Recreation Facilitator - Nidhi

Legend
AR - Activity Room
G - Garden
5F - 5th Floor



July 2025 Chelsey Park Long Term Care



5F - 5th Floor						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 1 9:00 Calendar Visits 10:30 Mobility Minutes (AR) 2:15 Canada Day Social (G)	9:00 Visits 10:00 Painting 11:00 Physio Exercise Class 2:15 Indoor Bowling	9:00 1:1 Chats 3 10:15 BINGO (5F) 2:15 Giant Connect 4 Game	9:00 Reading 1:1 4 10:30 Manicures 11:00 Physio Exercises 2:15 Virtual Chapel Service	9:00 Cat Visits 5 10:30 Java Music (AR) 2:15 Baking Group (AR)
9:00 Morning Tunes 6 and Visits 10:30 Virtual Worship 2:15 BINGO (AR)	10:30 Good Coffee, 7 Good News (AR) 11:00 Physio exercises 2:15 Cards & Board Games (AR) 6:15 Campfire w Smores (G)	9:00 Morning Visits 8 10:30 Mobility with Matt (AR) 2:15 Axe Throwing (5F)	9:00 Visits 10:45 Drum Circle (AR) 11:00 Physio Exercise Class 12:00 BBQ Luncheon (Rules apply, see REC for details) (G) 1:45 Staff Meeting		9:00 Reading 1:1 11 10:30 Manicures 11:00 Physio Exercises 2:15 Chapel Service (AR)	9:00 Cat Visits 10:30 Garden Visits 2:15 Trivia
9:00 Morning Tunes 13 and Visits 10:30 Virtual Worship 2:15 Ring Toss	11:00 Physio exercises 2:15 Cards & Board Games (AR) 6:15 Movie Night	9:00 Morning Visits 15 10:30 Mobility with Matt (AR) 2:15 The Garden Games (G)	9:00 Visits 10:30 Outdoor Walks 11:00 Physio Exercise Class 1:00 Carnival Day	9:00 1:1 Chats 17 10:15 BINGO (5F) 2:15 Music w Tara (AR)	9:00 Reading 1:1 18 10:30 Manicures 11:00 Physio Exercises 2:15 Virtual Chapel Service	9:00 Cat Visits 19 10:30 Java Music (AR) 2:15 Baking Group (AR)
9:00 Morning Tunes 20 and Visits 10:30 Virtual Worship 2:15 Women's Club (G)	11:00 Physio exercises 2:15 Watermelon Social (G) 6:15 Target Practice (Nerf Guns)	8:00 Breakfast Club (AR) (Rules apply, see REC for details) 10:30 Residents Council Meeting (AR/G) 10:30 Mobility with Matt (AR) 2:15 Icecream Cart	9:00 Visits 10:00 Catholic Communion (AR) 10:45 Poet Tree (G) 11:00 Physio Exercise Class 2:15 Cherryhill Mall Trip (Rules apply, see REC for details) 6:15 Lemonade Social (G)	9:00 1:1 Chats 24 10:15 BINGO (5F) 2:15 VR Time	9:00 Reading 1:1 25 10:30 Sing-a-long with Barb (AR) 11:00 Physio Exercises 2:15 Knitting Club (G) 2:15 Chapel Service (AR)	9:00 Cat Visits 10:30 Garden Visits 2:15 Trivia
9:00 Morning Tunes 27 and Visits 10:30 Virtual Worship 2:15 Ball Toss (G)	11:00 Physio exercises 2:15 Cards & Board Games (AR) 6:15 Movie Night	9:00 Morning Visits 29 10:00 Mobility Minutes with Matt (AR) 2:15 Craft Corner	9:00 Visits 10:30 Outdoor Walks 11:00 Physio Exercise Class 2:15 July Birthday Party (G) 6:15 Darts (AR)	10:15 BINGO (5F) 2:15 Giant Tetris (G)	Programs are desi change. For furthe please contact red ext.224	er information,

