



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
			<p>10:00 Exercises (FC)</p> <p>10:00 Outing: TBD</p> <p>10:45 News & Views (B)</p> <p>12:30 Outing: TBD</p> <p>2:00 Classical Music on YouTube (T)</p> <p>2:00 Scrabble (B)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>9:30 Foot Care Clinic <i>*Sign Up at Reception*</i></p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>10:30 FitMinds (B)</p> <p>2:00 Mass (C)</p> <p>2:00 Solve The Riddle! (B)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Travel Logue: Norway (T)</p> <p>3:00 Tuck Shop (G)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>11:00 Exercises (FC)</p> <p>2:00 Trivia (B)</p> <p>2:30 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p> <p>7:15 Movie (T)</p>
<p>CINCO DE MAYO</p> <p>10:00 French Mass with Communion (T)</p> <p>2:00 Gelli Plate Prints (AR)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>NURSING WEEK STARTS!</p> <p>10:00 Scrabble (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Reminiscent Corner with Gary Whitten (T)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:15 Movie (T)</p>	<p>10:30-11:30 Blood Pressure Clinic/ Pendant Checks (WC)</p> <p>10:00 Tuck Shop (GR)</p> <p>10:00 Bible Study (L)</p> <p>10:30 FitMinds (AR)</p> <p>11:00 - 2:00 Vendor: Roz's Jewelry (L)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Recreation Committee Meeting (AR)</p> <p>2:00 Bridge (G)</p> <p>3:00 Exercises (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:00 Exercises (FC)</p> <p>10:00 Outing: TBD</p> <p>10:45 News & Views (B)</p> <p>12:30 Outing: TBD</p> <p>2:00 Classical Music on YouTube (T)</p> <p>2:00 Babies Who Volunteer (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:30 Neighborhood Coffee and Tea (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>10:30 FitMinds (B)</p> <p>2:00 Mass (C)</p> <p>2:00 Education Presentation: Heartburn & Acid Reflux (T)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:30 Billberry Baptist Church (C)</p> <p>10:45 News & Views (B)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Mother's Day Tupperware Party (G)</p> <p>3:00 Tuck Shop (G)</p> <p>4:00 Happy Hour (B)</p>	<p>10:00 Walk & Roll for Dementia at Promenade <i>*Meet in the Lobby at 9:45 am*</i></p> <p>2:00 Word Games (FD)</p> <p>2:30 Afternoon Movie</p> <p>3:30 Billiards (G)</p>
<p>MOTHER'S DAY / NURSING WEEK ENDS</p> <p>10:00 French Mass with Communion (B)</p> <p>2:00 Mother's Day Afternoon High Tea (B)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>10:00 Scrabble (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Arizona (T)</p> <p>2:00 Reading Buddies with Divine Infant Students (LL)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:15 Movie (T)</p>	<p>10:00 Tuck Shop (GR)</p> <p>10:00 Bible Study (L)</p> <p>10:30 FitMinds (AR)</p> <p>11:00 - 2:00 Vendor: Pam's Travelling Shop (L)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Bridge (G)</p> <p>2:30 Lutheran Church Service (C)</p> <p>3:00 Exercises (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:00 Exercises (FC)</p> <p>10:00 Outing: St. Laurent Mall & Mystery Drive</p> <p>10:45 News & Views (B)</p> <p>12:30 Outing: Casino Lac Leamy (\$)</p> <p>2:00 True or False (B)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>9:30 Foot Care Clinic <i>*Sign Up at Reception*</i></p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>11:10 Music with Jenn (3rd)</p> <p>10:30 FitMinds (B)</p> <p>2:00 Thursday Theme Trivia (B)</p> <p>2:00 Mass (C)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 BINGO! (AR)</p> <p>3:00 Play: Skip Bo (B)</p> <p>3:00 Tuck Shop (G)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>11:00 Exercises (FC)</p> <p>2:00 Walking Club</p> <p>2:00 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p> <p>4:00 Happy Hour (B)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>19</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>2:00 Famous Faces Quiz (B)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>20</p> <p>10:00 Scrabble (B)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Chile (T)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:15 Movie (T)</p>	<p>21</p> <p>10:00 Tuck Shop (G)</p> <p>10:00 Bible Study (L)</p> <p>10:30 FitMinds (AR)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Bridge (B)</p> <p>2:00 Lutheran Church Service (C)</p> <p>3:00 Exercises (LL)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>22</p> <p>10:00 Exercises (FC)</p> <p>10:00 Outing: Convent Glen & Mystery Drive</p> <p>12:30 Outing: Gabriel's Pizza (\$)</p> <p>10:45 News & Views (B)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>23</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>11:00 Food Committee Meeting (T)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Thursday Trivia (B)</p> <p>2:00 Babies Who Volunteer (LL)</p> <p>2:00 Mass (C)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>24</p> <p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighbourhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 BINGO! (AR)</p> <p>2:00 Travel Logue: Tanzania (T)</p> <p>3:00 Tuck Shop (G)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>25</p> <p>11:00 Exercises (FC)</p> <p>2:00 Word Games (FD)</p> <p>2:30 Afternoon Movie (T)</p> <p>3:30 Billiards (G)</p> <p>7:15 Movie (T)</p>
<p>26</p> <p>10:00 French Mass with Communion (T)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>2:00 Mindful Coloring (FD)</p> <p>2:30 TV Series: "Outlander" (T)</p> <p>7:00 Cribbage (G)</p>	<p>27</p> <p>10:00 Scrabble (B)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:45 News & Views (B)</p> <p>2:00 Travel Logue: Iceland (T)</p> <p>2:00 Reading Buddies with Divine Infant Students (LL)</p> <p>3:15 Cranium Crunches (B)</p> <p>4:00 Happy Hour (B)</p> <p>7:00 Bridge (G)</p> <p>7:15 Movie (T)</p>	<p>28</p> <p>10:00 Tuck Shop (G)</p> <p>10:00 Bible Study (L)</p> <p>10:30 FitMinds (AR) </p> <p>2:00 Bridge (B)</p> <p>2:00 Resident Council Meeting (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 1/2 Price Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>29</p> <p>10:00 - 11:00 Ottawa Public Library Visit (B)</p> <p>10:00 Exercises (FC)</p> <p>10:00 Outing: WalMart & Mystery Drive</p> <p>12:30 Outing: Red Lobster (\$)</p> <p>10:45 News & Views (B)</p> <p>2:00 Classical Music on YouTube (T)</p> <p>3:00 Hangman (B)</p> <p>4:00 Happy Hour (B)</p> <p>4:45 Birthday & Anniversary Dinner Party</p> <p>7:15 Movie (T)</p>	<p>30</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:30 FitMinds (AR)</p> <p>11:10 Music with Jenn (3rd)</p> <p>2:00 Thursday Trivia (B)</p> <p>2:00 Spring Painting with Anita (AR)</p> <p>2:00 Mass (C)</p> <p>3:00 Exercises (LL)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p>31</p> <p>10:00 Zumba Gold Chair Dancing (LL)</p> <p>10:30 Neighborhood Coffee and Tea (B)</p> <p>10:30 Billberry Baptist Church (C)</p> <p>10:45 News & Views (B)</p> <p>2:00 BINGO! (AR) \$2.00/per card</p> <p>3:00 Tuck Shop (G)</p> <p>3:00 Travel Logue: Brussels (T)</p> <p>4:00 Happy Hour (B)</p> <p>7:15 Movie (T)</p>	<p><i>Meal Times</i></p> <p>Breakfast - 8:00 am Lunch - 11:45 am & 1:00 pm Dinner - 4:45 pm & 6:00 pm</p> <p>Book your bus outing at Reception!</p> <p>Call *91 on your phone for the daily activities & menu!</p>

PROGRAM LOCATION

PROGRAM DESCRIPTION

* - Sign Up Required
\$ - Cost Associated
AR - Activity Room
FC - Fitness Centre
B - Bistro
G - Games Room

L - Library
C - Chapel
LL - Lower Lounge
WC - Wellness Centre
FD - Front Desk
DR - Dining Room

Red - Special Event
Orange - New Program
Green - Spiritual Program
Blue - Fitness Program
Grey - Cognitive Program
Brown - Bus Outing

May Facts

- The two flowers of May are the hawthorn and the lily of the valley – the birthstone is the emerald
 - It was on 1 May in 1931 that the Empire State Building was officially opened
- A maypole was built in 1543 that was 100 feet high. Isaac Newton later purchased the pole in 1713 and used it to prop up a telescope
- In Old English May was known as the Month Of Three Milkings – this was because cows could be milked three times a day

