

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026



<p>10:00 TFP Church Service (AR) (All denominations are welcome) 11:15 Exercises and Fall Prevention (ML) 1:30 Movie Matinee: Titanic (1997) (AR)</p>	<p>3 May the 4th be with you! 9:45 You Be The Judge (LB) 11:15 Exercises and Fall Prevention (ML) **Hearing Clinic from 1:30pm – 3:30pm (BR)** 2:15 Harmony Hour with Birchmount Choir (ML)</p>	<p>4 Cinco de Mayo 9:45 Seated Dance Exercise (AR) 10:30 RC Church Service (AR) 2:30 Cinco De Mayo Festival (ML)</p>	<p>5 9:30 Exercises and Fall Prevention (ML) 10:30 Gentle Tai Chi (AR) 2:10 Bingo</p>	<p>6 9:45 Fitness Fun and Meditation (AR) 10:45 Resident Council Meeting (BR) 1:30 Knitting Club (ML) 2:00 Town Hall Meeting (ML)</p>	<p>7 9:30 Exercises and Fall Prevention (ML) 10:30 Drum Circle with Paddy (ML) 2:30 DIY Flowers (AR)</p>	<p>8 10:30 Washer Toss (AR) 11:15 Exercises and Fall Prevention (ML) 2:10 Bingo (AR)</p>
<p>Mother's Day 10:00 TFP Church Service (AR) (All denominations are welcome) 11:15 Exercises and Fall Prevention (ML) 2:10 Adele's Stories (LB)</p>	<p>10 9:45 World Trivia (ML) 11:15 Exercises and Fall Prevention (ML) 2:00 Martial Arts Class with Imran (ML)</p>	<p>11 9:45 Seated Dance Exercise (AR) 10:30 Name that Tune (ML) 2:10 Bingo (AR) 3:15 Sing Along with Karen on the Piano (ML)</p>	<p>12 Birthday BBQ Party 9:30 Exercises and Fall Prevention (ML) 10:30 Gentle Tai Chi (AR) 12:30 Birthday BBQ Party with John Kim (BY)</p>	<p>13 9:45 Fitness Fun and Meditation (AR) 10:30 Chair Yoga (AR) 1:30 Knitting Club (ML) 2:30 Managing Stress Workshop (AR)</p>	<p>14 9:30 Exercises and Fall Prevention (ML) 10:30 Cranium Crunches (AR) 2:30 Mother's Day High Tea (ML)</p>	<p>15 10:30 SCFC Church Service (AR) 11:15 Exercises and Fall Prevention (ML) 2:10 Bingo (AR)</p>
<p>17 10:00 TFP Church Service (AR) (All denominations are welcome) 11:15 Exercises and Fall Prevention (ML) 2:30 Movie Matinee: Princess Bride (1987) (AR)</p>	<p>Victoria Day 9:45 You Be the Judge (LB) 11:15 Exercises and Fall Prevention (ML) 2:30 Movie Matinee: The King's Speech (2010) (AR)</p>	<p>18 9:45 Seated Dance Exercise (AR) 10:30 Jeopardy (ML) 2:10 Bingo (AR) 7:00 Music by Sunshine Singers (ML)</p>	<p>19 9:30 Exercises and Fall Prevention (ML) 10:30 Gentle Tai Chi (AR) **50/50 Sales 9:30-12:30** 2:30 Happy Hour: Ice Cream Station (ML)</p>	<p>20 9:45 Fitness Fun and Meditation (AR) 10:30 Chair Yoga (AR) 2:30 Anglican Church Service (AR) 6:30 Men's Night: Blue Jays</p>	<p>21 9:30 Exercises and Fall Prevention (ML) 10:30 Name that Tune (ML) **Avon Vendor Sale** 2:30 4th Floor Wine and Cheese</p>	<p>22 10:30 Current Events with Ron (LB) 11:15 Exercises and Fall Prevention 2:10 Bingo (AR) 3:00 Blue Jays Game (ML)</p>
<p>24 10:00 TFP Church Service (AR) (All denominations are welcome) 11:15 Exercises and Fall Prevention (ML) 2:10 Adele's Stories (LB)</p>	<p>25 9:45 Jeopardy (ML) 11:15 Exercises and Fall Prevention (ML) **Podiatry Services 10:00-3:00pm** 2:30 Sing for Wellness with Kathy (ML)</p>	<p>26 9:45 Seated Dance Exercise (AR) 10:30 Where in the World (ML) 2:10 Bingo (PDR)</p>	<p>Travel Day 9:30 Exercises and Fall Prevention (ML) 10:30 Gentle Tai Chi (ML) 2:30 Travelogue: Scotland (AR)</p>	<p>27 9:45 Fitness Fun and Meditation (AR) 10:30 Chair Yoga (AR) 1:30 Food for thought (PDR) 1:30 Knitting Club (ML) 2:30 Garden Rock Painting with Denise (AR)</p>	<p>28 9:30 Exercises and Fall Prevention (ML) 10:30 Cranium Crunches (AR) 2:30 Gardening in the Backyard (BY)</p>	<p>29 10:30 Washer Toss (AR) 11:15 Exercises and Fall Prevention (ML) 2:10 Bingo (AR)</p>
<p>31 10:00 TFP Church Service (AR) (All denominations are welcome) 11:15 Exercises and Fall Prevention (ML) 2:30 Movie Matinee: Grease (1978) (AR)</p>	<p>LOCATIONS AR- Activity Room ML-Main Lounge LB- Library PDR- Private Dining Room DR- Dining Room CF-Café BR-Boardroom BY (Backyard)</p>					

LOCATIONS
AR- Activity Room ML-Main Lounge LB- Library
PDR- Private Dining Room DR- Dining Room
CF-Café BR-Boardroom BY (Backyard)



