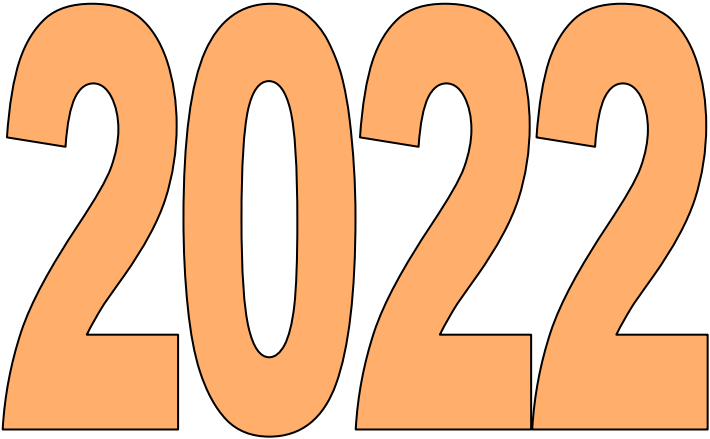


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Location of Activity RR= Retirement Residence SS= Senior Suites B= Bistro T= Theatre C= Chapel L= Lobby LL= Lower Level Lib= Library AR= Activity Room FC= Fitness Centre GR= Games Room DR= Dining Room Type of Activity Blue—Fitness Black— Outing Red— Virtual Green-New
10:15 Virtual United Church Service (SS-T) 10:45 Story for the Soul (RR-B) 2:30 Knitting Club (SS-L) 2:45 TV Series: <i>Our Great National Parks</i> (SS-T) 2:45 TV Series <i>Bridgerton</i> (RR-A) 3:00 Scrabble (SS-Bistro) 7:15 Movie Night (SS-T): <i>The Rhythm Section</i>	10:00 Moderate Intensity Exercise (SS-A) 10:00 Outing: Merivale Mall 10:15 Chair Dance (RR-Bistro) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Afternoon Tea (RR-B) 7:15 BINGO with Dora (SS-A)	10:00 Moderate Intensity Exercise (SS-A) 10:00 Morning Walks (RR) 10:15 The Tuck Shop (RR-LL) 10:40 Wordshake (SS-B) 11:00 Community Exercise (RR-A) 11:30 Outing: Ottawa Train Yards 2:00 Ball Exercise (RR-A) 2:00 Chair Exercise (SS-A) 2:00 Outing: City Drive 2:45 Social Hour (SS-Bistro) 3:00 Retro TV: <i>Bonanza</i> (RR-Bistro) 3:00 Resident Run Bridge (RR-Bistro) 7:15 Movie Night (SS-T): <i>Cleaner</i>	10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:30 Chair Yoga with Georgia (SS-A) 11:00 Morning Walks (RR) 2:00 Chair Tai Chi with Ruth (SS-A) 2:00 Ball Exercise (RR-A) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>Angel Has Fallen</i>	Cinco De Mayo 9:45 Morning Walks (RR) 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 2:00 Book Club Monthly Meeting (SS-Red Room) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-AR) 3:00 Jeopardy (SS-Bistro) 3:00 Afternoon TV: <i>Secrets of Great British Castles</i> (RR-B) 7:15 Movie Night (SS-T): <i>Mile 22</i>	10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:15 The Tuck Shop (RR-LL) 10:30 Men's Group (SS-A) 10:45 Ted Talk: <i>The 100 Percent Rule That Will Change Your Life</i> 12:15 FLDC (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): <i>Return to Space</i>	10:15 Virtual Catholic Mass (SS-T) 10:30 Group Wordsearch and Crossword (RR-Bistro) 1:30 Chair Exercise (SS-A) 2:00 BINGO (SS-A) 3:15 TV Series: <i>The Ranch</i> (SS-T) 7:15 Movie Night (SS-T): <i>Metal Lords</i>
Mother's Day 10:15 Virtual United Church Service (SS-T) 10:45 Chair Exercise (RR-A) 2:30 Knitting Club (SS-L) 2:45 TV Series: <i>Our Great National Parks</i> (SS-T) 2:45 TV Series <i>Bridgerton</i> (RR-A) 3:00 Mother's Day Social Hour (SS-Bistro) 7:15 Movie Night (SS-T): <i>The Thing</i>	Nurses Week 10:00 Moderate Intensity Exercise (SS-A) 10:00 Outing: Walmart Baseline 10:15 Chair Dance (RR-Bistro) 11:00 Coffee and Chatter (RR-B) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Afternoon Tea (RR-B) 7:15 BINGO with Dora (SS-A)	10:00 Moderate Intensity Exercise (SS-A) 10:15 The Tuck Shop (RR-LL) 10:30 Crossword (RR-Bistro) 10:40 Wordshake (SS-B) 11:00 Community Exercise (RR-A) 11:30 Outing: College Square Shopping 2:00 Ball Exercise (RR-A) 2:00 Chair Exercise (SS-A) 2:00 Outing: Scenic Drive—Sir John A Macdonald Parkway 2:45 Social Hour (SS-Bistro) 3:00 Retro TV: <i>Bonanza</i> (RR-Bistro) 3:00 Resident Run