

Weekly Programs in South Cottages

For more details, contact the Department of Therapeutic Programming: 604-468-5044

Examples of Daily Therapy Groups or 1:1 Connections include but are not limited to:

- Active Games
- Musical improvisation
- Outdoor Walks
- Arts & Crafts
- Patio Hour
- Mental Aerobics

- Beauty Club
- Reminiscence Groups
- Duet Cycling
- Flower Arranging
- Education Group
- Mental Aerobics

- Arts & Music
- Relaxation Groups
- Sensory Engagement
- Gardening
- Sing a long
- Gentle Music
- Music Appreciation

- Group Connections
- Snoezelen Therapy
- Helping Hands
- Sorting Activities
- Holiday Celebrations
- Special Events

- Hymn Sings
- Spiritual Connections
- Table Games & Puzzles
- Literary Listeners
- Tovertafel
- Lyrics Discussion
- Name that Tune

Recreation Therapy Programs and times are flexible and occur morning, afternoon and most evenings

Music Therapy group and 1:1 programs occur Sunday and Monday afternoon and evening

Individual and small group programs are facilitated accordingly throughout the day

Programs and times are subject to change