



Our Parents' Home Programs for November 16-20, 2020

Hello OPH Residents,

We have now added exercise programs to the Channel 716 from 10-noon. We are awaiting some new technology so sound can be projected out of channel 716. Thank you for your patience regarding this channel. Please do not hesitate to ask for any help. We will continue to door drop Brain Games at your door! Then we have Bingo Monday and Friday at 2pm over Zoom (to call in, call 1-587-328-1099, and the Meeting ID is 233 386 0860, followed by #). Coffee Chats will also be over Zoom for this week.

16 Monday

10am-12pm: Seated Exercises (Channel 716)

10am: Exercise on 2nd floor

11am: Exercise on 6th floor

2-3pm: Bingo over Zoom (please call or sign in to link)

17 Tuesday

10am-12pm: Seated Exercises (Channel 716)

10am: Exercise on 7th floor

11am: Exercise on 8th floor

18 Wednesday

10am-12pm: Seated Exercises (Channel 716)

10am: Exercise on 9th floor

11am: Exercise on 10th floor

2pm: Coffee Chats over Zoom

19 Thursday

10am-12pm: Seated Exercises (Channel 716)

10am: Exercise on 11th floor

11am: Exercise on 12th floor

12 pm: Fresh Express Forms Due outside your door

2-3pm: Technology Assistance please call (780) 232-3013 if you need assistance

20 Friday

10am-12pm: Seated Exercises (Channel 716)

11am: Exercise on 13th floor

12pm: Fresh Express Bus-we will deliver your order to your room (Main Lobby)

2-3pm: Bingo over Zoom (please call or sign in to link)

Thank you!

The Recreation Team