

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



May 2026

Parkwood Suites and Garden Homes

Fried Egg Friday **1**
10:00 Music with Brent M (FH)
 10:30 Chair Yoga (Martin Apartments DR)
 1:30 Bingo
 3:00 Walking Group (meet in the Suites lobby)
 May Day

2
 2:00 Dominos (MPR)

3
 10:30 Sunday Service with Lisa (FH)

4
 9:30 Flexibility Fitness (CR)
 10:30 Corn Hole (Martin Apartment DR)
 1:30 Time to Think (CR)
 2:30 WPL Tech Session *sign up required
 2:30 The Heart of the Matter with Lisa (CR)

5
 9:30 Strength and Conditioning (CR)
 10:30 Social Art (CR)
 1:30 Bean Bag Toss
 2:30 Yahtzee (MPR)
 Cinco de Mayo

6
Mother's Day Market (MPR) 10am-2pm
 9:30 Walking Group (meet in the Suites lobby)
 10:30 Hymn Sing (FH)
 2:00 Outdoor Games (suites entrance)

7
 9:30 Upper Body Strength (CR)
 10:30 Current Events (Suite Lobby)
 1:15 Hot Wax Treatment (CR)
2:00 Mother's Day Tea (FH)
***Sign-up is required**

8
10:00 Hospice of Waterloo Presentation: Hospice 101 (FH)
 10:30 Chair Yoga (Martin Apartments DR)
1:00 Outing: Sentimental Journey 4 *Sign-up required

9
 2:00 UNO (MPR)

10
 10:30 Sunday Service with Lisa (FH)
 Mother's Day
 National Skilled Nursing Care Week

11
 9:30 Lower Body Strength (CR)
 10:30 Corn Hole (Martin Apartment DR)
2:00 Music with Marilyn & Muriel (FH)

12
9:00 Outing: Men's Club ION Tour *Sign-up required
 9:30 Qi Gong (FH)
 10:00 Kindred Banking
 1:30 Bingo (MPR)
 3:00 Walking Club (meet in the Suites lobby)

13
 9:30 Seated Dance with Lauren (FH)
 10:20 RC Communion Visits
 10:30 Hymn Sing (MPR)
 1:30 Ring Toss (CR)
 2:30 Travelogue: Guatemala (CR)

14
 9:30 Flexibility Fitness (CR)
10:00 Town Hall (CR)
 1:15 Hot Wax Treatment (CR)
2:30 Music with Bob Maclean (FH)

15
 9:30 Creative Painting (MPR)
 10:30 Chair Yoga (Martin Apartments DR)
 1:30 Movie Matinee with Popcorn
3:45 Piano Music with Angela (FH)

16
 2:00 Dominos (MPR)
 Armed Forces Day

17
 10:30 Sunday Service with Laura CP (FH)

Victoria Day **18**

19
 9:30 Strength and Conditioning (CR)
 10:30 Current Events (Suites lobby)
 1:30 A Day at the Races! (CR)
 2:30 Bible Study (CR)

20
 9:30 Seated Dance with Lauren (FH)
 10:30 Hymn Sing (MPR)
11:30 Outing: Fireside Restaurant *Sign-up required
 3:00 Cranium Crunches (CR)

21
 9:30 Upper Body Strength (CR)
10:30 Music with Fireside Voices (FH)
 1:15 Hot Wax Treatment (CR)
 2:30 Balloon Volley Ball (CR)
 Shavuot Begins

22
 9:30 Walking Group (meet in the Suites lobby)
 10:30 Chair Yoga (Martin Apartments DR)
 1:30 Curling (CR Hallway)
 2:30 Jeopardy (CR)

23
 2:00 UNO (MPR)

24
 10:30 Sunday Service with Lisa (FH)
 2:00 Piano Music with Doug & Wilf (FH)

25
 9:30 Lower Body Strength (CR)
 10:30 Corn Hole (Martin Apartment DR)
 1:30 To a "T" Word Game (CR)
 2:30 The Heart of the Matter with Lisa (CR)
 Memorial Day

26
 10:00 Kindred Banking
1:30 Outing: Walmart *Sign-up required
5:00 6th Floor Dinner (MPR)

27
 9:30 Flexibility Fitness (CR)
 10:30 Catholic Mass (FH)
 10:30 Hymn Sing (MPR)
 1:30 Outdoor Garden Planting

28
 9:30 Strength and Conditioning (CR)
 10:30 Relax and Colour (MPR)
 10:30 Worship with Janice (FH)
 1:15 Hot Wax Treatment (CR)
 2:30 Ladder Ball (CR)
6:00 Hands Together Music: Children's Recital (FH)

Fried Egg Friday **29**
 9:30 Upper Body Fitness (CR)
 10:30 Chair Yoga (Martin Apartments DR)
 1:30 May Birthday Celebration (MPR)
 3:00 Walking Club (meet in the Suites lobby)

30
 2:00 Dominos (MPR)

31
 10:30 Sunday Service with Lisa (FH)

