

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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PROMENADE ACTIVITY CALENDAR

May 2025

Location Code Retirement Residence (RR) Senior Suites (SS)				Type of Activity:			1	2	3				
B	Bistro	L	Lobby	Blue - Fitness Green - New Red - Movie/ TV/Virtual Orange - Game Purple - Concert Brown - Bus Trip/Shopping Pink - Special			10:00 Morning Exercises (SS YR) 10:20 Food Service Meeting (RR T) 10:30 Crochet Club (SS L) 10:30 Morning Refreshers (SS B) 11:00 Food Service Meeting (SS B) 1:15 Euchre Games (SS BR) 3:00 Toonie Bingo (SS B) 3:00 TV Concert: The Everly Brothers (RR T)	10:00 Latin Chair Dancing (RR LL) 10:30 Latin Chair Dancing (SS YR) 10:30 Sing A Long (RR T) 1:15 Bridge Game (SS BR) 1:30 Chair TaiChi (SS YR) 2:00 Craft Club (RR AR) 2:00 Célébration de la Parole et Eucharistie (SS C) 4:00 Social Hour (RR B) Mint Julep Social 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Lost in Translation" (SS T)	10:00 Morning Exercises (RR LL) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:15 Animal Clips (RR T) 1:30 Movie Matinée: "Secretariat" (SS T) 2:00 Bingo (RR T) 4:00 Saturday Social (RR B) 6:45 Kentucky Derby (SS B) 7:00 Saturday Night Movie: "Secretariat" (RR T)				
4		5		6		7		8		9		10	
10:30 Walking Club (RR L) 11:00 Streamed Live Catholic Mass (RR T) 2:00 Movie Matinée: "Lost in Translation" (RR T) 3:00 Toonie Bingo (SS B) 4:15 Sunday Social (SS B)		10:30 Trivia (RR T) 10:30 Crochet Club (SS L) 1:15 Bridge Game (SS BR) 1:15 TV Trivia (RR T) 2:00 Bingo (RR T) 4:00 Social Hour (RR B) Margarita Social 4:00 Social Hour (SS B) Cinco De Mayo (wear bright fun colours)		10:00 Morning Exercises (SS YR) 10:30 Healthy Refreshers (SS B) 10:30 Coffee & Current Events (RR B) 1:15 Euchre Games (SS BR) 2:00 Live Lecture with Professor Cammy (RR T) 3:00 Toonie Bingo (SS B) 3:30 Documentary Hour: The Mystery of Rapa Nui (RR T)		10:00 Morning Exercises (RR LL) 10:30 ArmChair Travel: Kentucky Derby (RR T) 1:15 Bridge Game (SS BR) 1:15 Animal Clips (RR T) 1:30 '500' Card Game (SS B) 1:30 All Occasion Card Making Workshop (SS YR) 1:30 ArmChair Travel: Easter Island (SS T) 2:00 Bingo (RR T) 4:00 Social Hour (RR B) 4:00 Social Hour (SS B)		8:00 Senior Suites Community Breakfast-all SS residents invited (SS DR) 10:00 Morning Exercises (SS YR) 10:30 Crochet Club (SS L) 10:30 Morning Refreshers (SS B) 1:15 Euchre Games (SS BR) 2:15-3:00 Handi House walker/wheelchair minor Repair Clinic (SS YR) 3:00 Toonie Bingo (SS B) 3:00 TV Concert: Barbara Streisand (RR T)		10:00 Morning Exercises (RR LL) 10:30 Sing A Long (RR B) 1:15 Bridge Game (SS BR) 1:30 Chair Yoga (SS YR) 2:00 Célébration de la Parole et Eucharistie (SS C) 2:00 Live Entertainment with Just Us (SS L) 4:00 Social Hour (RR B) 4:00 Social Hour (SS B) 8:00 Friday Night Movie: "Mona Lisa Smile" (SS T)		10:00 Morning Exercises (RR LL) 10:30 Crosswords (RR T) 1:15 Euchre Games (SS BR) 1:15 Animal Clips (RR T) 1:30 Movie Matinée: "Seven Years in Tibet" (SS T) 2:00-4:00 Verbena's Celebration of Life (SS L) 2:00 Bingo (RR T) 4:00 Saturday Social (RR B) 7:00 Saturday Night Movie: "Seven Years in Tibet" (RR T)	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">11</p> <p>10:30 Tea & Treats Social (RR B)</p> <p>11:00 Mimosas Social (SS B)</p> <p>11:00 Streamed Live Catholic Mass (RR T)</p> <p>2:00 Movie Matinée: "Mona Lisa Smile" (RR T)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>4:15 Sunday Social (SS B)</p> <p style="text-align: center;">Mothers' Day</p>	<p style="text-align: right;">12</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Trivia (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 TV Trivia (RR T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p>	<p style="text-align: right;">13</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>10:30 Blood Pressure Clinic (SS YR)</p> <p>10:30 Coffee & Current Events (RR B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Blood Pressure & Weight Clinic (RR WC)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:00 Bocce Ball (RR LL)</p> <p>3:30 Documentary Hour: Amazing Tales from the Visayas, Philippines (RR T)</p>	<p style="text-align: right;">14</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 ArmChair Travel: Ottawa's Tulip Festival (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 '500' Card Game (SS B)</p> <p>1:30 TV Concert: The Platters (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p>	<p style="text-align: right;">15</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:00 Resident Council (SS L)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:00 TV Concert: Fats Domino (RR T)</p>	<p style="text-align: right;">16</p> <p>10:00 Latin Chair Dancing (RR LL)</p> <p>10:30 Latin Chair Dancing (SS YR)</p> <p>10:30 Sing A Long (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:30 Chair Yoga (SS YR)</p> <p>2:00 Célébration de la Parole et Eucharistie (SS C)</p> <p>2:00 Baking Club (RR AR)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "A Beautiful Mind" (SS T)</p>	<p style="text-align: right;">17</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 Movie Matinée: "Grease" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Saturday Social (RR B)</p> <p>7:00 Saturday Night Movie: "Grease" (RR T)</p>
