

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

1st Floor Calendar

					<p>10:30 – Sing a Long Program (A&C) 1</p> <p>12:00 - Meal Assist 1:1</p> <p>2:00 – Ice Cream Social</p> <p>3:00 – Sing a long</p> <p>3:30 – Manicure <small>May Day</small></p>	<p>10:15 – Morning Fitness (A&C) 2</p> <p>11:00 - Gentle Stretch (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Happy Hour</p> <p>3:00 – Bingo</p>
<p>10:15 - Balance Fitness (A&C) 3</p> <p>11:00 – Hymn Sing (B)</p> <p>2:00 - Crossword Fun with Roger</p> <p>3:00 – High Tea Social</p> <p>3:30 – 1:1 Visit</p>	<p>10:15 – Chair Aerobic (A&C) 4</p> <p>11:00 - Trivia (B)</p> <p>2:00 - Cinco De Mayo Celebration (2nd Floor)</p> <p>3:30 – 1:1 visit</p>	<p>10:15– Strength Fitness 5</p> <p>11:00 – Charades (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Cinco De Mayo Trivia</p> <p>3:30 - Heart for Music <small>Cinco de Mayo</small></p>	<p>10:15 – Gentle Stretches 6</p> <p>11:00 – Gentle Stretches</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Bingo</p> <p>3:00 – Mother’s Day Trivia</p>	<p>10:15 – Chair Yoga 7</p> <p>11:00 – Word Games</p> <p>12:00 - Meal Assist 1:1</p> <p>2:00 – Crossword Fun with Roger</p> <p>3:00 – Tea Social</p>	<p>10:15 – Stretch & Bouncing Ball (A&C) 8</p> <p>11:00 – Gentle Stretch (B)</p> <p>2:00 – Ice Cream Social</p> <p>3:00 – Sing a long</p> <p>3:30 – Manicure</p>	<p>10:15 – Morning Fitness (A&C) 9</p> <p>11:00 - Gentle Stretch (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Happy Hour</p> <p>3:00 – Bingo</p>
<p>10:15 - Balance Fitness (A&C) 10</p> <p>11:00 – Hymn Sing (B)</p> <p>2:00 – Mother’s Day Celebration</p> <p>3:30 – 1:1 visit <small>Mother’s Day National Skilled Nursing Care Week</small></p>	<p>10:15 – Chair Aerobic (A&C) 11</p> <p>11:00 – Trivia (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>1:30 – Active Games</p> <p>3:00 – Tea & Trivia</p>	<p>10:15– Strength Fitness 12</p> <p>11:00 – Charades (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Creative Corner</p> <p>3:30 - Heart for Music</p>	<p>10:15 – Gentle Stretches 13</p> <p>11:00 – Gentle Stretches</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Chinese Cultural Tea (1st floor)</p> <p>3:30 – 1:1 visit</p>	<p>10:15 – Chair Yoga 14</p> <p>11:00 – Word Games</p> <p>12:00 - Meal Assist 1:1</p> <p>2:00 – Crossword Fun with Roger</p> <p>3:00 – Tea Social</p>	<p>10:15 – Stretch & Bouncing Ball (A&C) 15</p> <p>11:00 – Gentle Stretch (B)</p> <p>2:00 – Ice Cream Social</p> <p>3:00 – Sing a long</p> <p>3:30 – Manicure</p>	<p>10:15 – Morning Fitness (A&C) 16</p> <p>11:00 - Gentle Stretch (B)</p> <p>2:00 – Birthday Celebration with live Entertainment</p> <p>3:30 – 1:1 Visit <small>Armed Forces Day</small></p>
<p>10:15 - Balance Fitness (A&C) 17</p> <p>11:00 – Hymn Sing (B)</p> <p>2:00 - Crossword Fun with Roger</p> <p>3:00 – High Tea Social</p> <p>3:30 – 1:1 Visit</p>	<p>10:15 – Morning Fitness 18</p> <p>2:00 – 1:1 visit</p> <p><small>Victoria Day (Canada)</small></p>	<p>10:15– Strength Fitness 19</p> <p>11:00 – Charades (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Intergenerational Program</p> <p>3:00 – Manicures</p>	<p>10:15 – Gentle Stretches 20</p> <p>11:00 – Gentle Stretches</p> <p>2:00 – Bingo</p> <p>2:00 – Men’s Group (2nd Floor)</p> <p>3:00 – Social Tea</p>	<p>10:15 – Chair Yoga 21</p> <p>11:00 – Word Games</p> <p>12:00 - Meal Assist 1:1</p> <p>2:00 – Crossword Fun with Roger</p> <p>3:00 – Tea Social <small>Shavuot Begins</small></p>	<p>10:15 – Stretch & Bouncing Ball (A&C) 22</p> <p>11:00 – Gentle Stretch</p> <p>2:00 – Resident Council Meeting</p> <p>2:00 – Ice Cream Social</p> <p>3:30 – Manicure</p>	<p>10:15 – Morning Fitness (A&C) 23</p> <p>11:00 - Gentle Stretch (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Happy Hour</p> <p>3:00 – Bingo</p>
<p>10:15 - Balance Fitness 24</p> <p>11:00 – Hymn Sing (B)</p> <p>2:00 - Crossword Fun with Roger</p> <p>3:00 – High Tea Social</p> <p>3:30 – 1:1 Visit</p>	<p>10:15 – Chair Aerobic (A&C) 25</p> <p>11:00 – Trivia (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>1:30 – Active Games</p> <p>3:00 – Tea & Trivia <small>Memorial Day</small></p>	<p>10:15– Strength Fitness 26</p> <p>11:00 – Charades (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Creative Corner</p> <p>3:30 - Heart for Music</p>	<p>10:15 – Gentle Stretches 27</p> <p>11:00 – Gentle Stretches</p> <p>12:00 – Meal Assist 1:1</p> <p>3:15 – Bingo</p> <p>*Staff education</p>	<p>10:15 – Chair Yoga 28</p> <p>11:00 – Word Games</p> <p>1:30 – Church Service</p> <p>2:00 – Crossword Fun with Roger</p> <p>3:00 – Tea Social</p>	<p>10:15 – Stretch & Bouncing Ball (A&C) 29</p> <p>11:00 – Gentle Stretch (B)</p> <p>2:00 – Happy Hour with Live Entertainment</p> <p>3:00 – 1:1 visit</p>	<p>10:15 – Morning Fitness (A&C) 30</p> <p>11:00 - Gentle Stretch (B)</p> <p>12:00 – Meal Assist 1:1</p> <p>2:00 – Happy Hour</p> <p>3:00 – Bingo</p>
<p>10:15 - Balance Fitness 31</p> <p>11:00 – Hymn Sing (B)</p> <p>2:00 - Crossword Fun with Roger</p> <p>3:00 – High Tea Social</p> <p>3:30 – 1:1 Visit</p>	<p align="center">“Motherhood is the biggest gamble in the world. It is the glorious life force. It’s huge and scary – it’s an act of infinite optimism.” — Gilda Radner</p>					

