>2</p> <p>8:30- Breakfast Club (F)</p> <p><b>11:00- Hymn Sing (CR)</b></p> <p><b>1:45-SUNDAE SUNDAY (FL)</b></p>  <p>3:15- Connect 4 (W)</p> <p>6:15- Fold and Sort (W)</p> | <p>3</p> <p>9:45- Walk &amp; Water(F)</p> <p>10:00- Photo Discussions(V)</p> <p>11:00- Baking (O) (DR)</p>  <p>1:30- Toss Games (LL)</p> <p><b>2:00- ANNE ON PIANO (CR)</b></p> <p>3:00- Matching Games(W)</p> <p><b>3:15- Craft (RR)</b></p> <p>6:15- Doll Therapy (W)</p> | <p>4</p> <p>9:45- Bean Bag Games (W)</p> <p>10:00- Yahtzee (L)</p> <p><b>10:30- Bible Study (CH)</b></p> <p><b>11:00- Towel Folding (FL)</b></p> <p>11:15- iPad Fun (O/F)</p> <p><b>1:30- Interactive Story (CR)</b></p> <p>2:00- Armchair Yoga (V)</p> <p>3:00- Short Story (W)</p> <p>3:00- Montessori (LL)</p> <p><b>5:00- Pizza Movie &amp; Night (CR) Sign Up with Rec.</b></p>  | <p>5</p> <p>9:45-Sing Along (V)</p> <p>10:00- Word Games(LL)</p> <p><b>11:00- Towel Folding (FL)</b></p> <p>1:30- 7's (V)</p> <p><b>2:00- NIAGARA FALLS ART GALLERY (CR)</b></p>  <p>3:00- Snoezelen Room (W)</p> <p>4:00- Word Game (L)</p> <p>4:00- Horticulture Fun (F/O)</p> <p>6:15- Sing-A-Long (W)</p> <p><b>6:30- PUB NIGHT WITH GARY SMITH (CR)</b></p> | <p>6</p> <p>9:45- Hand Massages (O)</p> <p>10:00- Ring Toss (LL)</p> <p><b>11:00- Towel Folding (FL)</b></p> <p><b>11:45- Betty's FISH and CHIPS luncheon (Sign up with Recreation)</b></p> <p>1:30- Glamour Circle (LL)</p> <p><b>2:45- Oktoberfest Pretzel Social (CR)</b></p> <p>3:00- Bean Bag Toss (W)</p> <p>3:45- Comparatively Speaking (L)</p> <p>6:15- Montessori (W)</p> <p>6:00- Trivia (F)</p> <p>6:30- Sharpen Your Senses (V)</p> | <p>7</p> <p>10:00- Bowling (CR) (O)</p> <p><b>11:00- Towel Folding (FL)</b></p>  <p><b>2:00- ROMAN CATHOLIC Communion (CR)</b></p> <p>3:00- Wash &amp; Dry (W)</p> <p>3:00- Snoezelen (V)</p> <p>4:00- Toss Games (F)</p> <p>6:15- Who Am I? (W)</p> <p>6:30- Evening Meditation (L/LL)</p> | <p>8</p> <p><b>8:30- Breakfast Club (O)</b></p> <p>9:30- Ladder Ball(F)</p> <p>11:00- Name 10 (V)</p> <p>11:00- Puzzles (LL)</p> <p><b>2:00- BINGO (CR)</b></p>  <p>3:00- I spy (W)</p> <p>3:15- Caring for our Feathered Friends (HR)(L)</p> <p>3:15- Adventure Time (F/O)</p> <p>6:15- Aromatherapy(W)</p> |

**CODES: HOME AREAS AND THEIR LOCATIONS**

(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

(OC) Outdoor Courtyard 1<sup>st</sup> Floor  
(FL) Front Lobby 1<sup>st</sup> Floor  
(HR) Horticulture Room 3<sup>rd</sup> Floor

