

Memory Care / Enhanced Care Neighborhood Activities Calendar

SUNDAY

MONDAY

TUESDAY

WEDNESDAY








THURSDAY

FRIDAY

SATURDAY

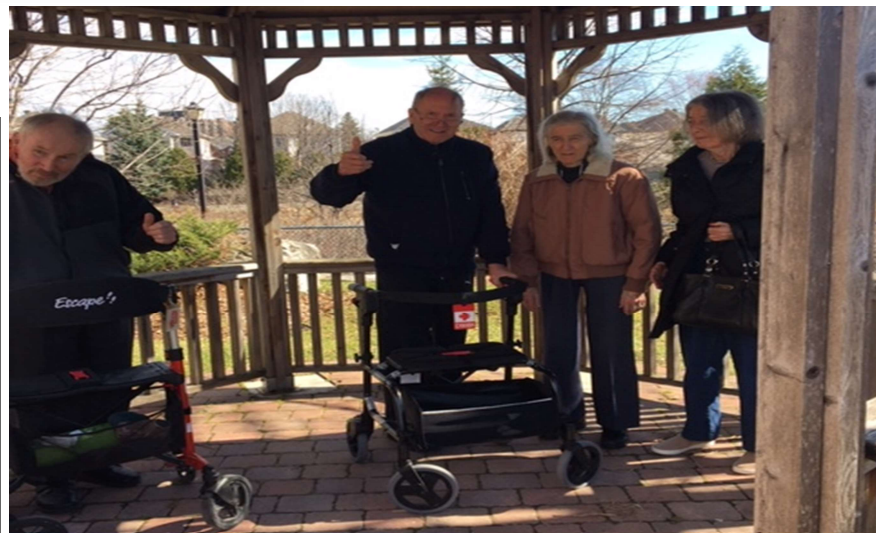
MAY 2019



A	Auditorium		Fitness
AR	Activity Room		Spiritual
B	Bistro		Outing
C	Chapel		Game
DR	Dining Room		Movie
FR	Fitness Room		Entertainment
GR	Games Room		Crafty Corner
L	Lobby		
RR	Retirement Residence		
SS	Senior Suites		
SS-RR	SS Red Room		
T	Theater		
WC	Wellness Centre		

SHUTTLES & OUTINGS

Please be sure to sign up at Reception at least 48 hours in advance!



09:30	News and Weather	1
10:00	Morning Walk	
10:30	Pet Therapy (RR)	
02:30	Afternoon Music with Vintage Fiddlers (SS-A)	
06:30	Evening Walk	
06:30	Netflix Concert	

09:30	News and Weather	2
10:00	Yoga with Susan	
02:00	Afternoon Pancake and Music (RR-AR)	
03:30	Board and Card Games (4/F)	
06:30	Evening Walk	
06:30	Netflix Comedy Hour	

09:30	News and Weather	3
10:00	Morning Walk	
10:00	Blood Pressure Clinic (RR-Wellness Centre)	
10:00	Card Games and Coffee (RR-B)	
10:15	Tuck Shop (RR-Basement)	
01:30	Community Exercise (4/F)	
03:30	Board and Card Games (4/F)	
06:30	Evening Walk	
06:30	Friday Movie Night and Popcorn	

09:30	News and Weather	4
10:00	Morning Walk	
10:30	Morning Cookies, Coffee & Tea (4/F)	
01:30	Park Place Sing-Along (SS-A)	
02:30	Afternoon Cup Cakes, Coffee & Tea (4/F)	
06:30	Evening Walk	

09:30	News and Weather	5
10:00	Morning Walk	
10:15	Communion (RR-C)	
10:30	Hymn Sing with Debbie (RR-C)	
10:30	Morning Cookies, Coffee & Tea (4/F)	
11:00	St. Monica's Catholic Mass (live stream) - (SS-T)	
02:30	Afternoon Cup Cakes, Coffee & Tea (4/F)	
02:30	Salvation Army Hymn Sing (RR-C)	
04:00	Hymn Sing with Debbie (4/F)	
06:30	Evening Walk	
06:30	Movie Night (4/F)	

09:30	News and Weather	6
09:45	Yoga with Georgia (RR-A)	
10:00	Morning Walk	
10:00	Outing: Mystery Drive	
10:30	Coffee, Cookies and Conversation (RR-B)	
11:00	Reading with Betty	
01:30	Park Place Sing-Along (SS-A)	
01:30	Community Exercise (4/F)	
02:00	Community Exercise (RR-A)	
03:00	Spiritual Hymns with Fidele (RR-A)	
06:30	Evening Walk	

