

****Please note calendar is subject to change ****

Notices will be posted

Location of Activities:

RR = Retirement Residence | SS = Seniors' Suites | A = Auditorium | B= Bistro |

T = Theatre | P = Patio | AR = Activity Room | C= Chapel | L = Lobby

May 2025

Type of Activity: **Blue = Fitness** | **Green = New** | **Red = Movie / TV / Virtual** | **Pink = Special** | **Orange = Game** | **Purple = Concert**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				<p>10:00 Fitness with Activities (SS-A) 10:30 Words within Words (SS-B) 8:00 Chef Showcase with Hithesh (SS-DR) 2:00 Movie Committee Meeting (SS-T) 3:00 Buff Brains (SS-B) 7:15 Movie Night: Like Father (SS-T)</p>	<p>10:00 Fun and Fitness with Gabe (SS-A) 10:30-11:00 Blood Pressure Clinic SS Residents (Wellness Centre) 11:00- 2:00 In-House Shopping with Avon (SS-L) 1:30 Walking Club with Homa 2:00 Play Jeopardy! (SS-T) 2:00 Outing: Shopping at College Square 3:00 Social Hour (SS-B)</p>	<p>10:00 Group Crossword (SS-B) 11:00 Tai Chi with Xian (SS-T) 1:30 Bingo (SS-B) 3:00 Afternoon Social – Tea & Chatter 3:15 Afternoon TV As Time Goes Go By (S3, E1): (SS-T) 7:15 Movie Night: Aloha (SS-T)</p>
4	5	6	7	8	9	10
<p>10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 11:00 Chair Yoga with Xian (SS-T) 1:30 Coffee and Current Events (SS-B) 3:00 Free-Paint with Xian (SS-Bistro) 2:30 Knitting Club (SS-L) 7:15 Movie Night: Mrs. Harris Goes to Paris (SS-T)</p>	<p>10:00 Fitness with Activities (SS-A) 10:30 Ted Talk and Discussion (SS-T) 1:30 Minute to Win It with Managers (SS-L) 3:00 Margaritas with Elina on the Patio featuring Songs by Kelly – Cinco de Mayo Social Hour (SS-P)</p>	<p>8:00 Breakfast by Elina: Sugar Shack Pancake Style (SS-DR) 10:00 Fitness with Activities (SS-A) 10:00 Outing: Walmart 1:00 Outing: Billings Bridge 1:30 Collage Craft (SS-B) 3:00 Group Crossword (SS-B) 7:15 Movie Night: Clueless (SS-T)</p>	<p>10:00 Fitness with Activities (SS-A) 10:30 Current Events with Professor Cammy (SS-A) 10:45-11:45 Tuck Shop (RR-LL) 2:00 Smoothies on the Patio featuring Songs by Kelly (SS-P) 3:00 Social Hour (SS-P)</p>	<p>10:00 Fitness with Activities (SS-A) 11:00 Mystery Box Challenge (SS-DR) 1:30 Words Within Words (SS-B) 3:00 Buff Brains (SS-B) 7:15 Movie Night: Sense and Sensibility (SS-T)</p>	<p>10:00 Fun and Fitness with Gabe (SS-A) 10:30 Come Learn & Play: Pool (SS-Games Room/A) 1:30 Walking Club with Homa 2:00 Play Jeopardy! (SS-T) 2:00 Outing: Scenic Drive – Parliament Hill 3:00 Social Hour (SS-P)</p>	<p>10:00 Group Crossword (SS-B) 11:00 Tai Chi with Xian (SS-T) 1:30 Bingo (SS-B) 3:00 Afternoon Social – Tea & Chatter 3:15 Afternoon TV As Time Goes Go By (S3, E2): (SS-T) 7:15 Movie Night: Like Father (SS-T)</p>

