



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>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.</p>	<p>Dimensions Of Wellness Legend</p> <ul style="list-style-type: none"> Social Emotional Intellectual Physical Spiritual 	<p>Locations Legend</p> <ul style="list-style-type: none"> Room to Room (RR) 2nd Floor Sitting Room (2SR) Activity Room (AR) 3rd Floor Sitting Room (3SR) Courtyard (C) 2nd Floor Nurses Station (2NS) Gathering Room (GR) 3rd floor north end (3NE) 	<ul style="list-style-type: none"> 2nd Floor North End (2FNE) 2nd and 3rd Floor (2&3) Main Dining Room (MDR) 3rd floor Nurse's Station (3NS) Outside (Out) Giant Tiger (GT) Balcony (B) 	<ul style="list-style-type: none"> 10:00 Group Exercise - 2nd Floor (2SR) 1 10:00 Calendar Visits (RR) 10:30 Group Exercise- 3rd Floor (3SR) 10:30 Fancy Fingers (2NS) 2:00 Creative Art (RR) 2:00 Word Games (RR) 	<ul style="list-style-type: none"> 9:30 Sparkling Specs (RR) 2 10:00 Hand Massages (RR) 2:00 Friday Flippers (2SR) 	<ul style="list-style-type: none"> 10:00 Group Exercise-2nd Floor (2SR) 3 10:00 Archeological Wonders (AR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2SR)
<ul style="list-style-type: none"> 9:30 Church Radio/TV (2SR) 4 10:00 Bible Stories (GR) 2:00 Cribbage (AR) 	<p>Cinco De Mayo 5</p> <ul style="list-style-type: none"> 10:00 Gorgeous Gals (RR) 10:30 Word Games (RR) 2:00 Milkshake Monday (RR) 2:00 Social- Cinco De Mayo (AR) 6:00 Pet Therapy (RR) 7:00 Water Painting (RR) 	<ul style="list-style-type: none"> 9:30 Plant Care (RR) 6 10:00 Group Exercise- 2nd Floor (2SR) 10:00 National Geographic (3NE) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2&3) 	<ul style="list-style-type: none"> 10:00 Crafts-Flower Appeal (2SR) 7 10:00 Conversation Circle (3NE) 2:00 Crafts-Vases (2SR) 2:00 Dominoes (3SR) 	<ul style="list-style-type: none"> 10:00 Group Exercise - 2nd Floor (2SR) 8 10:00 Fancy Fingers (2NS) 10:00 Resident Food Council (AR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Creative Art (RR) 2:00 Social of the Month-Happy Birthday Coke! (AR) 	<ul style="list-style-type: none"> 9:30 Sparkling Specs (RR) 9 10:00 Hand Massages (RR) 2:00 Outside Walks (C) 2:00 Yahtzee (AR) 6:30 Ladies Choice (AR) 	<ul style="list-style-type: none"> 10:00 Group Exercise- 2nd Floor (2SR) 10 10:00 Outside Walks (C) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2SR)
<p>Mother's Day 11</p> <ul style="list-style-type: none"> 9:30 Church Radio/TV (2SR) 10:00 Mother's Day Deliver (RR) 2:00 Mother's Day Tea (AR) 	<ul style="list-style-type: none"> 10:00 This or that (3NS) 12 2:00 Painting- Floral Series (AR) 6:00 Pet Therapy (RR) 7:00 Digital Storytelling (RR) 	<ul style="list-style-type: none"> 9:30 Plant Care (RR) 13 10:00 Group Exercise- 2nd Floor (2SR) 10:00 Reading- World records (3NE) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Entertainment- Corby Leigh Kemp (MDR) 6:30 Bingo (AR) 	<ul style="list-style-type: none"> 10:00 Getting to Know May (2FNE) 14 10:00 Outside Walks (Out) 2:00 Bingo (2SR) 2:00 Bird Watching Club (C) 	<ul style="list-style-type: none"> 10:00 Group Exercise - 2nd Floor (2SR) 15 