


AgeCare Walden Heights May 2017

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>V= Vista Building C= Courts Building Number= Floor Number (Example: C2= Courts second floor)</p>	<p>1 9:45 Simply Stretch C1/C2(C2) 9:45 Simply Stretch V1/V2/V3(V2) 10:45 Simply Stretch C3/C4(C4) 10:45 Simply Stretch V4/V5(V4) 1:45 Discuss & Recall C1 1:45 Discuss & Recall C3 1:45 Discuss & Recall V3 1:45 Discuss & Recall V4 2:30-3:00 Music Therapy V3/V4(V4) 2:45 Discuss & Recall V5 2:45 Discuss & Recall V1/V2(V2) 2:45 Discuss & Recall C2 2:45 Discuss & Recall C4 3:15-3:45 Music Therapy C3 6:30 Jeopardy V1</p>	<p>2 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:45 Let's Stroll C1/C2 1:45 Let's Stroll C3 1:45 Let's Stroll V4 1:45 Friendly Visits V3 2:00 Horticulture C 2:45 Let's Stroll V5 2:45 Let's Stroll V1/V2 2:45 Let's Stroll C4 3:30 Piano with Marge (link) 6:30 Card Bingo V1 6:30 Let's Make Music C2</p>	<p>3 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) KIDSU 10:00 Chair Yoga V1 10:00 Physical Games V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 1:45 Finish the sayings C1 1:45 Finish the sayings C3 1:45 Finish the sayings V1/V2(V2) 1:45 Resident Choice V3 2:00 Library Cart V 2:00 Bible Study with Lynda V1 2:45 Finish the sayings C2 2:45 Finish the sayings C4 2:45 Finish the sayings V4 2:45 Finish the sayings V5 6:30 Evening Bingo V1</p>	<p>4 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 News & Views V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 2:00 Cinco De Mayo Party with "CC Mexican Dancers" 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1</p>	<p>5 No Chair Yoga C3 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Exercise V4 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Lutheran Church Service V1 1:45 Balloon Volleyball C1 1:45 Ladder Ball C3 KIDSU 1:45 Chair Basketball V1/V2(V2) 1:45 Resident Choice V3 2:45 Balloon Volleyball C2 2:45 Ladder Ball C4 2:45 Chair Basketball V4 2:45 Bean Bag Toss V5 6:15 TV Series Night-When Calls the Heart Epi 1 & 2 6:30 Residents Choice C3</p>	<p>6 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Morning Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 10:30 Yvonne Lalala C3 11:00 Piano with Shahana (link) 1:45 Piano with Marge C3 2:00 Ladies Club 2:00 Shuffleboard V1 2:30 Woodworking V1</p>
	<p>7 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:00 Simply Stretch V1 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie-"Look who's talking" (Comedy) 2:00 Penny Ante V1 (V) 2:00 Penny Ante C1 (C)</p>	<p>8 9:45 Chair Exercise C1/C2(C2) 9:45 Chair Exercise V1/V2/V3(V2) 10:45 Chair Exercise C3/C4(C4) 10:45 Chair Exercise V4/V5(V4) 1:45 Cranium Crunches C1 1:45 Cranium Crunches C3 1:45 Cranium Crunches V3 1:45 Cranium Crunches V4 2:00 Card Making with Pat & Debbie 2:30-3:00 Music Therapy V3/V4 2:45 Cranium Crunches V5 2:45 Cranium Crunches V1/V2(V2) 2:45 Cranium Crunches C2 2:45 Cranium Crunches C4 3:15-3:45 Music Therapy C3 6:30 Let's Dance C2 6:30 Southwinds Hymn Sing V1</p>	<p>9 10:00 St. Sebastian Handbell Choir V1 1:45 Let's Stroll C1/C2 1:45 Let's Stroll C3 1:45 Let's Stroll V3 1:45 Friendly Visits V4 2:00 Horticulture V 2:45 Let's Stroll V5 2:45 Let's Stroll V1/V2 2:45 Let's Stroll C4 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>10 9:45 Chair Dancing C1/C2(C2) KIDSU 