09:30	News and Weather	7
10:00	Morning Walk	
10:00	Communion (Chapel)	
10:00	Games: Crazy Eights (RR-B)	
10:15	Tuck Shop (RR-Basement)	
01:30	Outing: Minto Walking Circuit in Barrhaven	
01:45	Handi-House (RR-L)	
02:30	Community Exercise (RR-A)	
03:00	Community Exercise (RR-A)	
03:30	Board and Card Games (4/F)	
06:30	Evening Walk	

09:30	News and Weather	8
09:45	Fitness with Natalie (RR-A)	
10:00	Morning Walk	
10:00	Games: Throw-away Bingo (RR-B)	
10:30	Music Therapy with Jenny (RR-4/F)	
02:00	One on One Visits (RR)	
02:30	Afternoon Music with Bob Schuartz (RR-B)	
06:30	Evening Walk	
06:30	Netflix Concert	

09:30	News and Weather	9
10:00	Morning Walk	
10:00	City View United Church (RR-C)	
02:00	Painting and Watercoloring (RR-AR)	
03:30	Board and Card Games (4/F)	
06:30	Evening Walk	
06:30	Netflix Comedy Hour	

09:30	News and Weather	10
10:00	Morning Walk	
10:00	Card Games and Coffee (RR-B)	
10:15	Tuck Shop (RR-Basement)	
02:00	Community Exercise (RR-A)	
03:30	Board and Card Games (4/F)	
06:30	Evening Walk	
06:30	Friday Movie Night and Popcorn	

09:30	News and Weather	11
10:00	Morning Walk	
10:30	Morning Cookies, Coffee & Tea (4/F)	
01:30	Netflix Documentary (4/F)	
02:30	Afternoon Cup Cakes, Coffee & Tea (4/F)	
06:30	Evening Walk	

