

# Hope Street Terrace Main Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Dimensions Of Wellness Legend</b> Emotional Social Intellectual Physical Spiritual	<b>Locations Legend</b> Activity Room (AR) 2nd Floor Sitting Room (2nd) 3rd Floor Sitting Room (3rd) Room to Room (RR) Beauty Salon (BS) Gathering Room (GR) 3rd floor Nurse's station (3 NS) 2nd Floor nurses station sitting area (NS) Main Dining Room (MDR) Courtyard (C) 2nd and 3rd Floor Sitting Room (2/3) Room to Room (RR) Outside (Out)		Hairdresser (BS) 1 9:30 Conversation Cards (3 NS) 9:30 IPAD activities (RR) 10:00 Group Exercise (2nd) 10:00 Friendly Visits (RR) 10:30 Group Exercise (3rd) 2:00 Crafts (AR) 2:00 Bingo (2nd) 4:00 Pet Therapy (RR) 6:30 Sing A Long (GR)	Music Therapy (RR) 2 Hairdresser (BS) 8:00 Ladies Breakfast Club (AR) 9:30 Java Music (3rd) 10:00 Fancy Fingers (NS) 10:00 Chair Yoga (2nd) 2:00 Alley Bowling (MDR) 2:00 Creative Art (RR) 6:30 Skip Bo (AR)	10:00 Group Exercise (2nd) 3 10:00 Crafts (2nd) 10:30 Group Exercise (3rd) 2:00 spring craft (AR) 2:00 Residents choice (2nd) 6:30 Skip Bo (AR)	9:30 Baking (AR) 4 2:00 Bingo (AR) 2:00 spring trivia (AR) 6:30 Crazy 8's (AR)
Cinco de Mayo 5 9:30 Church Radio/TV (2nd) 9:30 Church Radio/TV (2/3) 10:00 Bible Study (AR) 2:00 Social of the Month (AR) 6:30 Residents choice (AR)	10:00 Group Exercise (2nd) 6 10:00 Beading (RR) 10:30 Group Exercise (3rd) 11:00 Whats in the News? (RR) 2:00 Fancy Fingers (RR) 2:00 Painting Group (2nd) 6:30 Kings in the Corner (AR)	9:30 Plant Care (RR) 7 9:30 Who am I? (3rd) 10:00 Tai-Chi (3rd) 10:45 Friendly Visits (RR) 2:00 Entertainment-Bill Dickinson (MDR) 6:30 Cribbage (AR)	Hairdresser (BS) 8 9:30 Fancy Fingers (3 NS) 10:00 Group Exercise (2nd) 10:00 Chef's Table at Home (AR) 10:30 Group Exercise (3rd) 12:00 Bingo Meal Deal (AR) 2:00 Crafts (AR) 2:00 Residents choice (2nd) 4:00 Pet Therapy (RR) 6:30 Board Games (AR)	Music Therapy (RR) 9 Hairdresser (BS) 8:00 Men's Breakfast Club (AR) 9:30 Friendly Visits (RR) 10:00 Fancy Fingers (NS) 10:00 Tai-Chi (2nd) 1:45 Outside Walks (Out) 2:00 Throwback movie (AR) 2:00 Creative Art (2nd) 6:30 Sequence (AR)	10:00 Group Exercise (2nd) 10 10:30 Group Exercise (3rd) 1:00 National Geographic (3rd) 2:00 Floats, Tunes, and Tattoos (AR) 6:30 Residents choice (GR)	10:00 Nature watch (AR) 11 2:00 Bingo (AR)
Mothers Day 12 9:30 Church Radio/TV (2nd) 10:00 Mothers Day Social (AR) 2:00 Cribbage (AR)	9:30 Trivia (3rd) 13 10:00 Group Exercise (2nd) 10:30 Group Exercise (3rd) 2:00 Painting Group (AR) 2:00 Resident Food Council (AR) 6:30 Skip Bo (AR)	9:30 Plant Care (RR) 14 9:30 Touch 2 Play (3 NS) 10:00 Friendly Visits (RR) 10:00 Chair Yoga (3rd) 2:00 Bingo (3rd) 2:00 Bingo (2nd) 6:30 Kings in the Corner (AR)	Hairdresser (BS) 15 9:30 