Bridge (RR-Bistro) 7:00 Painting with Navy (SS-A) 7:15 Movie Night (SS-T): <i>The Boss</i>	10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-Activity Room) 10:30 Chair Yoga with Georgia (SS-A) 11:00 Morning Walks (RR) 2:00 Chair Exercise (SS-A) 2:00 Ball Exercise (RR-A) 2:00 Guest Speaker: Sadie Laronde (SS-T) 3:00 Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>Furioza</i>	9:45 Morning Walks (RR) 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-AR) 3:00 Jeopardy (SS-Bistro) 3:00 Afternoon TV: <i>Secrets of Great British Castles</i> (RR-B) 7:15 Movie Night (SS-T): <i>The In-Between</i>	10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:15 The Tuck Shop (RR-LL) 10:30 Men's Group (SS-A) 10:45 Ted Talk: <i>Connecting the Dots with Hope</i> 12:15 FLDC (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): <i>Military Wives</i>	Open House 10:15 Virtual Catholic Mass (SS-T) 10:30 Group Wordsearch and Crossword (RR-Bistro) 1:30 Chair Exercise (SS-A) 2:00 BINGO (SS-A) 3:15 TV Series: <i>The Ranch</i> (SS-T) 7:15 Movie Night (SS-T): <i>Grown Ups</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
15 10:15 Virtual United Church Service (SS-T) 10:45 Story for the Soul (RR-B) 2:30 Knitting Club (SS-L) 2:45 TV Series: <i>Our Great National Parks</i> (SS-T) 2:45 TV Series <i>Bridgerton</i> (RR-A) 3:00 Scrabble (SS-B) 7:15 Movie Night (SS-T): <i>Joyful Noise</i>	16 9:50 Moderate Intensity Exercise (SS-A) 10:00 Outing: South Keys Shopping Centre 10:15 Chair Dance (RR-Bistro) 10:30 Women's Group (SS-A) 11:00 Morning Storytime (RR-B) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 3:00 Afternoon Tea and Chatter (RR-B) 2:45 Social Hour (SS-B) 7:15 BINGO with Dora (SS-A)	17 10:00 Fitminds (RR-AR) 10:00 Liberal Candidate Presentation: Sam Bhalesar (SS-T) 10:15 The Tuck Shop (RR-LL) 11:30 Outing: Lunch at Hard Stones Grill 11:00 Community Exercise (RR-A) 2:00 Outing: Billing's Bridge 2:00 Painting with Ellen (SS-A) 2:00 Chair Exercise (SS-T/RR-A) 2:45 Group Crossword (SS-A) 3:00 Resident Run Bridge (RR-Bistro) 7:15 Movie Night (SS-T): <i>Fly Paper</i>	18 9:50 Moderate Intensity Exercise (SS-A) 10:30 Crossword (RR-Bistro) 10:30 Chair Yoga with Georgia (RR-4th) 10:30 News and Current Events with Professor Cammy (SS-T) 1:00-2:30 Handi-House Wheelchair and Walker Clinic (SS/RR-Lobbies) 2:00 Chair Exercise (RR-A) 2:00 Chair Tai Chi with Ruth (SS-A) 2:45 Social Hour (SS-B) 3:00 Afternoon Tea and Chatter (RR-Bistro)	19 9:45 Morning Walks (RR) 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Brain Teasers and Riddles (RR-B) 2:00 Chair Exercise (SS-A) 2:00 BINGO (RR-AR) 3:00 Afternoon TV: Secrets of Great British Castles (RR-B) 7:15 Movie Night (SS-T): <i>Think Like A Man</i>	20 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:15 The Tuck Shop (RR-LL) 10:30 Men's Group 10:45 Ted Talk: The Power of Vulnerability (SS-T) 12:15 FLDC (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Afternoon Tea and Chatter (RR-B) 7:15 Movie Night (SS-T): <i>Ride Along</i> 7:15 Movie Night (SS-T):	21 10:15 Virtual Catholic Mass (SS-T) 10:30 Group Wordsearch and Crossword (RR-Bistro) 1:30 Chair Exercise (SS-A) 2:00 BINGO (SS-A) 3:15 TV Series: <i>The Ranch</i> (SS-T) 7:15 Movie Night (SS-T): <i>Mom's Night Out</i>