(DR) 3<sup>rd</sup> Floor Private Dining Room



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| <p>9 <b>GRANDPARENT'S DAY</b></p>  <p>9:30 Jeopardy (F/O)<br/> <b>11:00- Hymn Sing (CR)</b><br/> 11:15- One/One Visits (L/LL)<br/> <b>1:30- Grandparents Day Social (FL)</b><br/> 3:00-Music &amp; Movement(W)<br/> 6:15- Doll Therapy (W)</p>                                                                                                                                                                | <p>10<br/> 10:00- Creative Experience with Daycare (CR)(L)<br/> <b>11:00-Towel Folding (FL)</b><br/> 11:15- Sharpen your senses(V)<br/> 1:30- Name that Tune (F/O)<br/> <b>3:00- Popcorn Social (CR)</b><br/> 3:15- Bean Bag Toss (W)<br/> 6:15- Reading Group (W)<br/> <b>6:15- Euchre (CR)</b></p>                                                                        | <p>11<br/> 10:00- Outdoor Fun with Daycare (DC)(F)<br/> <b>10:30- Bible Study (CH)</b><br/> <b>11:00- Towel Folding (FL)</b><br/> 11:15- Gentle Fit (O)<br/> <b>2:00- BIRTHDAY PARTY WITH BRAD BOLAND (CR)</b></p>  <p>4:00 Doll Therapy (W)<br/> 4:00- This Day in History (LL)<br/> 6:15- "Grandparents Are A Hoot!" (V)<br/> 6:30- Board Games (L)</p> | <p>12<br/> 10:00- Daycare Walks (L/LL)<br/> <b>10:00- Casino Niagara and Lunch Outing</b></p>  <p><b>11:00- Towel Folding (FL)</b><br/> <b>2:00- BINGO (CR)</b><br/> 3:45- Shave Cream Craft (W)<br/> 4:00- Crossword (O)<br/> 4:00- Hangman (LL)<br/> 4:00- Jeopardy(RR)(F)<br/> 6:15- iSpy Willoughby (W)<br/> <b>6:30- PUB NIGHT WITH BRIAN JERROM (CR)</b></p> | <p>13<br/> 10:00- Group Experience with Daycare (DC)(O)<br/> <b>11:00- Towel Folding (FL)</b><br/> 11:00- Prep for Travelogue (F)<br/> 11:15 Name Ten (V)<br/> <b>1:30 Travelogue to France (CR)</b><br/> 1:30 Word Search (LL)<br/> 3:00- Big Ball (W)<br/> 3:15 Horoscopes (O)<br/> 3:30- Carpet Darts (F/O)<br/> 6:15- Movie Night (W)<br/> 6:30- Sentimental Journey (L)</p>                                  | <p>14<br/> 10:00- Manicures (L)<br/> 10:00 Bowling with Daycare (CR) (F/O)<br/> <b>11:00- Towel Folding (FL)</b><br/> <b>1:45- Discover How Colour Affects You (CR)</b><br/> 2:00 – Germany Trivia (V)<br/> 3:00 – "Who Am I?"(W)<br/> 3:45- Sling Shot (F/O)<br/> 4:00 – Fruits and Vegetables Card Game (LL)<br/> 4:00- UNO (L)<br/> 6:15- Hand Massages(W)<br/> <b>6:30- Nature Movie Night (CR)</b></p> | <p>15<br/> 9:45- Cranium Crunches (O)<br/> 9:45-Megaformers (F)<br/> 11:00- Daiquiri Day (RR)<br/> 11:00- Washer Toss (V)<br/> <b>2:00- BINGO (CR)</b></p>  <p>3:00- Colouring Craze (W)<br/> 3:15- Caring for our Feathered Friends (HR)(V)<br/> 3:15- Read to Me (LL)<br/> 6:15- Sing Along (W)</p> |
| <p>16<br/> 9:45- Gentle Yoga (F)<br/> 9:45- Busy Hands(V)<br/> <b>11:00- Hymn Sing (CR)</b><br/> <b>1:30-Sundae Sunday (FL)</b><br/> 3:00- Sevens Card Game (O)<br/> 3:00- Jeopardy (L/LL)<br/> 3:00- Horoscopes (W)<br/> 6:15- iPad Laughs (W)</p>                                                                                                                                                        | <p>17<br/> 10:00- Crafts with Daycare (RR)(F)<br/> <b>10:30- Resident Council(CR)</b><br/> <b>11:00- Towel Folding (FL)</b><br/> 11:00- Finish that phrase! (V)<br/> 1:15- BAKING (O)<br/> <b>2:00- ANNE ON PIANO (CR)</b><br/> 3:00- Fill in The Blank (W)<br/> <b>3:30- Science with Seniors (CR)</b><br/> 6:15- Sort and fold (W)<br/> 6:15- Pet Therapy (LL)</p>                                                                                         | <p>18<br/> 10:00- Reading with Daycare (DC)(L)<br/> <b>10:30- Bible Study (CH)</b><br/> 11:00- Table Tennis (F/O)<br/> <b>11:00- Towel Folding (FL)</b><br/> 1:15- Daily Doses (F)<br/> 1:45- Baking (V) (DR)<br/> 2:30 – Snoezelen Rm (V)<br/> 4:00- Big Ball (LL)<br/> 6:15- Yahtzee (L)<br/> 6:15- Card Game (LL)</p>                                                                                                                    | <p>19<br/> 9:45- Yahtzee (LL)<br/> 10:00- Daycare Walks (O/F)<br/> <b>11:00-Towel Folding (FL)</b><br/> <b>2:00- BINGO (CR)</b></p>  <p>3:00- Coloring Circle (W)<br/> 3:30- Fall Decorating (W/V)<br/> 4:00- Read to Me (L)<br/> 6:15- Yoga with Music (W)<br/> <b>6:30- PUB NIGHT WITH DAVE BURDEN (CR)</b></p>                                                 | <p>20<br/> 9:45- Chicken Soup Story(V)<br/> 10:00- Group Experience with Daycare (DC)(LL)<br/> <b>11:00- Towel Folding (FL)</b><br/> <b>11:30- Swiss Chalet Lunch Outing</b><br/> 1:30- BAKING (L)<br/> 3:00-Ring Toss (W)<br/> 3:30- Music Therapy (LL)<br/> 4:00- Puzzles (F)<br/> 6:15- Wash and Wipe (W)<br/> 6:30- Jenga (L)<br/> 6:00- Snoezelen Room(O)</p>                                                | <p>21<br/> 10:00- Science with Daycare (O)<br/> <b>11:00- ROMAN CATHOLIC MASS (CR)</b><br/> <b>11:00- Towel Folding (FL)</b><br/> 2:00- Glamour Circle (V)<br/> 2:30- Megaformers (L/LL)<br/> 3:00- Chair Aerobics(W)<br/> 3:45- Happy Hour (O/F)<br/> 6:15- Busy Hands (W)<br/> 6:30 Evening Meditation (F)</p>                                                                                            | <p>22<br/> <b>8:30- Breakfast Club (LL)</b><br/> 11:00- Bean Bag Toss (O)<br/> 11:00-Fall Decorating(L/LL)<br/> 11:00- Baking (F)<br/> <b>2:00- BINGO (CR)</b><br/> 3:00- Meditation Hour (W)<br/> 3:15- Card Games(O)<br/> 3:15- Caring for our Feathered Friends (HR)(V)<br/> 3:15- Horticulture (F/O)<br/> 6:15- Sing Along (W)</p>                                                   |
| <p>23<br/> <b>9:30- In the Workshop (RR)</b><br/> 8:30 Prep for social/Baking (F/O)<br/> <b>11:15- Hymn Sing (CR)</b><br/> 1:30- (S'mores prep) (F)<br/> 1:15- Plum cake social (FL)<br/> 3:00-Puzzles (L)<br/> 3:15-Snoezelen Room (W)<br/> 6:15- Doll Therapy (W)</p> <p>30<br/> 8:30 Breakfast Club (L)<br/> <b>11:00 Hymn Sing (CR)</b><br/> <b>1:30 Sundae Sunday (FL)</b><br/> 3:00 Spelling Bee (V)<br/> 3:00 Card Bingo(O)<br/> 3:00 Megaformers (W)<br/> 6:15 Word Searching (W)</p> | <p>24<br/> 10:00- Crafts with Daycare (RR)<br/> <b>11:00- Towel Folding (FL)</b><br/> <b>2:00- S'mores Social (FL)</b><br/> <b>2:30- Library Visit (FL)</b></p>  <p>3:00- Scavenger Hunt (W)<br/> 3:30- Scattegories (V)<br/> 3:45-Flower arranging (RR)<br/> 4:00- iPad Games (F/O)<br/> 6:15-Mini golf (V)<br/> 6:15- Aromatherapy (W)<br/> <b>6:30 Euchre (CR)</b></p> | <p>25<br/> 9:45 Reading with Daycare (O)<br/> <b>10:30- Bible Study (CH)</b><br/> <b>11:00-Towel Folding (FL)</b><br/> 11:15 – Manicures (F)<br/> <b>2:00- Horse Races (CR)</b><br/> 4:00- Timeless Trivia DVD (L)<br/> 6:15- Laughter's The Best Medicine (LL)<br/> <b>6:30- Comedy Night (CR)</b></p>                                                 | <p>26 <b>SENSE OF BLING (FL)</b><br/> <b>10am to 2pm</b><br/> 10:00 Daycare Walks (O/F)<br/> <b>11:00- Towel Folding (FL)</b><br/> <b>12:15 Men's Taco Lunch (CR)</b><br/> 1:15- Baking (LL)<br/> <b>2:00- BINGO (CR)</b><br/> 3:00- Hand Massages (W)<br/> 4:00 Make Apple Dumplings (F)<br/> 4:00- News and Views (L)<br/> 6:15- Tic Tac Toe Frisbee (W)<br/> <b>6:30- PUB NIGHT WITH CHICO (CR)</b></p>                                            | <p>27<br/> 10:00- Group Experience with daycare (DC)(F)<br/> <b>11:00 Towel Folding (FL)</b><br/> 11:00- Jeopardy (V)<br/> 1:30 Apple Dumpling Social (O/F)<br/> 1:45 - Montessori Story Cards (L)<br/> 2:30 - Pet Visits (LL)<br/> 3:00 – Music Making (W)<br/> 3:00 Puzzles &amp; Ponderings (F)<br/> 3:15 Bazaar Crafts (RR)<br/> 6:00 Trivia (O)<br/> 6:15- Life Skills (W)<br/> 6:30- Arm Chair Yoga (L)</p> | <p>28<br/> 9:45 – Colouring Group (V)<br/> 10:00 Dance party with Daycare (CR)(F/O)<br/> <b>11:00- Towel Folding (FL)</b><br/> <b>11:00- BAPTIST CHURCH SERVICE (CR)</b><br/> <b>2:00- QUARTER BINGO (CR)</b><br/> 3:00- Balloon Toss (W)<br/> 4:00- Name The Tune! (LL)<br/> 4:00- Ring Toss (L)<br/> 6:00- Read To Me (W)<br/> 6:30- Sing Along (LL)</p>                                                  | <p>29<br/> <b>8:30- Men's Breakfast Club (CR)</b><br/> 11:00- I Spy (L)<br/> 11:00- Discussion Grp (F/O)<br/> <b>2:00- BINGO (CR)</b><br/> 3:00- Bazar Baking (W)<br/> 3:15- Caring for our Feathered Friends (HR)(V)<br/> 3:15- Read to Me (LL)</p>  <p>6:15- Pet Therapy (W)</p>                  |