<p style="text-align: right;">18</p> <p>10:30 Walking Club (meet in RR Lobby)</p> <p>11:00 Streamed Live Catholic Mass (RR T)</p> <p>2:00 Movie Matinée: "A Beautiful Mind" (RR T)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>4:15 Sunday Social (SS B)</p>	<p style="text-align: right;">19</p> <p>10:30 Trivia (RR T)</p> <p>10:30 Crochet Club (SS L)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 TV Trivia (RR T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p style="text-align: center;">Victoria Day</p>	<p style="text-align: right;">20</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>10:30 Coffee & Current Events (RR B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:30 Painting with Anita (RR LL)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:30 Documentary Hour: Why So Many Ancient Civilizations Collapsed at the Same Time (RR T)</p>	<p style="text-align: right;">21</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 ArmChair Travel: Prince Edward Island (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 '500' Card Game (SS B)</p> <p>1:30 ArmChair Travel: Banff National Park (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p>	<p style="text-align: right;">22</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:00 TV Concert: Elvis Presley (RR T)</p>	<p style="text-align: right;">23</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 Sing a Long (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:30 Chair TaiChi (SS YR)</p> <p>2:00 Célébration de la Parole et Eucharistie (SS C)</p> <p>2:00 Craft Club (RR AR)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "Remember The Titans" (SS T)</p>	<p style="text-align: right;">24</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 Movie Matinée: "Life of Pi" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Saturday Social (RR B)</p> <p>7:00 Saturday Night Movie: "Life of Pi" (RR T)</p>
<p style="text-align: right;">25</p> <p>10:30 Walking Club (meet in RR Lobby)</p> <p>11:00 Streamed Live Catholic Mass (RR T)</p> <p>2:00 Movie Matinée: "Remember The Titans" (RR T)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>4:15 Sunday Social (SS B)</p>	<p style="text-align: right;">26</p> <p>10:30 Trivia (RR T)</p> <p>10:30 Crochet Club (SS L)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 TV Trivia (RR T)</p> <p>2:00 Bingo (RR T)</p> <p>2:00 Karaoke Time (SS L)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p>	<p style="text-align: right;">27</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>10:30 Coffee & Current Events (RR B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:00 Bocce Ball (RR LL)</p> <p>3:30 Documentary Hour: The Most Luxurious Train in Japan (RR T)</p>	<p style="text-align: right;">28</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 ArmChair Travel: Budapest (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 '500' Card Game (SS B)</p> <p>1:30 Mont Everest Documentary "Beyond the Edge" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>BirthDay & Anniversary Dinner (Fine dining attire encouraged)</p>	<p style="text-align: right;">29</p> <p>10:00 Morning Exercises (SS YR)</p> <p>10:20 Food Service Meeting (RR T)</p> <p>10:30 Crochet Club (SS L)</p> <p>10:30 Morning Refreshers (SS B)</p> <p>11:00 Food Service Meeting (SS B)</p> <p>1:15 Euchre Games (SS BR)</p> <p>3:00 Toonie Bingo (SS B)</p> <p>3:00 TV Concert: Resident's Choice! (RR T)</p>	<p style="text-align: right;">30</p> <p>10:00 Latin Chair Dancing (RR LL)</p> <p>10:30 Latin Chair Dancing (SS YR)</p> <p>10:30 Sing A Long (RR T)</p> <p>1:15 Bridge Game (SS BR)</p> <p>1:30 Chair Yoga (SS YR)</p> <p>2:00 Célébration de la Parole et Eucharistie (SS C)</p> <p>2:00 Live Entertainment with Divine Infant School Choir (SS L)</p> <p>4:00 Social Hour (RR B)</p> <p>4:00 Social Hour (SS B)</p> <p>8:00 Friday Night Movie: "My Cousin Vinny" (SS T)</p>	<p style="text-align: right;">31</p> <p>10:00 Morning Exercises (RR LL)</p> <p>10:30 Crosswords (RR T)</p> <p>1:15 Euchre Games (SS BR)</p> <p>1:15 Animal Clips (RR T)</p> <p>1:30 Movie Matinée: "Sweet Home Alabama" (SS T)</p> <p>2:00 Bingo (RR T)</p> <p>4:00 Saturday Social (RR B)</p> <p>7:00 Saturday Night Movie: "Sweet Home Alabama" (RR T)</p>