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V1 10:00 Physical Games V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 1:45 Don't take it literally C1 1:45 Don't take it literally C3 1:45 Don't take it literally V1/V2(V2) 1:45 Resident Choice V3 2-4 3rd floor bus outing 2:00 Library Cart C 2:00 Bible Study with Lynda V1 2:45 Don't take it literally C2 2:45 Don't take it literally C4 2:45 Don't take it literally V4 2:45 Don't take it literally V5 6:30 Evening Bingo V1</p>	<p>11 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Table Topics V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1-3 REC TEAM MEETING 2-4 5th Ave Jewelry 2:00 Volunteer Refreshment Cart 6:30 Mini Cash Bingo V1</p>	<p>12 No Chair Yoga C3 10-10:45 Anniversary Games (per floor) 11-11:30 Anniversary Games Finale V1 2:00 Walden's 5th Year Anniversary Party with Entertainment by "The Good Timers" NO EVENING RECREATION PROGRAMS</p>

<p>14 Mother's Day 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie-"Mother's Day" 2:00 Concentration V1</p>	<p>15 9:45 Simply Stretch C1/C2(C2) 9:45 Simply Stretch V1/V2/V3(V2) 10:00 Card Making with Pat & Debbie 10:45 Simply Stretch C3/C4(C4) 10:45 Simply Stretch V4/V5(V4) 2:00 Post Mother's Day Party with Entertainment by "Jeff Pedora" 2:30-3:00 Music Therapy V3/V4(V4) 3:15-3:45 Music Therapy C3 6:30 Post Mother's Day Trivia C 6:30 Post Mother's Day Trivia V</p>	<p>16 9-12 Breakfast Bus Outing to Saskatoon Berry Farm 10:00 Word Games V1 1:45 Let's Stroll C1/C2 1:45 Let's Stroll C3 1:45 Let's Stroll V4 1:45 Friendly Visits V3 2:00 Horticulture C 2:45 Let's Stroll V5 2:45 Let's Stroll V1/V2 2:45 Let's Stroll C4 3:30 Piano with Marge (link) 6:30 Card Bingo V1 6:30 Let's Make Music C2</p>	<p>17 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V1 10:00 Physical Games V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) KIDSU 1:45 You be the judge C1 1:45 You be the judge C3 1:45 You be the judge V1/V2(V2) 1:45 Resident Choice V3 2:00 Library Cart V 2:00 Bible Study with Lynda V1 2:45 You be the judge C2 2:45 You be the judge C4 2:45 You be the judge V4 2:45 You be the judge V5 6:30 Evening Bingo V1</p>	<p>18 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Tea Time Talks V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1:45 Paint to music C1/C2(C2) 1:45 Paint to music V1/V2/V3(V2) 1:45 Shoppers Drug Mart C 2:45 Shoppers Drug Mart V 2:45 Paint to music C3/C4(C4) 2:45 Paint to music V4/V5(V5) 3:30 Piano with Marge (link) 6:30 Big Bucks Bingo V1</p>	<p>19 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Yoga C3 10:00 Word Games V4 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Christian Church Service V1 1:45 Bean Bag Toss C1 1:45 Ladder Ball V1/V2 (V2) 1:45 Balloon Volleyball C3 KIDSU 1:45 Resident Choice V3 2:45 Bean Bag Toss C2 2:45 Ladder Ball V4 2:45 Chair Basketball V5 2:45 Balloon Volleyball C4 6:15 TV Series Night-When Calls the Heart Epi 3 & 4 6:30 Residents Choice C3</p>	<p>20 9:45 Qigong C1/C2(C2) 9:45 Qigong V1/V2/V3(V2) 10:00 Morning Bingo 10:45 Qigong C3/C4(C4) 10:45 Qigong V4/V5(V4) 11:00 Piano with Shahana (link) 1:45 Piano with Marge C3 2:00 Men's Club 2:00 Charades 2:30 Woodworking</p>