10:00 Fancy Fingers (2NS) 10:00 Armchair Safari (AR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Salvation Army Service (2SR) 2:00 Gardening (C) 	<ul style="list-style-type: none"> 9:30 Sparkling Specs (RR) 16 10:00 Hand Massages (RR) 2:00 Ladies Choice (2SR) 6:30 Yahtzee (AR) 	<ul style="list-style-type: none"> 10:00 Group Exercise-2nd Floor (2SR) 17 10:00 Java Music (AR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2SR) 6:00 Saturday Night at the Movies (AR)
<ul style="list-style-type: none"> 9:30 Church Radio/TV (2SR) 18 10:00 Bible Stories (GR) 11:00 Catholic Church Service (AR) 2:00 Outside Walks (C) 2:00 Crafts-Butterfly Craft (AR) 6:30 Mexican Train Dominos (AR) 	<p>Victoria Day 19</p> <ul style="list-style-type: none"> 10:00 Gorgeous Gals (RR) 10:30 Chef's Table at Home-Victorian Tea (2FNE) 2:00 Victorian Tea (2SR) 6:00 Pet Therapy (RR) 7:00 Guided Meditation (RR) 	<ul style="list-style-type: none"> 9:30 Plant Care (RR) 20 10:00 Group Exercise- 2nd Floor (2SR) 10:00 Comedy Hour (3NE) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2&3) 2:00 Board Games (AR) 2:00 Water Painting (RR) 6:30 Cards (AR) 	<ul style="list-style-type: none"> 10:00 Sensory Tea (2FNE) 21 10:00 Baking (AR) 2:00 Crafts-Tinfoil Prints (2SR) 2:00 Armchair Travel (AR) 	<ul style="list-style-type: none"> 10:00 Group Exercise - 2nd Floor (2SR) 22 10:00 Fancy Fingers (2NS) 10:00 Chef's Table at Home with Melinda (AR) 10:30 Group Exercise- 3rd Floor (3SR) 12:00 Mexican Fiesta Luncheon (AR) 2:00 Scrabble (GR) 2:00 Outside Walks (C) 2:00 Creative Art (RR) 6:30 Horse Racing Game (AR) 	<ul style="list-style-type: none"> 9:30 Sparkling Specs (RR) 23 10:00 Hand Massages (RR) 2:00 Women's World (AR) 	<ul style="list-style-type: none"> 10:00 Group Exercise- 2nd Floor (2SR) 24 10:00 Saturday Morning Coffee Club (2SR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2SR)
<ul style="list-style-type: none"> 9:30 Church Radio/TV (2SR) 25 10:00 Bible Stories (GR) 2:00 Ice Cream Trivia Cart (RR) 	<ul style="list-style-type: none"> 10:00 Outing/Trip- Giant Tiger and Tim Hortons (GT) 26 2:00 Trivia (C) 6:00 Pet Therapy (RR) 	<ul style="list-style-type: none"> 10:00 Group Exercise- 2nd Floor (2SR) 27 10:00 Resident Council (AR) 10:00 Java Music (3SR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Entertainment- Darlene McGuinness (MDR) 	<ul style="list-style-type: none"> 10:00 Plant Care (RR) 28 10:00 Touch 2 Play (RR) 2:00 St. Johns Church Service (GR) 2:00 What am I? (3SR) 	<ul style="list-style-type: none"> 10:00 Group Exercise - 2nd Floor (2SR) 29 10:00 Fancy Fingers (2NS) 10:00 Who am I? (3NE) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Sing-a-Long with Ruth (2SR) 2:00 Creative Art (AR) 6:30 Jingo (AR) 	<ul style="list-style-type: none"> 9:30 Sparkling Specs (RR) 30 10:00 Hand Massages (RR) 10:30 Balcony Exploring (B) 2:00 Friday Flippers (2SR) 2:00 Armchair Safari (AR) 6:30 Phase 10 (AR) 	<ul style="list-style-type: none"> 10:00 Group Exercise-2nd Floor (2SR) 31 10:00 Baking (AR) 10:30 Group Exercise- 3rd Floor (3SR) 2:00 Bingo (2SR) 2:00 Gourmet Coffee Cart (RR) 6:30 Resident Choice (AR)