

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|--|---|---|---|---|
| May Day 1 10:15 Calendar Visits 3:00 Chapel Service with Chris <small>May Day</small> | 2 10:00 Bingo 11:00 Visits 2:15 Get to Know You 3:00 Physio Exercises | 3 10:00 Independent Crossword Puzzle 2:30 Daily Gratitude 3:00 Hope & Reflection | 4 10:15 Finish the Line 11:00 Individual Visits 2:15 Spring Craft 3:00 Physio Exercises | Cinco de Mayo 5 10:15 Cinco de Mayo Trivia 11:00 Physio Exercises 2:15 Travelogue to Mexico <small>Cinco de Mayo</small> | 6 10:15 Manicures 11:00 Sparkling Specs 2:15 Games Afternoon 2:15 Chaplain Visits 3:15 Physio Exercises | 7 2:15 Afternoon Movie: Resident Choice |
| Mother's Day 8 10:15 Virtual Chapel Service 3:00 Mother's Day Visits <small>Mother's Day</small> | 9 10:00 Bingo 11:00 Visits 2:15 Poet Tree 2:15 Visits & Walks 3:00 Physio Exercises | 10 10:00 Drum Circle (Dining Room) 2:15 Tail Gate Tuesday | 11 2:15 Craft Corner 3:00 Physio Exercises 6:30 Word Game Wednesday | 12 10:15 Wheel of Fortune 11:00 Physio Exercises 2:15 Visits & Walks | 13 10:15 Morning Meditation 2:15 Manicures 3:15 Physio Exercises | 14 10:15 Weekend Manicures 2:15 Daily Chronicle 2:30 Chair Yoga 3:00 Garden Visits |
| 15 10:15 Chapel Service with Chris Morning Pet Therapy Visits in the Garden 2:15 Hand Massages | 16 2:15 Bingo 3:00 Physio Exercises 6:30 Reading Group | 17 10:15 Chaplain Visits 11:00 Inspire 2:00 Movie: A Dog's Purpose <i>Recreation Staff in a Meeting</i> | 18 10:15 Wordle Wednesday 11:00 Individual Visits 2:15 Wild Card Wednesday 3:00 Physio Exercises | 19 10:30 Tie Dying 11:00 Physio Exercises 2:15 Chaplain Visits | 20 10:15 Morning Meditation 2:15 Manicures 3:15 Physio Exercises | 21 2:15 Afternoon Movie: Vicky and Her Mystery <small>Armed Forces Day</small> |
| 22 10:15 Virtual Chapel Service | Victoria Day 23 10:00 Bingo 2:15 Victorian High Tea 3:00 Physio Exercises <small>Victoria Day (Canada)</small> | 24 10:15 You Be The Judge 11:00 Visits 2:15 Chaplain Visits | 25 2:00 Yvette and Her Puppet Friends 3:00 Physio Exercises 6:30 Word Game Wednesday | 26 10:15 Independent Word Searches 11:00 Physio Exercises 2:15 Residents' Council Meeting | 27 10:15 Morning Meditation 2:15 Manicures 3:15 Physio Exercises | Alzheimer's Walk 28 9:45 Walk for Alzheimer's at Springbank Gardens |
| 29 10:15 Mind Exercises 11:00 Chapel Service with Chris 2:15 Nature Naturals | 30 2:15 Bingo 3:00 Physio Exercises 6:30 Reading Group <small>Memorial Day</small> | 31 10:15 Chaplain Visits 2:15 Games Afternoon | <h1>May 2022</h1> <h2>5th Floor Recreation Calendar</h2> | | | |

For further information please contact the Recreation Office ext. 224