Recreation Facilitators -Fatema & Arvind

Legend AR - Activity Room G - Garden 3E - 3rd Floor



July 2025 ** 3rd Chelsey Park Long Term Care



3F - 3rd Floor							
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
		Canada Day 1 9:00 Calendar visit 10:30 Mobility Minutes (AR) 2:15 Canada Day Social (G)	9:00 1:1 Reading 10:30 Art and crafts 2:15 Slushie cart 6:15 Balloon Toss	9:00 Happy Hours 10:30 BINGO (3F) 2:15 Sing-Along (3F) 6:00 Movie Night	9:00 Puzzle 10:30 Virtual Chapel Service (AR) 1:30 Physio Exercises 2:15 Manicures 6:15 Colouring	9:00 Visits 10:30 Java Music (AR) 2:15 Baking Group (AR)	
9:00 Hymn sing (3F) 6 10:30 Virtual Worship 2:15 BINGO (AR)	9:00 Morning Visits 7 10:30 Good Coffee, Good News (AR) 2:15 Card & Board Games 6:15 Campfire w Smores (G)	9:00 Colouring 10:30 Mobility with Matt (AR) 1:30 Physio Exercise Class 2:15 Go with the flow 6:15 Axe Throwing	9:00 1:1 Reading 12:00 BBQ Luncheon (Rules apply, see REC for details) (G) 1:45 Staff Meeting 6:15 Magnet Dart	9:00 Happy Hours 10:30 BINGO (3F) 2:15 Music w The Finleys (AR)	9:00 Puzzle 10:30 Chapel Service (AR) 1:30 Physio Exercises 2:15 Manicures 6:15 Colouring	9:00 Visits 12 10:30 Garden Walk 2:15 Canvas Art (G/3F)	
9:00 Hymn sing (3F) 13 10:30 Virtual Worship 2:15 Movie Afternoon	9:00 Morning Visits 14 10:30 Fun Facts 2:15 Card & Board Games	9:00 Colouring 10:30 Mobility with Matt (AR) 1:30 Physio Exercise Class 2:15 The Garden Games (G) 6:15 Ring Toss	9:00 1:1 Reading 10:30 Manicures 1:00 Carnival Day 6:15 Balloon Toss	9:00 Happy Hours 17 10:30 BINGO (3F) 2:15 Sing-Along (3F) 6:00 Movie Night	9:00 Puzzle 10:30 Virtual Chapel Service (AR) 1:30 Physio Exercises 2:15 Manicures 6:15 Colouring	9:00 Visits 19 10:30 Java Music (AR) 2:15 Baking Group (AR)	
9:00 Hymn sing (3F) 20 10:30 Virtual Worship 2:15 Women's Club (G)	9:00 Morning Visits 21 10:30 Fun Facts 2:15 Watermelon Social (G) 6:15 Target Practice Nerf Guns)	8:00 Breakfast Club (AR) (Rules apply, see REC for details) 10:30 Residents Council Meeting (AR/G) 10:30 Mobility with Matt (AR) 1:30 Physio Exercise Class 2:15 Go with the flow 6:15 Axe Throwing	9:00 1:1 Reading 10:00 Catholic Communion (AR) 10:45 Poet Tree (G) 2:15 Cherryhill Mall Trip (Rules apply, see REC for details) 6:15 Lemonade Social (G)	9:00 Happy Hours 24 10:30 BINGO (3F) 2:15 Music w Blue Skies	10:30 Chapel Service	9:00 Visits 26 10:30 Garden walk 2:15 Go with the flow	
9:00 Hymn sing (3F) 27 10:30 Virtual Worship 10:30 Garden Visits 2:15 Movie Afternoon	9:00 Morning Visits 28 10:30 Fun Facts 2:15 Card & Board Games	9:00 Colouring 10:00 Mobility Minutes with Matt (AR) 1:30 Physio Exercise Class 2:15 Go with the flow 6:15 Ring Toss	9:00 1:1 Reading 10:30 VR video set 2:15 July Birthday Party (G) 2:15 Music with Sophisticated Ladies (AR) 6:15 Darts (AR)	10:30 BINGO (3F) 2:15 Sing-Along (3F) 6:00 Movie Night	Programs are designe a variety of needs and to change to benefit t For further informatio contact the recreation	are subject he residents. n please	

4th Floor Recreation Aide: Raghad

Legend: G- Garden O- Outdoor 4F - Fourth Floor **AR- Activity Room**

4th

Games (AR)

July 2025 Chelsey Park Long Term Care



ext. 224 or cpprograms@southbridge.com.

