

May 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 Jesus Christ of Latter Day Saints V1 10:00 Bible Study/ Hymn Sing 11:00 Qigong 1:30 Spa Visits 1/2C 2:00 Scrabble	2 9:45 Group Exercise(C2/V2) 10:00 Advanced Exercise 10:45 Group Exercise (C4/V4) 1:45 Music Therapy V3/V4 2:00 Library Cart C 2:00 Coffee/Chat V/C 2:30 Board Games 3:00 Music Therapy C3 6:30 Bowling 6:45 Sing Along C3	3 10:00 Sing Along V 10:00 Word Games C 1:30 Horticulture Club C 2:00 Chair Exercise 2:00 Therapeutic V3/V4 2:30 Afternoon Bingo 2:45 Horticulture Club V 3:15 Let's Dance C3 6:30 Fruit & Flower Craft 6:45 1:1 Visits V3	4 10:00 Simply Stretch C 10:00 Lets Make Music V 2:00 Tim Hortons Run 2:00 Color with me V3/V4 2:30 Afternoon Bingo 3:15 Let's Make Music C3 6:30 Under 70's Club 6:30 Bible Study with Lynda 6:45 Qigong C3	5 10:00 Sing Along C 10:00 Simply Stretch V 10:00 Therapeutic V3/V4 11:00 Simply Stretch C3 2:00 Cinco De Mayo Party 6:30 Let's Dance 6:45 1:1 Visits V4	6 10:00 Mother's Day Craft Kids U 11:00 Catholic Church 2:00 Physical Games V3 2:00 Resident Choice C3 2:30 Big Bucks Bingo 6:15 TV Series Night 6:45 Physical Games C3	7 10:00 Tea Time Talks 10:00 Morning Bingo 1:30 Art Therapy 2:00 Fun with Food C3 2:30 Balloon Volleyball
8 Mother's Day 10:00 Bible Study/ Hymn Sing 11:00 Mother's Day Trivia 1:30 Spa Visits 1/2/5V 2:00 Mother's Day Makeover & Photo Shoot	9 9:45 Group Exercise(C2/V2) 10:00 Advanced Exercise 10:45 Group Exercise (C4/V4) 1:45 Music Therapy V3/V4 2:00 Library Cart V 2:00 Refreshment Cart 2:30 Horseraces 3:00 Music Therapy C3 6:30 Bowling 6:45 Sing Along C3	10 9:00 Breakfast Club 8-1030 10:30 Karaoke 1:30 Horticulture Club C 2:00 Chair Exercise 2:00 Therapeutic V3/V4 2:30 Fruit & Flower Craft 2:30 Afternoon Bingo 2:45 Horticulture Club V 3:15 Let's Stroll C3 6:30 Jeopardy 6:45 1:1 Visits V3	11 10:00 Qigong C 10:00 Sing Along V Kids U 2:00 Starbuck's Walk & Chat 2:00 Balloon Toss V3/V4 2:30 Mini Cash Bingo 3:15 Let's Make Music C3 6:30 Bible Study with Lynda 6:30 Southwinds Hymn Sing 6:45 Qigong C3	12 10:00 Let's Make Music C 10:00 Qigong V 10:00 Therapeutic V3/V4 11:00 Simply Stretch C3 1-3 Recreation STAFF Meeting (no programs) 3:30 Refreshment & Chat 3:30 Refreshment & Chat C3 6:30 Let's Stroll 6:45 1:1 Visits V4	13 10-10:45 Happy Anniversary Games(per floor) 11-11:30 Anniversary Games Finale V1 2-3 WALDEN ANNIVERSARY PARTY 6:30pm Armchair Travel-AgeCare Walden Heights Slideshow	14 10:00 Comedy Movie 10:30 Morning Bingo 1:30 Classic Movie 2:30 Men's Club 2:30 Fruit of the month