22 10:15 Virtual United Church Service (SS-T) 10:45 Story for the Soul (RR-B) 2:30 Knitting Club (SS-L) 2:45 TV Series: <i>Our Great National Parks</i> (SS-T) 2:45 TV Series <i>Bridgerton</i> (RR-A) 3:00 Crossword Puzzle (SS-B) 7:15 Movie Night (SS-T): <i>Show Dogs</i>	Victoria Day 23 No Drives/Outings 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Jeopardy (SS-Theatre) 11:00 Morning Storytime (RR-B) 1:30 Resident's Council Meeting (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Afternoon Tea and Chatter (RR-B) 7:15 BINGO with Dora (SS-A)	24 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-AR) 10:15 The Tuck Shop (RR-LL) 10:40 National Geographic TV: Oceans (SS-T) 10:45 Brain Teasers & Riddles (SS-B) 11:00 Community Exercise (RR-A) 2:00 Outing: Drive to Almonte 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 BINGO (SS-A) 3:00 Afternoon Tea (RR-B) 3:00 Resident Run Bridge (RR-Bistro) 7:00 Painting with Navy (SS-A)	25 9:50 Moderate Intensity Exercise (SS-A) 10:30 Crossword (RR-Bistro) 10:30 Chair Yoga with Georgia (SS-A) 2:00 Ball Exercise (RR-A) 2:30 Chair Exercise (SS-A) 2:45 Social Hour (SS-Bistro) 3:00 Afternoon Tea and Chatter (RR-B) Birthday and Anniversary Dinner (Regular Seating Times/RR/SS- DR) with live music featuring Noel (SS) and Debbie (RR)! 7:15 Movie Night (SS-T): <i>I Feel Pretty</i>	26 9:45 Morning Walks (RR) 10:00 Chair Dance (SS-T) 10:30 Fitminds (SS-A) 11:00 Community Exercise (SS-T) 11:00 Brain Teasers and Riddles (RR-B) 1:00 2:00 BINGO (RR-AR) 2:00 Chair Exercise (SS-A) 3:00 Movie Committee Meeting (SS-T) 3:00 Afternoon TV: Secrets of Great British Castles (RR-B) 7:15 Movie Night (SS-T): <i>The Wedding Year</i>	27 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 10:15 The Tuck Shop (RR-LL) 10:30 Men's Group (SS-A) 10:45 Ted Talk: The History of our World in 18 Minutes (SS-T) 12:15 FLDC (SS-T) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 3:00 Social Hour (RR-B) 7:15 Movie Night (SS-T): <i>The Leisure Seeker</i>	28 10:15 Virtual Catholic Mass (SS-T) 10:30 Group Wordsearch and Crossword (RR-Bistro) 1:30 Chair Exercise (SS-A) 2:00 BINGO (SS-A) 3:15 TV Series: <i>The Ranch</i> (SS-T) 7:15 Movie Night (SS-T): <i>The Fundamentals of Car-ing</i>
29 10:15 Virtual United Church Service (SS-T) 10:45 Story for the Soul (RR-A) 2:30 Knitting Club (SS-L) 2:45 TV Series: <i>Our Great National Parks</i> (SS-T) 2:45 TV Series: <i>Bridgerton</i> (RR-A) 3:00 Crossword Puzzle (SS-B) 7:15 Movie Night (SS-T): <i>50 First Dates</i>	30 10:00 Outing: Nepean Crossroads Centre 10:00 Moderate Intensity Exercise (SS-A) 10:15 Chair Dance (RR-Bistro) 11:00 Jeopardy (SS-T) 11:00 Morning Storytime (RR-B) 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Social Hour (SS-B) 7:15 BINGO with Dora (SS-A)	31 10:00 Chair Dance (SS-T) 10:00 Fitminds (RR-AR) 10:15 The Tuck Shop (RR-LL) 10:40 National Geographic: The Lost Forest (SS-T) 10:45 Brain Teasers & Riddles (SS-B) 11:00 Community Exercise (RR-A) 2:00 Outing: Loblaw's Ogilvie 2:00 Chair Exercise (SS-A) 2:00 Chair Exercise (RR-A) 2:45 Group Crossword (SS-A) 3:00 Afternoon Tea (RR-B) 3:00 Resident Run Bridge (RR-Bistro) 7:15 Movie Night (SS-T): <i>Otherhood</i>				