AR- Activity Room		,	<u> </u>			
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 9:00 Calendar Visits 10:30 Colouring 11:00 Physio Exercises 2:15 Canada Day Social (G)	1:30 Physio Exercises 2 2:15 Kitten Visits 6:00 Movie Night (AR)	9:00 Montessori 10:30 BINGO (AR) 2:15 Music w Gary (AR)	9:00 1:1 Reading Visits 4 10:30 Manicures 11:00 Physio Exercise Class 2:15 Virtual Chapel Service (4F)	9:00 Morning Reminiscing 10:30 Outdoor Walks (O) 2:00 Baking (AR)
9:00 Morning Tunes and Visits 10:30 Virtual Worship 2:15 BINGO (AR)	9:00 Kitten Visits 7 10:30 Good Coffee, Good News (AR) 2:15 Cards & Board Games (AR)	9:00 Current Events 10:30 Balloon Tennis (4F) 11:00 Physio Exercises 2:15 It's Trivia Time!	10:45 Drum Circle (AR) 9 12:00 BBQ Luncheon (Rules apply, see REC for details) (G) 1:30 Physio Exercises 1:45 Staff Meeting	9:00 Kitten Visits 10 10:30 BINGO (AR) 2:15 Piña Colada Social (G)	9:00 1:1 Reading Visits 11 10:30 Manicures 11:00 Physio Exercise Class 2:15 Chapel Service (AR)	9:00 Morning Reminiscing 10:30 Short Stories and Morning Stretch 2:15 Java Music (4F)
9:00 Morning Tunes 13 and Visits 10:30 Virtual Worship 2:15 Giant Connect Four (4F)	9:00 Rolls and Strolls (O) 10:30 Piano Music 2:15 Cards & Board Games (AR)	9:00 Current Events 15 10:30 Balloon Tennis (4F) 11:00 Physio Exercises 2:15 The Garden Games (G)	1:00 Carnival Day 16 1:30 Physio Exercises 6:00 Movie Night (AR)	9:00 Kitten Visits 17 10:30 BINGO (AR) 2:15 Music w Tara (AR)	9:00 1:1 Reading Visits 18 10:30 Manicures 11:00 Physio Exercise Class 2:15 Virtual Chapel Service (4F)	9:00 Morning Reminiscing 10:30 Outdoor Walks (O) 2:00 Baking (AR)
9:00 Morning Tunes 20 and Visits 10:30 Virtual Worship 2:15 Women's Club (G)	9:00 Kitten Visits 21 10:30 Piano Music 2:15 Watermelon Social (G)	9:00 Current Events 22 11:00 Physio Exercises 2:15 Lemonade Social (G)	10:45 Poet Tree (G) 1:30 Physio Exercises 2:15 Cherryhill Mall Trip (Rules apply, see REC for details) 6:15 Lemonade Social (G)	2:15 Virtual Reality (4F)	9:00 1:1 Reading Visits 25 10:30 Manicures 11:00 Physio Exercise Class 2:15 Knitting Club (G) 2:15 Chapel Service (AR)	9:00 Morning Reminiscing 10:30 Short Stories and Morning Stretch 2:15 Java Music (4F)
9:00 Morning Tunes 27 and Visits 10:30 Virtual Worship 2:15 Word in Word (4F)	9:00 Rolls and Strolls (O) 10:30 Piano Music 2:15 Cards & Board	9:00 Current Events 29 10:30 Balloon Tennis (4F) 11:00 Physio Exercises 2:00 Movie Afternoon (4F)	1:30 Physio Exercises 2:15 July Birthday Party (G) 2:15 Music with Sophisticated Ladies	9:00 Montessori 10:30 BINGO (AR) 2:15 It's Trivia Time!	Programs are designed to me subject to change to l	benefit the residents.

