

W5th RECREATION IN JULY 2023



1
CANADA DAY
 Open Fitness Centre
 9:30 - 10:30 am
 3:00 - 4:00 pm
 Open Leisure Lounge
 10:30 am - 12:00 pm
 Bingo in the Leisure Lounge
 1:00 - 2:00 pm

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>2 Tennis Meet at Level 1 Entrance 9:30 - 10:30 am Open Fitness Centre 11:00 am - 12:00 pm Open Leisure Lounge 1:00 - 2:30 pm Chair Yoga Wellness Room 3:00 - 4:00 pm</p>	<p>3 Open Fitness Centre 2:00 - 3:00 pm Badminton in the Gym 1:00-2:00 pm Open Leisure Lounge 1:00 - 2:00 pm</p>	<p>4 Open Fitness Centre 11:00 am - 12:00 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 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 Coffeehouse 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</p>	<p>8 Open Fitness Centre 9:30 - 10:30 am 3:00 - 4:00 pm Open Leisure Lounge 10:30 am - 12:00 pm Bingo in the Leisure Lounge 1:00 - 2:00 pm</p>	
<p>9 Tennis Meet at Level 1 Entrance 9:30 - 10:30 am Open Fitness Centre 11:00 am - 12:00 pm Open Leisure Lounge 1:00 - 2:30 pm Chair Yoga Wellness Room 3:00 - 4:00 pm</p>	<p>10 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Badminton in the Gym 1:00-2:00 pm Open Leisure Lounge 12:30-1:30 3:00 - 4:00 pm</p>	<p>11 St. John's Animal Visit In the Galleria 10:00 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 Open Leisure Lounge 12:00 - 1:00 pm 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 Coffeehouse 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 3:00 - 4:00 pm Open Leisure Lounge 10:30 am - 12:00 pm Bingo in the Leisure Lounge 1:00 - 2:00 pm</p>	
<p>16 Tennis Meet at Level 1 Entrance 9:30 - 10:30 am Open Fitness Centre 11:00 am - 12:00 pm Open Leisure Lounge 1:00 - 2:30 pm Chair Yoga Wellness Room 3:00 - 4:00 pm</p>	<p>17 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 2:30 pm Badminton in the Gym 1:00-2:00 pm Open Leisure Lounge 12:30-1:30 pm</p>	<p>18 Open Fitness Centre 11:00 am - 12:00 pm 1:30 - 2:30 pm Open Leisure Lounge 12:00 - 1:00 pm</p>	<p>19 Open Leisure Lounge 12:00 - 1:00 pm 3:00 - 4:00 pm Volleyball 6:00 pm</p>	<p>20 Open Fitness Centre 10:00 - 11:00 am Open Leisure Lounge 12:00-1:00 pm Coffeehouse 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 2:00 - 3:00 pm</p>	
<p>23 Open Fitness Centre 3:00 - 4:00 pm Open Leisure Lounge 4:00 - 5:00 pm</p>	<p>24 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Badminton in the Gym 1:00-2:00 pm Open Leisure Lounge 12:30-1:30 pm 3:00 - 4:00 pm</p>	<p>25 St. John's Animal Visit In the Galleria 10:00 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>26 Open Fitness Centre 9:30 - 10:30 am Open Leisure Lounge 12:00 - 1:00 pm 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 Coffeehouse 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 3:00 - 4:00 pm Open Leisure Lounge 10:30 am - 12:00 pm Bingo in the Leisure Lounge 1:00 - 2:00 pm</p>	
<p>30 Tennis Meet at Level 1 Entrance 9:30 - 10:30 am Open Fitness Centre 11:00 am - 12:00 pm Open Leisure Lounge 1:00 - 2:30 pm Chair Yoga Wellness Room 3:00 - 4:00 pm</p>	<p>31 Open Fitness Centre 11:00 am - 12:00 pm 2:00 - 3:00 pm Badminton in the Gym 1:00-2:00 pm Open Leisure Lounge 12:30-1:30 pm 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 and registered MHAP outpatients • Ensure frequent hand washing and proper use of hand sanitizer upon entry and before exit • Provide your name and unit/service to the Recreation Therapist facilitating for attendance <p>The gymnasium is open for registered patient access from 9am - 9pm daily</p>					