MAY 2019 - Memory Care / Enhanced Care Neighborhood Activities Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12	13	14	15	16	17	18
09:30 News and Weather 10:00 Morning Walk 10:00 Bible Film with Liza (RR-A) 10:15 Communion (RR-C) 10:30 Morning Cookies, Coffee & Tea (4/F) 11:00 St. Monica's Catholic Mass (live stream) - (SS-T) 11:30 Mother's Day Brunch 02:30 Card Games (RR-B) 02:30 Afternoon Cup Cakes, Coffee & Tea (4/F) 06:30 Evening Walk 06:30 Movie Night (4/F)	09:30 News and Weather 09:45 Yoga with Georgia (RR-A) 10:00 Morning Walk 10:00 Outing: Mystery Drive 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 01:30 Park Place Sing-Along (SS-A) 01:30 Community Exercise (4/F) 02:00 Community Exercise (RR-A) 03:00 Spiritual Hymns with Fidele (RR-A) 06:30 Evening Walk	09:30 News and Weather 10:00 Morning Walk 10:00 Communion (Chapel) 10:00 Games: Crazy Eights (RR-B) 10:15 Tuck Shop (RR-Basement) 01:00 Outing: Bank of Canada Museum 02:30 Community Exercise (RR-A) 03:00 Community Exercise (RR-A) 03:30 Board and Card Games (4/F) 06:30 Evening Walk	09:30 News and Weather 10:00 Morning Walk 10:00 Games: Throw-away Bingo (RR-B) 02:00 Professor Cammy (SS-T) 02:00 One on One Visits (RR) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Netflix Concert	09:30 News and Weather 10:00 Morning Walk 02:00 Afternoon Pancakes and Music (RR-B) 02:00 Anglican Church Services (RR-C) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Netflix Comedy Hour	09:30 News and Weather 10:00 Morning Walk 10:00 Card Games and Coffee (RR-B) 10:15 Tuck Shop (RR-Basement) 02:30 Catholic Mass (RR-A) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Friday Movie Night and Popcorn	09:30 News and Weather 10:00 Morning Walk 10:30 Morning Cookies, Coffee & Tea (4/F) 01:30 Park Place Sing-along (SS-A) 02:30 Afternoon Cup Cakes, Coffee & Tea (4/F) 06:30 Evening Walk
19	20	21	22	23	24	25
09:30 News and Weather 10:00 Morning Walk 10:15 Communion (RR-C) 10:30 Morning Cookies, Coffee & Tea (4/F) 10:30 Hymn Sing with Debbie (RR-C) 11:00 St. Monica's Catholic Mass (live stream) - (SS-T) 02:30 Afternoon Cup Cakes, Coffee & Tea (4/F) 04:00 Hymn Sing with Debbie (4/F) 06:30 Evening Walk 06:30 Movie Night (4/F)	09:30 News and Weather 09:45 Yoga with Georgia (RR-A) 10:00 Morning Walk 10:00 Outing: Mystery Drive 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 01:30 Park Place Sing-Along (SS-A) 01:30 Community Exercise (4/F) 02:00 Community Exercise (RR-A) 03:00 Spiritual Hymns with Fidele (RR-A) 06:30 Evening Walk VICTORIA DAY	09:30 News and Weather 10:00 Morning Walk 10:00 Communion (Chapel) 10:00 Games: Crazy Eights (RR-B) 10:15 Tuck Shop (RR-Basement) 01:30 Tulip Festival Outing - Walking through Dow's Lake Park 02:30 Community Exercise (RR-A) 03:00 Community Exercise (RR-A) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 07:15 Capital String and Voices Collective Concert (RR-A)	09:30 News and Weather 09:45 Fitness with Natalie (RR-A) 10:00 Morning Walk 10:00 Games: Throw-away Bingo (RR-B) 10:30 Music Therapy with Jenny (RR-4/F) 11:00 Presentation: Navigating to Health Care System (RR-A) 02:00 One on One Visits (RR) 03:30 Board and Card Games (4/F) 04:45 Birthday Dinner (RR-D) 06:30 Evening Walk 06:30 Netflix Concert	09:30 News and Weather 10:00 Morning Walk 02:00 Painting and Watercoloring (RR-AR) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Netflix Comedy Hour	09:30 News and Weather 10:00 Morning Walk 10:00 Card Games and Coffee (RR-B) 10:15 Tuck Shop (RR-Basement) 02:00 Community Exercise (RR-A) 03:00 Vegetable & Flower Gardens Planting (RR - Patio) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Friday Movie Night and Popcorn	09:30 News and Weather 10:00 Morning Walk 10:30 Morning Cookies, Coffee & Tea (4/F) 01:30 Netflix Documentary (4/F) 02:30 Afternoon Cup Cakes, Coffee & Tea (4/F) 06:30 Evening Walk
26	27	28	29	30	31	
09:30 News and Weather 10:00 Morning Walk 10:00 Bible Film with Liza (RR-A) 10:15 Communion (RR-C) 10:30 Morning Cookies, Coffee & Tea (4/F) 11:00 St. Monica's Catholic Mass (live stream) - (SS-T) 02:30 The MET Church (RR-A) 02:30 Afternoon Cup Cakes, Coffee & Tea (4/F) 06:30 Evening Walk 06:30 Movie Night (4/F)	09:30 News and Weather 09:45 Yoga with Georgia (RR-A) 10:00 Morning Walk 10:00 Outing: Mystery Drive 10:30 Coffee, Cookies and Conversation (RR-B) 11:00 Reading with Betty 01:30 Community Exercise (4/F) 02:30 Residents' Council Meeting (SS-T) 02:00 Community Exercise (RR-A) 02:30 Community Exercise (RR-A) 03:00 Community Exercise (RR-A) 03:00 Spiritual Hymns with Fidele (RR-C) 06:30 Evening Walk	09:30 News and Weather 10:00 Morning Walk 10:00 Communion (Chapel) 10:00 Games: Crazy Eights (RR-B) 10:15 Tuck Shop (RR-Basement) 11:00 Outing to Rideau Carleton Raceway Casino and Lunch 02:30 Community Exercise (RR-A) 03:00 Community Exercise (RR-A) 03:30 Board and Card Games (4/F) 06:30 Evening Walk	09:30 News and Weather 09:45 Fitness with Natalie (SS-A) 10:00 Morning Walk 10:00 Games: Throw-away Bingo (RR-B) 02:00 One on One Visits (RR) 02:30 Afternoon Music with Noel D. 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Netflix Concert	09:30 News and Weather 10:00 Morning Walk 02:00 Afternoon Pancakes and Music (RR-B) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Netflix Comedy Hour	09:30 News and Weather 10:00 Morning Walk 10:00 Card Games and Coffee (RR-B) 10:15 Tuck Shop (RR-Basement) 02:00 Community Exercise (RR-A) 03:30 Board and Card Games (4/F) 06:30 Evening Walk 06:30 Friday Movie Night and Popcorn	