# Special Events:

|                                |                                      |
|--------------------------------|--------------------------------------|
| September 2 <sup>nd</sup> ...  | Sunday Sundaes                       |
| September 4 <sup>th</sup> ...  | Pizza & Movie Night                  |
| September 5 <sup>th</sup> ...  | Art Gallery                          |
| September 6 <sup>th</sup> ...  | Fish N Chips Luncheon (sign up only) |
| September 6 <sup>th</sup> ...  | Pub Night with Gary Smith            |
| September 6 <sup>th</sup> ...  | Oktoberfest Pretzel Social           |
| September 9 <sup>th</sup> ...  | Grandparents Day Social              |
| September 10 <sup>th</sup> ... | Popcorn Social                       |
| September 11 <sup>th</sup> ... | Birthday Party with Brad Boland      |
| September 12 <sup>th</sup> ... | Pub Night with Brian Jerrom          |
| September 13 <sup>th</sup> ... | Travelogue to France                 |
| September 17 <sup>th</sup> ... | Resident Council Meeting             |
| September 17 <sup>th</sup> ... | Senior's Science                     |
| September 19 <sup>th</sup> ... | Pub Night with Dave Burden           |
| September 23 <sup>rd</sup> ... | Plum Cake Social                     |
| September 24 <sup>th</sup> ... | S'mores Social                       |
| September 24 <sup>th</sup> ... | Library Visit                        |
| September 25 <sup>th</sup> ... | Comedy Night                         |
| September 26 <sup>th</sup> ... | Men's Taco Luncheon                  |
| September 26 <sup>th</sup> ... | Pub Night with Chico                 |
| September 28 <sup>th</sup> ... | Quarter Bingo                        |
| September 30 <sup>th</sup> ... | Sunday Sundaes Social                |

# Spiritual Services

September 7<sup>th</sup> ...RC Communion at 2:00pm

September 21<sup>st</sup> ...RC Mass at 2:00pm

September 28<sup>th</sup> ...Baptist Service 11:00am



**Please join us every Sunday morning in the Celebration Room at 11:00am for  
our Hymn Sing**



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www.bellaseniorcare.com

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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