


















May 2026



Programs subject to change. Any questions please call the Activities Department at 613-756-2643 ext 225.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10:15 Sacred Heart League Choir - Polish Day - AR 1:45 Travel to Poland - AR	2 10:15 Noodle Ball - AR 1:45 Word Games-Mother's Day/Polish Day - AR
3 10:15 Rosary - AR 1:45 Kaszuby Video - AR Happy Polish Day! 	4 10:15 Handy Helpers - AR 10:15 Heart for Music (1:1) 10:15 Farm Visit with Baby Lamb (1:1) 1:45 Carpet Dice - AR 4:00 "Walk N Talk with Lily" 6:15 "Country Legends Hour" with Debbie and Ron - AR 	5 8:00 Breakfast Club - AR 10:15 Friendly Visits(1:1) 10:15 Movement Moments - AR 1:45 Mother's Day Bingo - AR Hairstressing 	6 10:00 Baking - AR 1:45 Country Mile - AR	7 10:15 Anglican Church Service - AR 1:45 Classic Country with Teddy Murray - AR 	8 10:15 Worship Service with Pastor Doug Kranz - AR 1:40 Java Time FPL Zone 2 1:45 Gardening Club 6:15 Fish N Game Club-Fishing - AR	9 10:15 Bowling - AR 1:45 Jeopardy Labs-Mothers Day Theme - AR 
10 9:45 Mother's Day Cart (1:1) 1:15 Mother's Day Cart (1:1) Happy Mother's Day BEACH THEME WEEK! 	11 10:00 Euchre with Donna 10:15 Handy Helpers - AR 10:15 Heart for Music (1:1) 1:45 Armchair Travel to Hawaii 4:00 "Walk N Talk with Lily" 6:15 Word Games-Beach Summer Edition - AR	12 10:15 Drive Around the Bay/Outings - OUT 10:15 Friendly Visits(1:1) 10:15 Latin Dance with Diane - AR 1:45 Beach Bingo-Mocktails with Malichai - AR Hairstressing 	13 10:00 Crafts with Nicole - AR 1:45 Beach Party with Young at Heart Line Dancers with Joe Bratley - DR 4:00 "Walk N Talk with Lily" Beach Dress up Day 6:15 I Hear Memories-Beach - AR	14 10:15 Beachball Volleyball - AR 1:30 Resident Council Meeting - AR 1:40 "What's in the Beach Bag?"Zone3,4 DR - AR 1:45 "What's in the Beach Bag?"Zone 2 FPL 	15 10:15 Rosary & Communion with Pierre Paul & Judy - AR 1:45 Beach Bash with Jack Conner's Sing A Long - CY 6:15 Skitts & Giggles - AR 	16 10:15 Music & Motion Exercises - AR 10:15 Tuck Shop Cart (1:1) 1:40 Movie Matinee-"Flipper" - AR 1:45 Tuck Shop Cart (1:1)
17 Tuck Shop Cart (1:1) If needed 10:15 Scripture - AR 1:45 Bridgetown Music Therapy Sing A Long-Hymns	18 10:15 Handy Helpers - AR 1:45 Prayers from the Heart - AR Victoria Day 	19 10:15 Friendly Visits(1:1) 10:15 Movement Moments - AR 1:45 Bingo - AR No susan 6:15 Station Keeper Singers - AR Hairstressing	20 10:15 United Church Service - AR 1:45 Jimmy's Radio Show - AR 4:00 "Walk N Talk with Lily" 6:15 Finishing the Lines - AR 	21 10:15 Bosco Buddies-Bowling - AR 1:45 Catholic Mass with Fr. John Burchat - CHPL	22 10:15 Kelly's Karaoke - AR 1:40 Java Time FPL Zone 2 1:45 Java Music Club - AR 	23 10:15 Silver Sneakers Exercise - AR 1:45 Horseracing - AR
24 10:15 Bible Study - AR 1:45 Sunday Cinema-Touched by an Angel - AR 	25 10:00 Cribbage with Donna & Connie - NN 10:15 Gardening Club - CY 10:15 Handy Helpers - AR 1:45 The Hazleton's - AR 4:00 "Walk N Talk with Lily" 6:15 Champion Racetrack - AR	26 10:15 Bosco Buddies Bingo - AR 1:45 Drum Fit - AR 1:45 Friendly Visits(1:1) Hairstressing 	27 10:15 Giant Crossword - AR 1:45 Country Classics With Bart Lynch - AR 4:00 "Walk N Talk with Lily" 6:15 "What's In the News?" - AR	28 10:10 Fit Minds Zone 2 FPL 10:15 Fit Minds Zone 3 DR 10:15 Fit Minds Zone 4 AR - AR 1:45 Black 21 - AR 	29 10:15 Joe's Piano - AR 1:15 Market Outing 1:40 Java Time FPL Zone 2	30 10:15 Beachball Volleyball - AR 1:45 New Age Bowling - AR 
31 10:15 Virtual Worship Service - AR 1:45 Virtual Catholic Mass - AR						

AR - Assembly Room

CHPL - Chapel

CY - Courtyard

DR - Dining Room/Lounge

NN - Nora's Nook

OUT - Outings