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Memory Care Floor



Morning: 3
 Exercise and Fall Prevention
 Busy Hands: Pet Therapy
 Library/Café Visits
Afternoon:
 Trivia
 Hand massage

Morning: 4
 Exercise and Fall Prevention
 Busy Hands: Word Search
 Library/Café Visits
Afternoon:
 Balloon Badminton
Music with Birchmount Choir (2:15 in ML)

Morning: 5
 Exercise and Fall Prevention
 Busy Hands: Sort and Fold
 Library/Café Visits
Afternoon:
Cinco De Mayo Festival (2:30pm in ML)
 Heart to Heart

Morning: 6
 Exercise and Fall Prevention
 Busy Hands: Busy boards
 Garden Walks
Afternoon:
 Bingo Time!
 Memory Moves Board Game

Morning: 7
 Exercise and Fall Prevention
 Busy Hands: Colouring
 Library/Café Visits
Afternoon:
Music Circle with Paddy
Mother's Day High Tea (2:30pm in ML)

Morning: 8
 Exercise and Fall Prevention
 Busy Hands: Puzzles
 Library/BY/Café Visits
Afternoon:
 Arts and Crafts
 Polish and Pamper

Morning: 9
 Exercise and Fall Prevention
 Busy Hands: Matching
Afternoon:
 Balloon Badminton
 Sing Along to Suzie Q

Morning: 10
 Exercise and Fall Prevention
 Busy Hands: Pet Therapy
 Library/Café Visits
Afternoon:
Story with Adele (2:10PM in ML)
 Mother's Day
 National Skilled Nursing Care Week

Morning: 11
 Exercise and Fall Prevention
 Busy Hands: Word Search
 Library/Café Visits
Afternoon:
 Rainbow Balance
Martial Arts with Imran (2:00pm in ML)

Morning: 12
 Exercise and Fall Prevention
 Busy Hands: Sort and Fold
 Library/Café Visits
Afternoon:
 Starlight Serenity
Sing Along with Karen on the Piano (3:15 in ML)

Morning: 13
 Exercise and Fall Prevention
 Busy Hands: Busy boards
 Garden Walks
Afternoon:
Birthday BBQ Party (12:30 in the BY)
Sing Along with Karen

Morning: 14
 Exercise and Fall Prevention
 Busy Hands: Colouring
 Library/Café Visits
Afternoon:
 World Trivia
 Whack-A-Mole

Morning: 15
 Exercise and Fall Prevention
 Busy Hands: Puzzles
 Library/BY/Café Visits
Afternoon:
 Balloon Badminton
Mother's Day High Tea (2:30 in ML)

Morning: 16
 Exercise and Fall Prevention
 Busy Hands: Matching
 Garden Walks
Afternoon:
Happy Birthday Patricia!
 Sing Along to Suzie Q
 Armed Forces Day

Morning: 17
 Exercise and Fall Prevention
 Busy Hands: Pet Therapy
 Library/Café Visits
Afternoon:
 Trivia
 Hand massage

Morning: 18
 Exercise and Fall Prevention
 Busy Hands: Word Search
 Library/Café Visits
Afternoon:
 Balloon Badminton
 Animal Planet
 Victoria Day (Canada)

Morning: 19
 Exercise and Fall Prevention
 Busy Hands: Sort and Fold
 Library/Café Visits
Afternoon:
 Art and Craft
 Comedy Hour: Golden Girls

Morning: 20
 Exercise and Fall Prevention
 Busy Hands: Busy boards
 Garden Walks
Afternoon:
 Starlight Serenity
 Heart to Heart moment

Morning: 21
 Exercise and Fall Prevention
 Busy Hands: Colouring
 Library/Café Visits
Afternoon:
Anglican Church Service (2:30pm in AR)
Happy Birthday Hazel!
 Shavuot Begins

Morning: 22
 Exercise and Fall Prevention
 Busy Hands: Puzzles
 Library/BY/Café Visits
Afternoon:
 Snakes and Ladders
 Polish and Pamper

Morning: 23
 Exercise and Fall Prevention
 Busy Hands: Matching
Afternoon:
 Colouring
 Sing Along to Suzie Q

Morning: 24
 Exercise and Fall Prevention
 Busy Hands: Pet Therapy
 Library/Café Visits
Afternoon:
 Trivia
 Movie Matinee

Morning: 25
 Exercise and Fall Prevention
 Busy Hands: Word Search
 Library/Café Visits
Afternoon:
 Colouring Mosaic
 Ring Toss
 Memorial Day

Morning: 26
 Exercise and Fall Prevention
 Busy Hands: Sort and Fold
 Library/Café Visits
Afternoon:
 Short Story Reading
 Rainbow Balance

Morning: 27
 Exercise and Fall Prevention
 Busy Hands: Busy boards
 Garden Walks
Afternoon:
 Heart to Heart moment
Travelogue: Scotland (2:30 in the AR)

Morning: 28
 Exercise and Fall Prevention
 Busy Hands: Colouring
 Library/Café Visits
Afternoon:
 Washer Toss
 Starlight Serenity

Morning: 29
 Exercise and Fall Prevention
 Busy Hands: Puzzles
 Library/BY/Café Visits
Afternoon:
 Planting Activity
 Polish and Pamper

Morning: 30
 Exercise and Fall Prevention
 Busy Hands: Matching
 Garden Walks
Afternoon:
 Ring Toss
 Sing Along to Suzie Q

Morning: 31
 Exercise and Fall Prevention
 Busy Hands: Pet Therapy
 Library/Café Visits
Afternoon:
 Trivia
Story with Adele (2:10PM in ML)

Locations:
 AR – Activity Room
 ML- Main Lobby
 LB – Library
 DR – Dining Room
 BY - Backyard

