

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|---|---|--|--|
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Tea & Treats Social (RR B) 11:00 Streamed Live Catholic Mass (RR T) 1:30 Bean Bags (2 nd) 2:30 Afternoon Treats & Refreshments 2:00 Movie Matinee (RR T) Mothers' Day | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Balloon Tennis (3rd) 1:30 Card Games 2:30 Afternoon Treats & Refreshments 3:15 Bocce Ball (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:30 Coffee & Current Events (RR B) 10:45 Music Therapy with Jennifer (3rd) 1:30 Blood Pressure Clinic (WC) 2:00 Craft Club (3 rd) 2:30 Afternoon Treats & Refreshments 3:00 Bean Bags (3rd) 4:00 Scenery Walk (2nd) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:30 Armchair Travel: Ottawa's Tulip Festival (RR T) 10:45 Fun & Fitness (3rd) 2:00 Bingo (RR T) 2:30 Afternoon Treats & Refreshments 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:45 Charades (3 rd) 2:00 Billiards (RR GR) 2:30 Afternoon Treats & Refreshments 3:00 TV Concert: Fats Domino (RR T) 3:15 Afternoon Stretching (3rd) | 9:30 1:1 visits 10:00 Latin Chair Dancing (RR LL) 10:00 Snacks & Refreshments 10:30 Sing A Long (RR T) 2:00 Baking Club (RR AR) 2:30 Afternoon Treats & Refreshments 3:00 Chair Zumba (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 1:30 Bean Bags (3rd) 2:30 Afternoon Treats & Refreshments 3:00 Fit Minds (3 rd) 4:00 Saturday Social (RR B) |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Sing A Long (3rd) 11:00 Streamed Live Catholic Mass (RR T) 1:30 Bean Bags (2 nd) 2:00 Afternoon Treats & Refreshments 2:30 Movie Matinee (RR T) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Balloon Tennis (3rd) 1:30 Card Games 2:30 Afternoon Treats & Refreshments 4:00 Social Hour (RR B) Victoria Day | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:30 Coffee & Current Events (RR B) 10:45 Music Therapy with Jennifer (2nd) 1:30 Painting with Anita (RR LL) 2:30 Afternoon Treats & Refreshments 4:00 Scenery Walk (2nd) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:45 The Price Is Right (3 rd) 10:30 Armchair Travel: Prince Edward Island (RR T) 2:00 Bingo (RR T) 2:30 Afternoon Treats & Refreshments 3:00 Fun & Fitness (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:45 Charades (3 rd) 2:00 Billiards (RR GR) 2:30 Afternoon Treats & Refreshments 3:00 TV Concert: Elvis Presley (RR T) 3:15 Afternoon Stretching (3rd) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:30 Sing A Long (RR T) 2:00 May Craft (RR AR) 2:30 Afternoon Treats & Refreshments 3:00 Chair Zumba (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 1:30 Bean Bags (3rd) 2:30 Afternoon Treats & Refreshments 3:00 Fit Minds (3 rd) 4:00 Saturday Social (RR B) |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Sing A Long (3rd) 11:00 Streamed Live Catholic Mass (RR T) 1:30 Bean Bags (2 nd) 2:30 Afternoon Treats & Refreshments 2:00 Movie Matinee (RR T) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:00 Balloon Tennis (3rd) 1:30 Card Games 2:30 Afternoon Treats & Refreshments 3:15 Bocce Ball (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:30 Coffee & Current Events (RR B) 10:45 Music Therapy with Jennifer (3rd) 2:00 Colouring Club (3 rd) 2:30 Afternoon Treats & Refreshments 3:00 Bocce Ball (RR LL) 4:00 Scenery Walk (2nd) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:45 The Price Is Right (3 rd) 10:30 Armchair Travel: Budapest (RR T) 2:00 Bingo (RR T) 2:30 Afternoon Treats & Refreshments 3:00 Fun & Fitness (3rd) 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 10:20 Food Service Meeting (RR T) 10:45 Charades (3 rd) 2:00 Billiards (RR GR) 2:30 Afternoon Treats & Refreshments 3:00 TV Concert: Residents' Choice (RR T) 3:15 Afternoon Stretching (3rd) | 9:30 1:1 visits 10:00 Latin Chair Dancing (RR LL) 10:00 Snacks & Refreshments 10:30 Sing A Long (RR T) 2:00 Live Entertainment with Divine Infant School Choir (SS L) 2:30 Afternoon Treats & Refreshments 4:00 Social Hour (RR B) | 9:30 1:1 visits 10:00 Snacks & Refreshments 1:30 Bean Bags (3rd) 2:30 Afternoon Treats & Refreshments 3:00 Fit Minds (3 rd) 4:00 Saturday Social (RR B) |

110 & 150 Rossignol, Ottawa ON T: [\(613\) 451-1414](tel:6134511414)E: Recreation.promenade@alavidalifestyles.com W: www.AlavidaLifestyles.com FB: www.facebook.com/ALAVIDALifestyles