

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	Hair by Inky 3	Hair by Annette 4	Cinco De Mayo 5
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.		10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:30 Digital Literacy w/Daryl (SU) 3:30 Art Series: Air Clay – Sculpting (B)	9:45 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B)	10:00 Seated Dance w/ Beryl (B) 11:00 Rummy Card Game (B) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Marley & Me (T)	10:00 Zumba w/ Eric (G) 10:00 Wii Bowling 2 (P) 11:00 Self-Led Scrabble (B) 1:30 Trivia (L) 1:30 Self-Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: The Name of the Rose (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: E.T. (T)
6	7	8	9	Hair by Inky 10	Hair by Annette 11	Happy Mother's Day 12
10:00 Chair Yoga w/ Blythe 1 (G) 10:35 Chair Yoga w/ Blythe 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Traveler Ep:10 – Wine of the Valley (T)	10:00 PERK Activities (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:00 Plant Nursery Outing (SU) 2:00 Self-Led Bridge Group (B)	10:00 Gardening Workshop with Landscaper Jenn 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/Daryl (SU) 3:30 Art Series: Air Dry Clay – Painting (B)	10:00 Stretch and Balance (G) 10:30 Creative Card Making (B) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:30 Silver Spoon (S)	10:00 Seated Dance w/ Beryl (B) 11:00 Rummy Card Game (B) 1:00 Stretch and Balance (G) 2:00 Performance by Bob York (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Sherlock Holmes (T)	10:00 Zumba w/ Eric (G) 10:00 Wii Bowling 2 (P) 11:00 Self-Led Scrabble (B) 1:30 Trivia (L) 1:30 Self-Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Mrs. Doubtfire (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Mother's Day High Tea (D) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Chitty Chitty Bang Bang (T)
13	14	15	Footcare by Evelyn 16	Hair by Inky 17	Hair by Annette 18	19
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Traveler Ep:11 – Greece (T)	10:00 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B)	9:15 Gardening (Te) 10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling 1 (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/Daryl (SU)	10:00 Fitness w/ Prabh (G) 10:00 Baking with Shelby (B) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:15 Recreation Workshop (B)	10:00 Seated Dance w/ Beryl (B) 11:00 Rummy Card Game (B) 1:00 Stretch and Balance (G) 2:00 Performance by the Suede Dogs (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Die Another Day (T)	10:00 Zumba w/ Eric (G) 10:00 Wii Bowling 2 (P) 11:00 Self-Led Scrabble (B) 1:30 Trivia (L) 1:30 Self-Led Chess (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: The World Is Not Enough (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Heidi (T)
National Pizza Day 20	21	22	23	Hair by Inky 24	Hair by Annette 25	26
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Traveler Ep:12 – Newfoundland (T)	10:00 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 2:00 Self-Led Bridge Group (B) 3:00 Town Hall Meeting (P)	9:15 Gardening (Te) 10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling 1 (P) 1:00 Superstore Outing (SU) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Discuss the Book You're Reading (L)	10:00 Fitness w/ Prabh (G) 11:00 Alta Vida Fashion Sale (P) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B) 3:00 Birthday Party (C)	10:00 Seated Dance w/ Beryl (B) 11:00 Rummy Card Game (B) 1:00 Stretch and Balance (G) 2:00 Performance by Jane Coop (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Sound of Music (T)	10:00 Zumba w/ Eric (G) 10:00 Wii Bowling 2 (P) 11:00 Self-Led Scrabble (B) 1:30 Trivia (L) 1:30 Self-Led Games (B) 3:00 Stretch and Balance (G) 7:00 Movie Night: Made For Each Other (T)	9:45 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:00 Fitness w/ Shelby (G) 1:30 Self-Led Cribbage (B) 2:00 Walking Group (C) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Wizard of Oz (T)
27	28	29	30	31	Room Legend	Room Legend
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 Movie Night: Licence to Kill (T)	10:00 PERK Activities (B) 11:15 Fitness w/ Prabh (G) 1:00 In Stitch Us: Knitting (P) 1:00 Dollarama/Liquor Store (SU) 2:00 Self-Led Bridge Group (B)	9:15 Gardening (Te) 10:00 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling 1 (P) 2:30 Digital Literacy w/ Daryl (SU) 2:30 Q & A w/ Lara (S) 3:00 Welcoming High Tea (S)	10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making (B) 1:30 Stretch and Balance (G) 2:00 Word in a Word 1 (B)	10:00 Seated Dance w/ Beryl (B) 11:00 Rummy Card Game (B) 1:00 Stretch and Balance (G) 2:00 Health Arts Concert (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Pot O' Gold (T)	(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room (D) Dining Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace

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