15 9:30 Jesus Christ of Latter Day Saints V1 10:00 Bible Study/ Hymn Sing 11:00 Qigong 2:00 Baking C2 2:00 Baking V1	16 9:45 Group Exercise(C2/V2) 10:00 Advanced Exercise 10:45 Group Exercise (C4/V4) 1:45 Music Therapy V3/V4 2:00 Library Cart C 2:00 Coffee/Chat V/C 2:30 Woodworking 3:00 Music Therapy C3 6:30 Bowling 6:45 Sing Along C3	17 10:00 Sing Along C 10:00 Word Games V 1:00 KIRKHAM HEARING(link) 1:30 Horticulture Club C 2:00 Chair Exercise 2:00 Therapeutic V3/V4 2:30 Afternoon Bingo 2:45 Horticulture Club V 3:15 Let's Dance C3 5:00 Dinner Club 6:30 Shuffleboard 6:45 1:1 Visits V3	18 10:00 Chair Yoga C 10:00 Lets Make MusicV 2:00 Save on Foods Jaunt 2:00 Let's Stroll V3/V4 2:30 Afternoon Bingo 3:15 Let's Make Music C3 6:30 Mind Benders 6:30 Bible Study with Lynda 6:45 Qigong C3	19 10:00 Sing Along C 10:00 Chair Yoga V 10:00 Therapeutic V3/V4 11:00 Chair Yoga C3 2:00 Card Bingo 2:30 Shoppers Drug Mart V 6:30 Let's Dance 6:45 1:1 Visits V4	20 10:00 Parachute C Kids U 10:00 Chair Dancing V Kids U 11:00 Christian Church 2:00 Physical Games V3 2:00 Resident Choice C3 2:30 Big Bucks Bingo 6:15 TV Series Night 6:45 Card Games C3	21 10:00 Tea Time Talks 10:00 Morning Bingo 1:30 Art Therapy 2:00 Fruit of the month C3 2:30 Mini Putt
22 10:00 Bible Study/ Hymn Sing 11:00 Qigong 1:30 Spa Visits 3/4V 2:00 Crossword Puzzles	23 STAT No Recreation Programs 1:45 Music Therapy V3/V4 3:00 Music Therapy C3	24 10:00 Sing Along V 10:00 Word Games C 1:30 Horticulture Club C 2:00 Welcome/Birthday Party 2:45 Horticulture Club V 3:15 Let's Stroll C3 6:30 Charades 6:45 1:1 Visits V3	25 10:00 Chair Yoga C 10:00 Sing Along V Kids U 2:00 Stroll to Nails 1 Spa 2:00 Sing Along V3/V4 2:30 Mini Cash Bingo 3:15 Let's Make Music C3 6:30 Penny Ante 6:30 Bible Study with Lynda 6:45 Qigong C3	26 10:00 Let's Make Music C 10:00 Chair Yoga V 10:00 Card Making with Pat 10:00 Therapeutic V3/V4 11:00 Chair Yoga C3 2:00 Card Bingo 2:30 Shoppers Drug Mart C 6:30 Let's Stroll 6:45 1:1 Visits V4	27 10:00 Chair Dancing C 10:00 Parachute V 11:00 Church & Memorial 2:00 Physical Games V3 2:00 Resident Choice C3 2:30 Big Bucks Bingo 6:15 TV Series Night 6:45 Word Games C3 9:30-4:30 William Watson Lodge Outing	28 10:00 Romance Movie 10:30 Morning Bingo 1:30 Action Movie 2:30 Ladies Club 2:30 Balloon Volleyball
29 9:30 Jesus Christ of Latter Day Saints V1 10:00 Bible Study/ Hymn Sing 11:00 Qigong 1:30 Spa Visits 3/4C 2:00 Cards & Games	30 9-11 Breakfast bus outing 10:00 Group Exercise V1 1:45 Music Therapy V3/V4 2:00 Library Cart V 2:00 Woodworking 2:00 Boccee Ball 2:30 Paint to music 3:00 Music Therapy C3 6:30 Bowling 6:45 Sing Along C3	31 10:00 Sing Along C 10:00 Word Games V 12:00 Lunch Club 11-130 1:30 Horticulture Club C 2:00 Chair Exercise 2:00 Therapeutic V3/V4 2:30 Afternoon Bingo 2:45 Horticulture Club V 3:15 Let's Dance C3 6:30 Family Feud 6:45 1:1 Visits V3	V=Vista Building C=Courts Building #=floor	***All Outings are Weather Permitting & Residents attending need to be signed up***	Please refer to DAILY LISTINGS for updates and LOCATIONS OF PROGRAMS	