<p>21 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:00 Chair Exercise V1 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie- "Far from home: The adventure of yellow dog" (Drama) 2:00 Family Feud V1 2:00 Pictionary C1</p>	<p>22 STAT</p>	<p>23 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 2:00 Welcome/Birthday Party- Entertainment by "Kenny Smith" 3:30 Piano with Marge (link) 6:30 Bowling V1</p>	<p>24 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V1 10:00 Physical Games V3 10:45 Chair Dancing C3/C4(C4) KIDSU 10:45 Parachute V4/V5(V4) 1:45 Smile Toss Game C1 1:45 Smile Toss Game C3 1:45 Smile Toss Game V1/V2(V2) 1:45 Resident Choice V3 2:00 Bible Study with Linda V1 2:00 Library Cart C 2:45 Smile Toss Game C2 2:45 Smile Toss Game C4 2:45 Smile Toss Game V4 2:45 Smile Toss Game V5 6:30 Evening Bingo V1</p>	<p>25 9:45 Parachute C1/C2(C2) 9:45 Chair Dancing V1/V2/V3(V2) 10:00 Penny Ante V4 10:45 Parachute C3/C4(C4) 10:45 Chair Dancing V4/V5(V4) 1:45 Color Me Healthy C1/C2(C2) 1:45 Color Me Healthy V1/V2/V3(V2) 1:45 McDonalds Walk & Chat C 2:45 McDonalds Walk & Chat V 2:45 Color Me Healthy C3/C4(C4) 2:45 Color Me Healthy V4/V5(V5) 3:30 Piano with Marge (link) 6:30 Mini Cash Bingo V1</p>	<p>26 9:45 Sing Along C1/C2/C4 (C2) 9:45 Sing Along V1/V2/V3 (V2) 10:00 Chair Yoga C3 10:00 Sensory V4 10:45 Sing Along C3 10:45 Sing Along V4/V5(V4) 11:00 Catholic/Memorial MassV1 1-4 McKays in Cochrane for ice-cream 1:45 Chair Basketball C1/C2 (C2) 1:45 Balloon Volleyball V1/V2(V2) 1:45 Resident Choice V3 2:45 Bean Bag Toss C3/C4(C4) 2:45 Balloon Volleyball V4 2:45 Ladder Ball V5 6:15 TV Series Night-When Calls the Heart Epi 5 & 6</p>	<p>27 10:00 Morning Bingo V1 10:00 Boccee Ball 11:00 Piano with Shahana (link) 1:45 Piano with Marge C3 2:00 Tea Time Talks C 2:00 Tea Time Talks V</p>
<p>28 9:45 Spiritual Time C1/C2(C2) 9:45 Spiritual Time V1/V2/V3(V2) 10:45 Spiritual Time C3/C4(C4) 10:45 Spiritual Time V4/V5(V4) 1:30 Movie-"No reservations" (Romance) 2:00 Armchair Travel-Under the sea</p>	<p>29 9:45 Simply Stretch C1/C2(C2) 9:45 Simply Stretch V1/V2/V3(V2) 10:45 Simply Stretch C3/C4(C4) 10:45 Simply Stretch V4/V5(V4) 1:45 Quick Craft C1 1:45 Quick Craft C3 1:45 Quick Craft V3 1:45 Quick Craft V4 2:30-3:00 Music Therapy V3/V4(V4) 2:45 Quick Craft V5 2:45 Quick Craft V1/V2(V2) 2:45 Quick Craft C2 2:45 Quick Craft C4 3:15-3:45 Music Therapy C3 6:30 Horseraces V1</p>	<p>30 9:45 Word Games C1/C2(C2) 9:45 Word Games V1/V2/V3(V2) 10:45 Word Games C3/C4(C4) 10:45 Word Games V4/V5(V4) 1:45 Let's Stroll C1/C2 1:45 Let's Stroll C3 1:45 Let's Stroll V3 1:45 Friendly Visits V4 2:00 Horticulture V 2:45 Let's Stroll V5 2:45 Let's Stroll V1/V2 2:45 Let's Stroll C4 3:30 Piano with Marge (link) 6:30 Card Bingo V1 6:30 Let's Make Music C2</p>	<p>31 9:45 Chair Dancing C1/C2(C2) 9:45 Parachute V1/V2/V3(V2) 10:00 Chair Yoga V1 10:00 Physical Games V3 10:45 Chair Dancing C3/C4(C4) 10:45 Parachute V4/V5(V4) 1:45 What I Loved to do as a Child C1 1:45 What I Loved to do as a Child C3 KIDSU 1:45 What I Loved to do as a Child V1/V2(V2) 1:45 Resident Choice V3 2:00 Library Cart V 2:00 Bible Study with Lynda V1 2:45 What I Loved to do as a Child C2 2:45 What I Loved to do as a Child C4 2:45 What I Loved to do as a Child V4 2:45 What I Loved to do as a Child V5 6:30 Evening Bingo V1</p>		<p>Please refer to Daily Lists on each floors Recreation Board for any updates or changes</p>	<p>****All outings are weather permitting and residents attending need to be signed up****</p>