

Floor 5

Wildflower Lane

October 2026

Berkshire Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				8:15 Gentle Exercise and Sing Along 9:15 Trivia 10:00 Comedy Corner 10:15 Color Sorting or Matching 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Card Games 6:00 Yesterday's Treasures 6:00 Garden Visits 6:00 Colour Relaxation	8:15 Friday Movie Morning 8:15 Bread Making 10:15 Spiritual Discussion 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Beauty Club 3:00 Montessori Fluff and Fold 6:30 Movement to Music 7:30 Prayer Circle	8:15 Music & Movement Breaks 9:15 Sensory Cart 10:30 Zumba with Allison 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Trip to Dieppe Park Riverside 3:15 Gentle hand massage time 6:00 Movies & Popcorn 6:15 Movement to Music
9:00 Assumption Church Live Mass 10:15 Board Games 12:30 Tovertafel 1:45 Enjoying Outdoors 3:00 Physical Games 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games 6:15 Aromatherapy	8:15 Bread Making 9:00 Chair Yoga or Gentle Stretching 9:30 Trivia and Coffee 10:15 Color Sorting or Matching 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Colouring/Painting 6:00 Manicures and Hand Massages 6:00 Movie Night	8:15 Walking Groups 9:00 Snoezelen Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Spiritual Discussion 2:00 Walking Club 6:15 Sing-a-Long	8:15 Bread Making 10:15 Armchair Travel 12:30 Tovertafel 1:45 Enjoying Outdoors 6:00 Restorative Group Exercise 6:15 Sensory Cart	8:15 Gentle Exercise and Sing Along 9:15 Trivia 10:15 Reading Circle 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Card Games 6:00 Yesterday's Treasures 6:00 Garden Visits 6:15 Seated Latin Dance with Amir	8:15 Friday Movie Morning 8:15 Bread Making 10:15 Spiritual Discussion 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Beauty Club 3:00 Montessori Fluff and Fold 6:30 Movement to Music 7:30 Prayer Circle	8:15 Music & Movement Breaks 9:15 Sensory Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 6:00 Movies & Popcorn 6:15 Movement to Music
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9:00 Assumption Church Live Mass 10:15 Board Games 12:30 Tovertafel 1:45 Enjoying Outdoors 3:00 Physical Games 6:00 Enjoying Outdoors 6:00 Enjoying Outdoors 6:00 Board Games 6:15 Aromatherapy	8:00 Municipal Election 8:15 Bread Making 9:00 Chair Yoga or Gentle Stretching 10:15 Color Sorting or Matching 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Colouring/Painting 6:00 Manicures and Hand Massages	8:15 Walking Groups 9:00 Snoezelen Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Spiritual Discussion 2:00 Discussion Group with Coffee & Cookies 6:15 Sing-a-Long	8:15 Bread Making 8:45 Chair Yoga 10:15 Armchair Travel 12:30 Tovertafel 1:45 Enjoying Outdoors 6:00 Restorative Group Exercise 6:15 Sensory Cart	8:15 Gentle Exercise and Sing Along 9:15 Trivia 10:00 Comedy Corner 10:15 Color Sorting or Matching 12:30 Tovertafel 1:45 Enjoying Outdoors 3:15 Card Games 6:00 Yesterday's Treasures 6:00 Garden Visits 6:00 Colour Relaxation	8:15 Friday Movie Morning 8:15 Bread Making 10:15 Spiritual Discussion 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Beauty Club 3:00 Montessori Fluff and Fold 6:30 Movement to Music 7:30 Prayer Circle	8:15 Music & Movement Breaks 9:15 Sensory Cart 12:30 Tovertafel 1:45 Enjoying Outdoors 2:00 Halloween Birthday Party 3:15 Gentle hand massage time 6:00 Movies & Popcorn 6:15 Movement to Music