<p style="text-align: right;">11</p> <p>Mothers Day</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 11:30 Mother's Day Brunch (SS-DR Regular Seating Times) 1:45 Pressed Flower Craft (SS-P) 2:30 Reminiscing Memories (SS-P) 3:00 Mother's Day Social Hour (SS-B) 7:15 Movie Night: La Dolce Villa (SS-T)</p>	<p style="text-align: right;">12</p> <p>Nurses Week</p> <p>10:00 Fitness with Activities (SS-A) 10:40 Rock Painting (SS-L) 1:45 No-Bake Baking with Homa (SS-B) 3:00 New Resident Meet and Greet Social Hour (SS-B)</p>	<p style="text-align: right;">13</p> <p>10:00 Fitness with Activities (SS-A) 12:30 Outing: Scenic Drive - Tulip Festival 2:00 Outing: Tulip Festival 3:00 Group Crossword (SS-B) 7:15 Movie Night: Love, Rosie (SS-T)</p>	<p style="text-align: right;">14</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Learn to Play Sudoku with Elina (SS-B) 10:30 Yoga with Georgia (SS-A) 10:45-11:45 Tuck Shop (RR-LL) 3:00 Social Hour (SS-B) 7:00-8:00 Beacon Band Concert (SS-T)</p>	<p style="text-align: right;">15</p> <p>10:00 Fitness with Activities (SS-A) 11:00 GM Chat (SS-T) 1:30 Words within Words (SS-B) 3:00 Buff Brains (SS-B) 7:15 Movie Night: Marry Me (SS-T)</p>	<p style="text-align: right;">16</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Come Learn & Play: Scategories (SS-B) 1:30 Walking Club with Homa 2:00 Play Jeopardy! (SS-T) 2:00 Outing: Scenic Drive Tulip Festival (Maximum four Residents) 3:00 Social Hour (SS-B)</p>	<p style="text-align: right;">17</p> <p>10:00 Group Crossword (SS-B) 11:00 Tai Chi with Xian (SS-T) 1:30 Bingo (SS-B) 3:00 Afternoon Social – Tea & Chatter 3:15 Afternoon TV As Time Goes Go By (S3, E3): (SS-T) 7:15 Movie Night: Big Daddy (SS-T)</p>
<p style="text-align: right;">18</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 11:00 Chair Yoga with Xian (SS-T) 1:30 Coffee and Current Events (SS-B) 3:00 Free-Paint with Xian (SS-Bistro) 2:30 Knitting Club (SS-L) 7:15 Movie Night: 50 First Dates (SS-T)</p>	<p style="text-align: right;">19</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Smoothie and Trivia Hour with Homa (SS-B) 1:30 Creative Writing Workshop with Barry (SS-B) 3:00 Social Hour (SS-B)</p>	<p style="text-align: right;">20</p> <p>10:00 Fitness with Activities (SS-A) 11:00 Picnic at the Arboretum 2:00 Outing: Experimental Farm Tropical Greenhouse Visit 1:30 Tech Talk Q & A with Activities (SS-B) 3:00 Group Crossword (SS-B) 7:15 Movie Night: Look Both Ways (SS-T)</p>	<p style="text-align: right;">21</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Yoga with Georgia (SS-A) 10:45-11:45 Tuck Shop (RR-LL) 2:30 Gardening Club (SS-A) 3:00 Social Hour (SS-B)</p>	<p style="text-align: right;">22</p> <p>10:00 Fitness with Activities (SS-A) 11:00 Food Forum (SS-A) 1:30 Words within Words (SS-B) 3:00 Buff Brains (SS-B) 7:15 Movie Night: Persuasion (SS-T)</p>	<p style="text-align: right;">23</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Come Learn & Play: Scategories (SS-B) 1:30 Walking Club with Homa 2:00 Play Jeopardy! (SS-T) 1:00 Outing: Fulton's Sugar Shack (max 4 residents) 3:00 Ice Cream Bar - Social (SS-B) 6:30 Karaoke Hour (SS-T)</p>	<p style="text-align: right;">24</p> <p>10:00 Art Workshop with Jillian (SS-A) 11:00 Tai Chi with Xian (SS-T) 1:45 Bingo (SS-B) 3:00 Afternoon Social – Tea & Chatter 3:15 Afternoon TV As Time Goes Go By (S3, E4): (SS-T) 7:15 Movie Night: First Daughter (SS-T)</p>
<p style="text-align: right;">25</p> <p>10:00 Virtual Catholic Mass (RR-A) 10:30 Virtual United Church Service (SS-T) 11:00 Chair Yoga with Xian (SS-T) 2:00 Sing-along with Kelly (SS-L) 3:00 Free-Paint with Xian (SS-B) 2:30 Knitting Club (SS-L) 7:15 Movie Night: Love, Guaranteed (SS-T)</p>	<p style="text-align: right;">26</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Inquiring Minds (SS-T) 1:45 No Bake with Homa (SS-B) 2:00 Creative Writing with Barry (SS-B) 3:00 Social Hour (SS-B)</p>	<p style="text-align: right;">27</p> <p>10:00 Fitness with Activities (SS-A) 10:00 Outing: Rideau Hall 2:00 Outing: Shopping-Walmart Superstore 1:30 Paint and Sip (SS-A) 3:00 Group Crossword (SS-B) 7:15 Movie Night: A Family Affair (SS-T)</p>	<p style="text-align: right;">28</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Yoga with Georgia (SS-A) 10:45-11:45 Tuck Shop (RR-LL) 2:00 Concert with Andy De Campos (SS-DR) 5:00 Birthday Dinner (SS-DR One Seating)</p>	<p style="text-align: right;">29</p> <p>10:00 Fitness with Activities (SS-A) 1:30 Words within Words (SS-B) 3:00 Buff Brains (SS-B) 7:15 Movie Night: The Life List (SS-T)</p>	<p style="text-align: right;">30</p> <p>10:00 Fitness with Activities (SS-A) 10:30 Minute to Win it with Management (SS-L) 1:30 Park Place Escape Room (SS-T/A) 3:00 Social Hour (SS-B)</p>	<p style="text-align: right;">31</p> <p>10:00 Art Workshop with Jillian (SS-A) 11:00 Tai Chi with Xian (SS-T) 1:30 Bingo (SS-B) 3:00 Afternoon Social – Tea & Chatter 3:15 Afternoon TV As Time Goes Go By (S3, E5): (SS-T) 7:15 Movie Night: Maid In Manhattan (SS-T)</p>