(AR) 6:15 Darts (AR) Recreation Facilitator - Aimee

Legend L- Lobby G- Garden 2F- Second Floor 2nd **AR- Activity Room** 2B- Second Floor Balcony

Class

2:15 Cards & Board

Games (AR)

July 2025 Chelsey Park Long Term Care



For further information please

contact the recreation office @ ext. 224

25 000011411001 24100117						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Canada Day 2:15 Canada Day Social (G) 2:15 Workouts with Matt (AR) 6:00 Movie Night (AR)	9:00 Kitty Visits 2 11:00 Physio Exercise Class 2:15 Craft Corner (2F)	9:00 Colouring (2F) 3 10:30 BINGO (AR) 11:00 Physio Exercises 2:15 Music w Gary (AR)	9:00 Puzzles (2F) 4 10:30 Virtual Chapel Service (AR) 2:15 Balcony Visits (2B)	9:00 Visits 10:30 Outdoor Walks 2:15 Manicures (2F)
9:00 Morning Tunes and Visits 10:30 Virtual Worship 2:15 BINGO (AR)	9:00 Roll an Aquarium (2F) 10:30 Good Coffee, Good News (AR) 11:00 Physio Exercise Class 2:15 Cards & Board Games (AR)	2:15 Workouts with 8 Matt (AR) 2:30 Virtual Reality Games (2F) 6:15 Smore's By the Fire (G)	9:00 Reading Rainbow (2F) 9:45 Drum Circle (AR) 11:00 Physio Exercise Class 12:00 BBQ Luncheon (Rules apply, see REC for details) (G) 1:45 Staff Meeting	9:00 Visits 10 10:30 BINGO (AR) 11:00 Physio Exercises 2:15 Axe Throwing (G)	9:00 Visits 10:30 Chapel Service (AR) 2:15 Trivia in the Garden (G)	9:00 All Request Hour (2B) 10:30 BINGO (2B) 2:00 Movie Afternoon (AR)
9:00 Morning Tunes 13 and Visits 10:30 Virtual Worship 2:15 Craft Corner (2F)	9:00 Kitten Visits 10:30 Baking Group (2F) 11:00 Physio Exercise Class 2:15 Cards & Board Games (AR)	2:15 The Garden Games (G) 2:15 Workouts with Matt (AR) 6:00 Movie Night (AR)	9:00 Colouring (2F) 16 11:00 Physio Exercise Class 1:00 Carnival Day	9:00 Visits 10:30 BINGO (AR) 11:00 Physio Exercises 2:15 Giant Connect Four (2F)	9:00 Coffee/Tea Cart (2F) 10:30 Virtual Chapel Service (AR) 2:15 Chalk art on the Balcony (2B)	9:00 Visits 10:30 Music in the Garden (G) 2:15 Manicures
9:00 Morning Tunes 20 and Visits 10:30 Virtual Worship 2:15 Travelogue (2F) 2:15 Women's Club (G)	9:00 Kitten Visits 11:00 Physio Exercise Class 2:15 Watermelon Social (G)	2:15 Workouts with 22 Matt (AR) 2:30 Bird Watching on the Balcony (2B) 6:15 Smore's by the Fire (G)	9:00 Murder Mystery (2F) 10:00 Catholic Communion (AR) 10:45 Poet Tree (G) 11:00 Physio Exercise Class 2:15 Cherryhill Mall Trip (Rules apply, see REC for details)	9:00 Visits 10:30 BINGO (AR) 11:00 Physio Exercises 2:15 Music w Blue Skies	9:00 Music Appreciation (2F) 10:30 Chapel Service (AR) 2:15 Knitting Club (G)	9:00 Colouring (2F) 26 10:30 BINGO (2F) 2:00 Movie Afternoon (AR)
9:00 Morning Tunes 27 and Visits 10:30 Virtual Worship 2:15 Craft Corner (2F)	9:00 Kitten Visits 10:30 Balcony Visits (2B) 11:00 Physio Exercise	2:15 Workouts with 29 Matt (AR) 2:30 Baking Group (2F) 6:00 Movie Night (AR)	9:00 Word Games (2F) 10:30 Music on the Balcony (2B) 11:00 Physio Exercise Class	11:00 Physic Evercises	Programs are design a variety of needs and to change to benefit	nd are subject

2:15 July Birthday Party

2:15 Giant Tetris (G)