

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2021

To book a Courtyard Visit or Virtual Call for Mother's Day on May 9<sup>th</sup> please email [whvirtualcalls@agecare.ca](mailto:whvirtualcalls@agecare.ca)

May Day

									
2 9:30 Music & Movement 10:45 Friendship Visits	3 1:30 Never Have I Ever - Game 2:45 Courtyard Stroll – I Spy	4 9:30 Breathing Meditation 1:30 – 3:30 <b>Cinco de Mayo Mariachi Margarita Cart</b> 	5 1:15 Rummikub 2:45 National Geographic – Experience the Underworld 	6 9:30 Sit & Stretch 1:30 – 3:30 – <b>Fun Friday Ice Cream Cart – Courts</b>	7 9:30 Sit & Stretch 10:45 Horticulture/Garden Club	8 9:30 Music & Movement 10:45 Spelling Bee	9 1:30 Words in Words Game 2:45 Reminisce & Ice Tea on the Patio	10 9:30 Breathing Meditation 10:45 International Nurses Day - Trivia	11 12:00 <b>Lunchtime Melodies</b> 1:15 Rummikub 2:45 Chair Aerobics
16 9:30 Music & Movement 10:45 Friendship Visits	17 1:30 Things That Go Together – Quiz 2:00 <b>Neighbourhood Resident Council Table Talk – Sarcee Dining Room- Richard</b> 2:45 Courtyard Stroll – Name that Tree	18 9:30 Breathing Meditation 10:45 BINGO	19 1:15 Rummikub 2:45 Arm Chair Travel – Germany's Frankfurt & Numberg	20 9:00 – 12:00 <b>Recreation Team Meeting - Classroom</b> 1:30 Jeopardy	21 9:30 Sit & Stretch 10:45 Name that Tune	22 9:30 Music & Movement 10:45 Calendar Distribution			
23 	24  <b>No Recreation Programs</b> Victoria Day (Canada)	25 1:30 Rhyming Riddles - Quiz 2:45 Physical Games	26 9:30 Breathing Meditation 10:45 Pair-up Activity	27 1:15 Rummikub 2:45 Chair Aerobics	28 9:30 Sit & Stretch 10:45 Name that Tune	29 			
30 9:30 Music & Movement 10:45 Calendar Distribution		31 			31 9:30 Music & Movement 10:45 Calendar Distribution				