

| SUNDAY  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY   |
|---|---|--|---|---|--|--|
| <p>31</p> <p>9:45 Exercise<br/>11:00 Polish Mass on Tv<br/>11:00 Walking Program<br/>1:30 Outdoor Walk<br/>1:45 Spiritual Connections<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Fly Ball<br/>6:30 1:1 Connections</p>             |   |  |   |   | <p>1</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>1:45 Carpet Bowling<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Art from the Heart<br/>6:30 1:1 Connections</p>  | <p>2</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Armchair Travel – New Zealand<br/>3:15 1:1 Sit to Stand</p>   |
| <p>3</p> <p>9:45 Exercise<br/>11:00 Polish Mass on Tv<br/>1:45 Spiritual Connections<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p>                        | <p>4</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room visits<br/>1:45 Entertainment by Koro<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p>   | <p>5</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room visits<br/>1:45 Reading Club<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p>             | <p>6</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:30 Outdoor Walk<br/>1:45 Magic in Words<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Pizza Night<br/>6:30 1:1 Connection</p> | <p>7</p> <p>9:45 Exercise<br/>11:00 Catholic Mass<br/>1:30 Nail &amp; Hand Care<br/>1:45 Bingo<br/>3:15 1:1 Sit to Stand<br/>5:30 Busy Hands<br/>6:30 1:1 Connection</p>                  | <p>8</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>1:45 Monthly Birthday Celebration<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Crafts for Mother's Day<br/>6:30 1:1 Connection</p>                              | <p>9</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>1:45 Reminiscing Program Memories of your Parents<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Fly Ball<br/>6:30 1:1 Connections</p>  |
| <p>10</p> <p>Mother's Day<br/>9:45 Exercise<br/>11:00 Polish Mass on Tv<br/>11:00 Walking Program<br/>1:45 Spiritual Connections<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p>   | <p>11</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>1:30 Outdoor Walks<br/>1:45 Entertainment by R&amp;M Band<br/>3:15 Sit to Stand &amp; Garden Walks</p>   | <p>12</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Crafts for Father's Day<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p> | <p>13</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:30 Nail &amp; Hand Care<br/>1:45 Magic in Words<br/>3:15 1:1 Sit to Stand<br/>5:30 Fly Ball<br/>6:30 1:1 Connection</p>              | <p>14</p> <p>Father's Day<br/>9:45 Exercise<br/>11:00 Catholic Mass<br/>1:45 Happy Hour<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Fun Brain Games<br/>6:30 1:1 Connection</p> | <p>15</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Carpet Bowling<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Discussion Group<br/>6:30 1:1 Connections</p>                           | <p>16</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>1:45 Let's get together and make some pancakes<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Armchair Travel - Fiji<br/>6:30 1:1 Connections</p>  |
| <p>17</p> <p>9:45 Exercise<br/>11:00 Polish Mass on Tv<br/>11:00 Walking Program<br/>1:30 Outdoor Walk<br/>1:45 Spiritual Connections<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Nail &amp; Hand Care<br/>6:30 1:1 Connections</p> | <p>18</p> <p>Victoria Day<br/>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room visits<br/>1:30 Outdoor Walks<br/>1:45 Entertainment by Toka<br/>3:15 Sit to Stand &amp; Garden Walks</p>            | <p>19</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Men's Club<br/>3:15 1:1 Sit to Stand</p>                                 | <p>20</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:30 Outdoor Walks<br/>1:45 Magic in Words<br/>3:15 1:1 Sit to Stand<br/>5:30 Sing Along<br/>6:30 1:1 Connection</p>                   | <p>21</p> <p>9:45 Exercise<br/>11:00 Catholic Mass<br/>1:30 Nail &amp; Hand Care<br/>1:45 Talent Show<br/>3:15 1:1 Sit to Stand<br/>5:30 Bingo<br/>6:30 1:1 Connection</p>                | <p>22</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Karaoke<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Art from the Heart - Rocks painting<br/>6:30 1:1 Connections</p>               | <p>23</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Baking Program<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Fly Ball<br/>6:30 1:1 Connections</p>  |
| <p>24</p> <p>9:45 Exercise<br/>11:00 Polish Mass on Tv<br/>11:00 Walking Program<br/>1:30 Outdoor Walk<br/>1:45 Spiritual Connections<br/>3:15 1:1 Sit to Stand<br/>5:30 Fly Ball<br/>6:30 1:1 Connections</p>                                | <p>25</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room visits<br/>1:45 Entertainment by Elvis Presley<br/>3:15 Sit to Stand &amp; Garden Walks<br/>5:30 Puzzles<br/>6:30 1:1 Connections</p> | <p>26</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Discussion Group<br/>3:15 1:1 Sit to Stand &amp; Garden Walks</p>        | <p>27</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Magic in Words<br/>3:15 1:1 Sit to Stand</p>  | <p>28</p> <p>9:45 Exercise<br/>11:00 Catholic Mass<br/>1:30 Nail &amp; Hand Care<br/>1:45 Bingo<br/>3:15 1:1 Sit to Stand<br/>5:30 Pizza Night<br/>6:30 1:1 Connection</p>                | <p>29</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Entertainment by The Elgar Strings Orchestra<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Reading Club<br/>6:30 1:1 Connections</p> | <p>30</p> <p>9:45 Exercise<br/>10:45 Walking Program<br/>11:45 Room Visits<br/>1:45 Social Tea<br/>3:15 1:1 Sit to Stand &amp; Garden Walks<br/>5:30 Movie &amp; Popcorn "Poms"<br/>6:30 1:1 Connections</p>   |

~ May your month be filled with warmth and sunshine ~