


NOVEMBER 2018

Rehab Programs at the LBHH

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|----------------------|
|  | | | | | | |
| | | | | <p>9:00 'Building better bodies' -for 2nd fl residents in the gym ¹</p> <p>11:30 Restorative Program</p> <p>1:30 'Strength & Balance' -for 1st fl residents in the gym</p> <p>4:30 Restorative Program</p> | <p>9:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents ²</p> <p>11:15–11:45 'Balance Class' -for 1st fl residents</p> <p>11:30 Restorative Program</p> <p>4:30 Restorative Program</p> | |
| <p>DAYLIGHT SAVINGS ⁴ Set your clock back one hour</p> | <p>⁵ 9:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents 9:30 'Keep Fit' –1st fl 11:30-12:30 Restorative Program 1:30–2:30 'Strength training group' -for 2nd fl residents - gym 2:00 1:1 Wheelchair propelling 4:30–5:30 Restorative Program</p> | <p>⁶ 9:00 'Building better bodies' -for 2nd fl residents in the gym 11:30 Restorative Program 1:30 'Strength & Balance' -for 1st fl residents in the gym 4:30 Restorative Program</p> | <p>⁷ 10:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents 9:30 'Keep Fit' –1st fl 10:00 'Strengthening Group' -for 1st floor residents – gym 11:30 Restorative Program 1:30 'Strength Training' -for 2nd fl residents – gym 4:30 Restorative Program</p> | <p>⁸ 9:00 'Building better bodies' -for 2nd fl residents in the gym 11:30 Restorative Program 1:30 'Strength & Balance' -for 1st fl residents in the gym 4:30 Restorative Program</p> | <p>⁹ 9:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents 11:15–11:45 'Balance Class' -for 1st fl residents 11:30 Restorative Program 4:30 Restorative Program</p> | <p>¹⁰</p> |
| <p>REMEMBRANCE DAY ¹¹</p> | <p>REMEMBRANCE DAY ¹² STATUTORY HOLIDAY OBSERVED TODAY REHAB IS CLOSED</p> | <p>¹³ 9:00 'Building better bodies' -for 2nd fl residents in the gym 11:30 Restorative Program 1:30 'Strength & Balance' -for 1st fl residents in the gym 4:30 Restorative Program</p> | <p>¹⁴ 10:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents 9:30 'Keep Fit' –1st fl 10:00 'Strengthening Group' -for 1st floor residents – gym 11:30 Restorative Program 1:30 'Strength Training' -for 2nd fl residents – gym 4:30 Restorative Program</p> | <p>¹⁵ 9:00 'Building better bodies' -for 2nd fl residents in the gym 11:30 Restorative Program 1:30 'Strength & Balance' -for 1st fl residents in the gym 4:30 Restorative Program</p> | <p>¹⁶ 9:00–11 'Get Up & Go' Rehab gym -for 2nd floor residents 11:15–11:45 'Balance Class' -for 1st fl residents 11:30 Restorative Program 4:30 Restorative Program</p> | <p>¹⁷</p> |
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