

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2025

Suites, Garden Homes & DLMA

				9:30 Lower Body Strength (CR) 10:30 Memorial Service (FH) 1:15 Hot Wax Treatment (Gym)	9:30 Flexibility Fitness (CR) 10:30 You Be the Judge (CR) 1:30 Giant Scrabble (GR) 2:30 BINGO (MPR)	
				May Day		
10:30 Sunday Service with Chaplain Ellen (FH)	KMW Clothing Sale 10-2pm 9:30 Lower Body Strength (Gym) 10:30 Crokinole (GR) 12:00 Suites Lunch with Chaplain Ellen *Sign-up required 2:30 Spirit Circle with Chaplain Ellen (CR)	9:30 Qi Gong (FH) 10:30 Current Events 1:30 Brain Teasers (CR) 2:00 Resident Drop-In (DR) 2:30 Bean Bag Toss (CR)	9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 2:00 Music with Manvir (FH)	9:30 Lower Body Strength (CR) 10:30 UNO (MPR) 1:15 Hot Wax Treatment (Gym) 2:00 Piano Duet with Mary & Joan (FH)		2:00 Mother's Day Tea (FH)
	Cinco de Mayo					
10:30 Sunday Service with Chaplain Lisa (FH)	9:30 Upper Body Strength (CR) 10:30 Creative Painting (MPR) 11:45 Outing: Boston Pizza *Sign-up required 2:30 Spirit Circle with Chaplain Ellen (CR)	9:30 Flexibility Fitness (CR) 10:30 Relax & Colour (MPR) 1:30 Ladder Ball Toss (CR) 2:30 Apple Pie Social (MPR)	9:30 Beach Ball Fun (CR) 10:20 RC Communion Visits 1:15 Outing: Sentimental Journey Concert at WMB Church *sign up required	10:00 Music with Henry Winter (FH) 1:15 Hot Wax Treatment (Gym)	9:30 Upper Body Strength (CR) 10:30 Poetry Reading (MPR) 1:30 May Birthday Celebration (MPR) 2:30 BINGO (MPR) 3:45 Piano Music with Angela (FH)	
	Mother's Day National Skilled Nursing Care Week					Armed Forces Day
10:30 Sunday Service with Chaplain Lisa (FH)	9:30 Upper Body Strength (CR) 10:30 Yahtzee (MPR) 1:30 Ladder Ball Toss (CR) 2:30 Spirit Circle with Chaplain Ellen (CR)	10:30 Flexibility Fitness (CR) 1:30 Gardening (FP) 5:00 Retirement Suites 6 th Floor Dinner (MPR)	9:30 Balloon Badminton (CR) 10:30 Hymn Sing (MPR) 1:30 Bean Bag Toss (CR) 2:30 Travelogue: England 6:00 Community Piano Recital (FH)	9:30 Upper Body Strength (CR) 10:30 Worship with Knox Presbyterian Church (FH) 1:15 Hot Wax Treatment (Gym)	8:30 Outing: Jack's Family Restaurant *Sign-up required 10:00 Sharp Attack Quartet (FH) 1:30 Rootbeer Float Social (MPR) 2:30 BINGO (MPR)	
	Victoria Day (Canada)					
10:30 Sunday Service with Laura Carr-Pries (FH) 2:00 Piano Drop-In with Doug & Wilf (FH)	9:30 Strength & Conditioning (CR) 10:30 UNO (MPR) 2:00 Music with Marilyn & Muriel: 'Songs for Spring' (FH)	1:30 Word Games (CR) 2:30 Ring Toss (CR)	9:30 Beach Ball Fun (CR) 10:30 Catholic Mass (FH) 1:30 Outing: Colour Paradise Greenhouses *Sign-up required 2:30 Hymn Sing (FH)	9:30 Strength & Conditioning (CR) 10:30 Fireside Singers (FH) 1:15 Hot Wax Treatment (Gym)	9:30 Flexibility Fitness (CR) 10:30 Jeopardy (CR) 1:30 Bocce Ball (CR Hallway) 3:45 Piano Music with Angela (FH)	2:00 Crochet Club (FH)
	Memorial Day					

ACTIVITY CALENDAR

MAY 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 2025 Pool Schedule						
				1 2:30 Aquafit 3:00 Open Swim	2	3
4 2:30 Aquafit 3:00 Open Swim	5 4:00 Aquafit 6:30 Open Swim	6 2:30 Aquafit 3:00 Open Swim	7 2:30 Aquafit 3:00 Open Swim	8 2:30 Aquafit 3:00 Open Swim	9	10
11 3:00 Aquafit	12 4:00 Aquafit 6:30 Open Swim	13 2:30 Aquafit 3:00 Open Swim	14 2:30 Aquafit 3:00 Open Swim	15 2:30 Aquafit 3:00 Open Swim	16 2:30 Aquafit 3:00 Open Swim	17
18 2:30 Aquafit 3:00 Open Swim	19 3:30 Aquafit	20 2:30 Aquafit 3:00 Open Swim	21 2:30 Aquafit 3:00 Open Swim	22 2:30 Aquafit 3:00 Open Swim	23 2:30 Aquafit 3:00 Open Swim	24
25 2:30 Aquafit 3:00 Open Swim	26 4:00 Aquafit 6:30 Open Swim	27 2:30 Aquafit 3:00 Open Swim	28 2:30 Aquafit 3:00 Open Swim	29 2:30 Aquafit 3:00 Open Swim	30	31

Pool programs will be 30 minutes each