

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p align="center">"Sweet May hath come to love us. Flowers, trees, their blossoms don" – Heinrich Heine</p>						<p>10 – Hand Strength 1</p> <p>11 – Outdoor Walking Club</p> <p>1 – Colouring Session</p> <p>4 – Catholic Service</p>
3	<p>10 – Standing Balance 4</p> <p>11 – Canadian Trivia</p> <p>2 – Garden Club</p> <p>4:30 – Outdoor Walking Club</p>	<p>10 – Flexibility 5</p> <p>11 – Transition House Visit</p> <p>1 – Library Program</p> <p>3 – Music and Mocktails</p>	<p>10 – Senior Strength (Joint Rotation) 6</p> <p>11 – Resident Meeting</p> <p>1:15-3:45 – Community Bus Errands</p> <p>1:30 – Mother's Day Photo Shoot</p> <p>2 – Christian Fellowship</p> <p>3:30 – Outdoor Walking Club</p>	<p>10 – Step Class 7</p> <p>1:30 – Bingo with 50/50</p> <p>4 – Who Sang that Tune?</p>	<p>10 – Hand Strength 8</p> <p>11 – Outdoor Walking Club</p> <p>1:30 – Mother's Day Tea Tasting and Antique Show</p> <p>4 – Catholic Service</p>	2
Mother's Day	<p>10 – Chair Yoga 11</p> <p>1:30 – Cooking Club (Lemon Pies)</p> <p>4:30 – Outdoor Walking Club</p>	<p>10 – Standing Balance 12</p> <p>11 – Canadian Trivia</p> <p>1 – Library Program</p> <p>3 – Music and Mocktails</p>	<p>10 – Senior Strength (Resistance Bands) 13</p> <p>10:30 – Singing Group</p> <p>1:15-3:45 – Community Bus Errands</p> <p>2 – Christian Fellowship</p> <p>3:30 – Outdoor Walking Club</p>	<p>10 – Flexibility 14</p> <p>11 – Card Games in the dining room</p> <p>1:30 – Bingo with 50/50</p> <p>4 – Words in a Word</p>	<p>10 – Step Class 15</p> <p>1:30 – Outdoor Walking Club</p> <p>3:30 – Poetry Reading</p> <p>4 – Catholic Service</p>	16
17	<p>Victoria Day</p> <p>No Admin on Site</p>	<p>10 – Hand Strength 19</p> <p>11 - Cornhole</p> <p>1 – Library Program</p> <p>3 – Music and Mocktails</p>	<p>10 – Senior Strength (Mixed Equipment) 20</p> <p>1 – Rummikub in dining room</p> <p>1:15-3:45 – Community Bus Errands</p> <p>2 – Christian Fellowship</p> <p>3:30 – Outdoor Walking Club</p>	<p>10 – Standing Balance 21</p> <p>1:30 – Bingo with 50/50</p> <p>3:30 – Universal Yums</p>	<p>10 – Flexibility 22</p> <p>11 - Outdoor Walking Club</p> <p>1 - Sheldon Coates School Visit</p> <p>3:30 – Book Club</p> <p>4 – Catholic Service</p>	23
24	<p>10 – Step Class 25</p> <p>1:30 – Death Café</p> <p>3 – Weaving Turtle Craft</p> <p>4:30 – Outdoor Walking Club</p>	<p>10 – Hand Strength 26</p> <p>11 – Ladder Ball</p> <p>1 – Library Program</p> <p>3 – Music and Mocktails</p>	<p>10 – Senior Strength (Weights) 27</p> <p>10:30 – Singing Group</p> <p>11:30 – Lunch Outing</p> <p>1:15-3:45 – Community Bus Errands</p> <p>2 – Christian Fellowship</p> <p>3:30 - Outdoor Walking Club</p>	<p>10 – Chair Yoga 28</p> <p>11:15 – Cozy Cubs Club (Babies!!)</p> <p>1:30 – Bingo with 50/50</p> <p>4 – Axe Throwing</p>	<p>10 – Standing Balance 29</p> <p>1:30 – Outdoor Walking Club</p> <p>3 - Charades</p> <p>4 – Catholic Service</p>	30

31

Subject to Change