

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2024

“May, the month of sunshine, blooming flowers, and endless possibilities”  
– unknown

9:30 Chair Aerobics (2) **1**  
10:45 Chair Aerobics (3)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
**2:00 Entertainment by Elisabeth W. (L)**  
4:00 Friendly Visits

9:30 Chair Aerobics (3) **2**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Sing-Along (2)  
2:30 Armchair Travel: Italy (1)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **3**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
1:30 Bingo (3)  
2:30 Finish the Idiom (2)  
4:00 Friendly Visits

9:30 Morning Stretches (2) **4**  
10:45 Morning Stretches (3)  
11:45 Therapeutic Meal Assistance  
2:30 Arts and Crafts (1)  
4:00 Friendly Visits

May Day



**Nurses Week**  
Cinco de Mayo

9:30 Drum Fit (3) **6**  
10:45 Drum Fit (1)  
11:45 Therapeutic Meal Assistance  
1:30 Tai Chi (2)  
4:00 Friendly Visits

9:30 Morning Stretches (1) **7**  
11:45 Therapeutic Meal Assistance  
2:30 Puzzles (2)  
4:00 Friendly Visits

1:30 Mahjong (3) **8**  
2:00 Baking Program: Chocolate Chip Loaf Cake (3)  
3:00 Friendly Visits  
6:15 Spiritual Services (L)

9:30 Ball Games (3) **9**  
10:45 Ball Games (1)  
11:45 Therapeutic Meal Assistance  
1:30 Bingo (2)  
2:30 Matching Game (1)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **10**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
**2:30 Mother's Day Party (3)**  
4:00 Friendly Visits



9:30 Badminton (2) **11**  
10:45 Badminton (3)  
11:45 Therapeutic Meal Assistance  
1:30 Arts and Crafts (2)  
2:30 Table Games (1)  
4:00 Friendly Visits

9:30 Chair Aerobics (3) **12**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
2:00 ECCC Church Service (L)  
4:00 Friendly Visits

Mother's Day  
National Skilled Nursing Care Week

9:30 Drum Fit (2) **13**  
10:45 Drum Fit (1)  
11:45 Therapeutic Meal Assistance  
1:30 Tai Chi (3)  
4:00 Friendly Visits

9:30 Morning Stretches (2) **14**  
11:45 Therapeutic Meal Assistance  
2:30 Puzzles (3)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **15**  
10:45 Chair Aerobics (3)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
2:00 Baking Program: Lemon Poppy Scones (2)  
4:00 Friendly Visits

9:30 Chair Aerobics (3) **16**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Bingo (1)  
2:30 Name 5 Things (2)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **17**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Music Program: Teresa Teng (1)  
1:30 Mahjong (3)  
2:30 Armchair Travel: Colombia (2)  
4:00 Friendly Visits

9:30 Morning Stretches (2) **18**  
10:45 Morning Stretches (3)  
11:45 Therapeutic Meal Assistance  
2:30 Arts and Crafts (1)  
4:00 Friendly Visits

Armed Forces Day

**19**

**20**  
No Recreation Staff (Holiday)

Victoria Day (Canada)

9:30 Morning Stretches (3) **21**  
11:45 Therapeutic Meal Assistance  
2:30 Puzzles (1)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **22**  
10:45 Chair Aerobics (3)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
2:00 Baking Program: Orange Ricotta Cookies (3)  
4:00 Friendly Visits

9:30 Badminton (3) **23**  
10:45 Badminton (1)  
11:45 Therapeutic Meal Assistance  
1:30 Bingo (3)  
2:30 Gardening Program (2)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **24**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Sing-Along (3)  
1:30 Mahjong (3)  
2:30 Armchair Travel: Morocco (1)  
4:00 Friendly Visits

10:00 Catholic Church Hymn Sing (L) **25**  
11:45 Therapeutic Meal Assistance  
1:30 Arts and Crafts (3)  
2:30 Table Games (2)  
4:00 Friendly Visits

9:30 Chair Aerobics (3) **26**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
2:00 ECAC Church Service (L)  
4:00 Friendly Visits

Memorial Day

9:30 Drum Fit (2) **27**  
10:45 Drum Fit (3)  
11:45 Therapeutic Meal Assistance  
1:30 Tai Chi (3)  
4:00 Friendly Visits

9:30 Morning Stretches (1) **28**  
11:45 Therapeutic Meal Assistance  
2:30 Puzzles (3)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **29**  
10:45 Chair Aerobics (3)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
2:00 Baking: Raspberry Chocolate Cookies (2)  
4:00 Friendly Visits

9:30 Chair Aerobics (3) **30**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Bingo (2)  
2:30 Matching Pairs (1)  
4:00 Friendly Visits

9:30 Chair Aerobics (2) **31**  
10:45 Chair Aerobics (1)  
11:45 Therapeutic Meal Assistance  
1:30 Mahjong (3)  
**2:30 Birthday Party (2)**  
4:00 Friendly Visits

Location of program:  
1= 1<sup>st</sup> Floor Unit  
2= 2<sup>nd</sup> Floor Unit  
3= 3<sup>rd</sup> Floor Unit  
L= Main Floor Lobby