


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<p>Location of Activity RR= Retirement Residence SS= Senior Suites</p> <p>B= Bistro T= Theatre C= Chapel L= Lobby LL= Lower Level</p> <p>Lib= Library AR= Activity Room FC= Fitness Centre GR= Games Room DR= Dining Room</p> <p>Type of Activity Blue—Fitness Green—Spiritual Brown— Outing Purple— Vendor Red— New Program/Special Events</p>	
1	2	3	4	Cinco De Mayo 5	6	7
<p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 & 7:15 Movie: Maudie (T)</p>	<p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Shopping: Loblaws</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:30 Walker Repair (RR-L)</p> <p>2:45 Aquafit (P)</p> <p>3:15 Walker Repair (SS-L)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:15 A World of Wonder (T)</p> <p>2:30 Bean Bags (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Animal: Apes (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Shopping: Wal-Mart</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Shopping at LCBO</p> <p>2:30 Pesos Toss RR-AR)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Liberal Party Leader Meet and Greet (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:30 Walking Club (meet in RR lobby)</p> <p>2:15 & 7:15 Movie: Dance with Me (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>
8	Nurses Week Begins 9	10	11	12	13	Open House 14
<p>Happy Mother's Day</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 & 7:15 Movie: Judy (T)</p> <p>Special Mother's Day Lunch (Regular Meal Times)</p>	<p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Outdoor Walk around Chapman Mills Park</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:15 Chilean Patagonia (T)</p> <p>2:30 Ladder Ball (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>10:00 RR Resident Chit Chat with your GM (T)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Rummy O (RR-AR)</p> <p>2:30 Animal: Birds of Prey (T)</p> <p>3:30 Mix & Mingle (SS-B)</p> <p>7:30 Paint Night (SS-AR)</p>	<p>10:00 Shopping: Billings Bridge Mall</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Memory Care Drive</p> <p>2:30 Special Nurse Appreciation Video (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:00 Bingo (SS-AR)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>Open House</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>2:00 Entertainment with Peter Foret (SS-L)</p> <p>2:15 & 7:15 Movie: Captains Courageous (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>

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<p>15</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Interdenominational Church Service w/Pastor Pauline Williams (C)</p> <p>2:15 & 7:15 Movie: Brooklyn (T)</p>	<p>16</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Tulip Festival Drive (RR Residents)</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>17</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:15 Tsavo Kenya (T)</p> <p>2:30 Hockey Shoot Out (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>18</p> <p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>10:30 SS Resident Council (T)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Origami Paper Craft (RR-AR)</p> <p>2:30 Animal: Bears (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>19</p> <p>10:00 Shopping: Carlingwood Mall</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Tulip Festival Drive (SS)</p> <p>2:30 Orchestra Concert (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>20</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:00 Current Events with Professor Cammy (C)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>21</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>2:15 & 7:15 Movie: Dark Waters (2019 film) (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>
<p>22</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 & 7:15 Movie: Selena (T)</p>	<p>Victoria Day 23</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>No Drives today</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>24</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:15 Monterey Bay ...(T)</p> <p>2:30 Ring Toss (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>	<p>25</p> <p>10:00 Zumba (SS-AR)</p> <p>10:00 Tuck Shop (SS-L)</p> <p>11:00 Tuck Shop (RR-L)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:30 Aquafit (P)</p> <p>2:30 Paint Day (RR-AR)</p> <p>2:30 Animal: Dolphins (T)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>26</p> <p>10:00 Shopping: Wal-Mart</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:00 Craft Club (SS-AR)</p> <p>2:00 Shopping: Shoppers Drug Mart</p> <p>2:30 Orchestra Concert (T)</p> <p>2:30 Aquafit (P)</p> <p>3:30 Mix & Mingle (RR-B)</p> <p>5:00 Birthday/Anniversary Dinner</p>	<p>27</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:30 Chair Yoga (RR-AR)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:30 Book Club (RR-Lib)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>28</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>2:15 & 7:15 Movie: Roped (T)</p> <p>3:30 Mix & Mingle (RR-B)</p>
<p>29</p> <p>10:30 Walking Club (meet in RR lobby)</p> <p>11:00 St. Monica's Catholic Live Stream Mass (T)</p> <p>2:00 Resident Run Bridge (SS-B)</p> <p>2:15 & 7:15 Movie: Military Wives (T)</p>	<p>30</p> <p>10:00 Chair Cardio Exercise (SS-AR)</p> <p>10:35 Seated Ball Exercise (RR-AR)</p> <p>2:00 Bingo (SS-AR)</p> <p>2:00 Memory Care Drive</p> <p>2:30 Giant Crossword (RR-AR)</p> <p>2:45 Aquafit (P)</p> <p>3:30 Mix & Mingle (SS-B)</p>	<p>31</p> <p>10:00 Moderate Intensity Exercise (SS-AR)</p> <p>10:35 Resistance Band Exercise (RR-AR)</p> <p>10:35 Tech Tuesday (SS-B)</p> <p>2:00 Resident Run Euchre (SS-B)</p> <p>2:15 Indonesia(T)</p> <p>2:30 Table Curling (RR-AR)</p> <p>3:30 Mix & Mingle (RR-B)</p>				