


W5th RECREATION IN JUNE 2024



<p>1 Open Fitness Centre 9:30 - 10:30 am Bingo in the Leisure Lounge 1:00 - 2:00 pm Open Leisure Lounge 11:00 am - 12:00 pm 2:00 - 3:00 pm</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>2 Open Fitness Centre 9:30 - 10:30 am Chair Yoga Wellness Room 11:00 am -12:00 pm Therapy Tails Animal Visit In the Galleria 1:00 pm Open Leisure Lounge 3:00 - 4:00 pm</p>	<p>3 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Open Leisure Lounge 12:00-1:00 pm Badminton in the Gym 1:00-2:00 pm</p>	<p>4 Therapy Tails Animal Visit In the Galleria 10:30 am Open Fitness Centre 11:00 am - 12:00 pm 1:30 - 2:30 pm Open Leisure Lounge 12:00-1:00 pm 2:30 - 3:30 pm</p>	<p>5 Open Fitness Centre 9:30 - 10:30 am 1:00 - 2:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Volleyball 6:00 pm</p>	<p>6 Open Fitness Centre 10:00 - 11:00 am 2:00-3:00 pm Open Leisure Lounge 12:00-1:00 pm 3:00 - 4:00 pm Coffeeshouse Leisure Lounge 6:00 - 7:30 pm</p>	<p>7 Open Fitness Centre 11:00 am - 12:00 pm 2:00-3:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Pickleball in the Gym 1:00 - 2:00 pm</p>	<p>8 Open Fitness Centre 9:30 - 10:30 am Bingo in the Leisure Lounge 11:00 am - 12:00 pm</p>
<p>9 Open Fitness Centre 9:30 - 10:30 am Chair Yoga Wellness Room 11:00 am -12:00 pm Therapy Tails Animal Visit In the Galleria 1:00 pm Open Leisure Lounge 3:00 - 4:00 pm</p>	<p>10 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Open Leisure Lounge 12:00-1:00 pm Badminton in the Gym 1:00-2:00 pm</p>	<p>11 Therapy Tails Animal Visit In the Galleria 10:30 am Open Fitness Centre 11:00 am - 12:00 pm 1:30 - 2:30 pm Open Leisure Lounge 12:00-1:00 pm 2:30 - 3:30 pm</p>	<p>12 Open Fitness Centre 9:30 - 10:30 am 1:00 - 2:00 pm Open Leisure Lounge 12:00 - 1:00 pm CRAFT GROUP in the Leisure Lounge 3:00 - 4:00 pm Volleyball 6:00 pm</p>	<p>13 Open Fitness Centre 10:00 - 11:00 am 2:00-3:00 pm Open Leisure Lounge 12:00-1:00 pm 3:00 - 4:00 pm Coffeeshouse Leisure Lounge 6:00 - 7:30 pm</p>	<p>14 Open Fitness Centre 11:00 am - 12:00 pm 2:00-3:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Pickleball in the Gym 1:00 - 2:00 pm</p>	<p>15 Open Fitness Centre 9:30 - 10:30 am Bingo in the Leisure Lounge 1:00 - 2:00 pm Open Leisure Lounge 11:00 am - 12:00 pm 2:00 - 3:00 pm</p>
<p>16 FATHER'S DAY Open Fitness Centre 9:30 - 10:30 am Chair Yoga Wellness Room 11:00 am -12:00 pm Therapy Tails Animal Visit In the Galleria 1:00 pm Open Leisure Lounge 3:00 - 4:00 pm</p>	<p>17 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Open Leisure Lounge 12:00-1:00 pm Badminton in the Gym 1:00-2:00 pm</p>	<p>18 Therapy Tails Animal Visit In the Galleria 10:30 am Open Fitness Centre 11:00 am - 12:00 pm 1:30 - 2:30 pm Open Leisure Lounge 12:00-1:00 pm 2:30 - 3:30 pm NEW! Baseball 6:00 pm </p>	<p>19 Open Fitness Centre 9:30 - 10:30 am 1:00 - 2:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Volleyball 6:00 pm</p>	<p>20 FIRST DAY OF SUMMER Open Fitness Centre 10:00 - 11:00 am 2:00-3:00 pm Open Leisure Lounge 12:00-1:00 pm 3:00 - 4:00 pm Coffeeshouse Leisure Lounge 6:00 - 7:30 pm</p>	<p>21 Open Fitness Centre 11:00 am - 12:00 pm 2:00-3:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Pickleball in the Gym 1:00 - 2:00 pm</p>	<p>22 Open Fitness Centre 10:00 - 11:00 am Open Leisure Lounge 1:00 - 2:00 pm</p>
<p>23 Open Fitness Centre 10:00 - 11:00 am Open Leisure Lounge 3:00 - 4:00 pm</p>	<p>24 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 2:30 pm Open Leisure Lounge 12:00-1:00 pm Badminton in the Gym 1:00-2:00 pm</p>	<p>25 Therapy Tails Animal Visit In the Galleria 10:30 am Open Fitness Centre 11:00 am - 12:00 pm 1:30 - 2:30 pm Open Leisure Lounge 12:00-1:00 pm 2:30 - 3:30 pm Baseball 6:00 pm</p>	<p>26 Open Fitness Centre 9:30 - 10:30 am 1:00 - 2:00 pm Open Leisure Lounge 12:00 - 1:00 pm CRAFT GROUP in the Leisure Lounge 3:00 - 4:00 pm Volleyball 6:00 pm</p>	<p>27 Open Fitness Centre 10:00 - 11:00 am 2:00-3:00 pm Open Leisure Lounge 12:00-1:00 pm 3:00 - 4:00 pm Coffeeshouse Leisure Lounge 6:00 - 7:30 pm</p>	<p>28 Open Fitness Centre 11:00 am - 12:00 pm 2:00-3:00 pm Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Pickleball in the Gym 1:00 - 2:00 pm</p>	<p>29 Open Fitness Centre 9:30 - 10:30 am Bingo in the Leisure Lounge 1:00 - 2:00 pm Open Leisure Lounge 11:00 am - 12:00 pm 2:00 - 3:00 pm</p>
<p>30 Open Fitness Centre 9:30 - 10:30 am Chair Yoga Wellness Room 11:00 am -12:00 pm Therapy Tails Animal Visit In the Galleria 1:00 pm Open Leisure Lounge 3:00 - 4:00 pm</p>	<p>Please note the following:</p> <ul style="list-style-type: none"> • Central programs are available to W5th inpatients & registered MHAP outpatients • Ensure frequent hand washing and use of hand sanitizer upon program entry and before exit • Provide your name and unit/service to the Recreation Therapist facilitating for attendance • The gymnasium is open for inpatient & registered outpatient access from 9am - 9pm daily 