Armchair Safari (AR) 10:00 Group Exercise (2nd) 10:00 Short Stories- Unlikely Pals (2nd) 10:30 Group Exercise (3rd) 2:00 Crafts (AR) 4:00 Pet Therapy (RR) 6:30 Sing A Long (GR)	Music Therapy (RR) 16 Hairdresser (BS) 8:00 Ladies Breakfast Club (AR) 9:30 Hand Massages (3 NS) 10:00 Fancy Fingers (NS) 10:00 Chair Yoga (2nd) 2:00 Short Stories (AR) 2:00 Friendly Visits (RR) 2:00 Creative Art (2nd) 6:30 Wii Games (AR)	10:00 Group Exercise (2nd) 17 10:00 Beading (2nd) 10:30 Group Exercise (3rd) 2:00 Sequence (AR) 2:00 Swing Bowl (2nd) 6:30 Scrabble (AR)	10:00 Book Cart (3rd) 18 2:00 Bingo (AR) 2:00 Creative art (2nd) 6:30 Crazy 8's (AR)
9:30 Church Radio/TV (2nd) 19 11:00 Catholic Church (AR) 2:00 Bible colouring (3rd) 3:00 Comedy Hour (AR) 6:30 Yahtzee (AR)	Victoria Day 20 9:00 Baking (AR) 10:00 Group Exercise (2nd) 10:30 Group Exercise (3rd) 2:00 Fancy Fingers (RR) 6:30 Kings in the Corner (AR)	9:30 What am I? (3rd) 21 10:00 Short Stories (2nd) 10:00 Tai-Chi (3rd) 2:00 Entertainment-Corby Leigh Kemp (3 NS) 6:30 Karaoke (AR)	Hairdresser (BS) 22 9:30 Plant Care (RR) 10:00 Group Exercise (2nd) 10:30 Group Exercise (3rd) 2:00 Crafts (AR) 2:00 St. Johns Church Service (2nd) 4:00 Pet Therapy (RR) 6:30 Yahtzee (AR)	Music Therapy (RR) 23 Hairdresser (BS) 9:30 Book Cart (RR) 10:00 Fancy Fingers (NS) 10:00 Tai-Chi (2nd) 2:00 Yahtzee (AR) 2:00 Jewellery Crafters (AR) 2:00 Salvation Army Service (GR) 6:30 Wii Games (AR)	9:30 Java Music (3rd) 24 10:00 Group Exercise (2nd) 10:30 Group Exercise (3rd) 2:00 Outdoor Scavenger Hunt (C) 6:30 Residents choice (GR)	10:00 Saturday Morning Coffee Club (AR) 25 2:00 Basketball and Bubbles (C) 2:00 Bingo (2nd) 6:00 Movie Magic Cinema Club (GR)
9:30 Church Radio/TV (2nd) 26 10:00 Bible Study (RR) 2:00 Scrabble (AR) 2:00 Trivia (RR) 6:30 Board Games (AR)	10:00 Group Exercise (2nd) 27 10:30 Group Exercise (3rd) 2:00 Photography Club (C) 6:30 Sequence (AR)	9:30 Plant Care (RR) 28 10:00 Resident Council (AR) 10:00 Chair Yoga (3rd) 2:00 Entertainment-Darlene McGuinness (MDR) 6:30 Card games (AR)	Hairdresser (BS) 29 9:30 Bird Talk (AR) 10:00 Group Exercise (2nd) 10:30 Group Exercise (3rd) 2:00 Crafts (AR) 4:00 Pet Therapy (RR) 6:30 Sing A Long (GR)	Music Therapy (RR) 30 Hairdresser (BS) 9:30 Trivia (3rd) 9:30 Woman's World (AR) 10:00 Fancy Fingers (NS) 10:00 Chair Yoga (2nd) 2:00 Painting (AR) 2:00 Board Games (2nd) 6:30 Residents choice (AR)	10:00 Group Exercise (2nd) 31 10:00 Flower Arranging (2nd) 10:30 Group Exercise (3rd) 2:00 Throwback Songs Social (3rd) 2:00 Skip Bo (2nd) 6:30 Yahtzee (AR)	Alternatively, self directed activities are available on the 2nd and 3rd floor. These activities are located at the Nursing Station. Please ask a staff member for assistance in obtaining these items, if required.