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

2nd Floor Calendar

					<p>10:15 - Morning Fitness 1 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Manicure & Spa 3:30 – Table Games <small>May Day</small></p>	<p>10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – 5 card Bingo (B&C) 3:00 – Social Tea 3:30 – Sing Along</p>
<p>10:15 - Morning Fitness 3 (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games</p>	<p>10:15 – Balloon Toss (B) 4 11:00 – Balloon Toss (A&C) 2:00 - Cinco De Mayo Celebration (2nd Floor) 3:30 – 1:1 visit</p>	<p>10:15 - Morning Fitness 5 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Sing Along (A) <small>Cinco de Mayo</small></p>	<p>10:15 - Weighted Fitness 6 (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Mother’s Day Craft 3:00 – 1:1 visit</p>	<p>10:15 – Fun & Fitness 7 (A&C) 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 2:00 – Crossword Puzzle 3:00 – Mother’s Day Trivia</p>	<p>10:15 - Morning Fitness 8 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Mother’s Day High Tea 3:30 – Table Games</p>	<p>10:15 - Pool Noodle Fun 11:00 - Pool Noodle Fun 2:00 – Bingo (B&C) 3:00 – Social Tea 3:30 – Brain Games</p>
<p>10:15 - Morning Fitness 10 11:00 - Morning Fitness (A&C) 2:00 – Mother’s Day Celebration 3:30 – 1:1 visit <small>Mother’s Day National Skilled Nursing Care Week</small></p>	<p>10:15 – Balloon Toss (B) 11 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Table Games</p>	<p>10:15 - Morning Fitness 12 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Manicure (A)</p>	<p>10:15 - Weighted Fitness 13 (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Creative Corner 3:00 – 1:1 visit</p>	<p>10:15 – Fun & Fitness 14 (A&C) 11:00 - Fun & Fitness (A&C) 12:00 – Meal Assist 2:00 – Sing Along (B&C) 3:00 – Sensory Based Programs (A)</p>	<p>10:15 - Morning Fitness 15 (B) 11:00 - Pool Noodle Fun (A&C) 2:00 – Active Games 3:30 – Victoria Day Discussion</p>	<p>10:15 - Pool Noodle Fun 16 11:00 - Pool Noodle Fun 2:00 – 5 card Bingo (B&C) 3:00 – Social Tea 3:30 – Music Box <small>Armed Forces Day</small></p>
<p>10:15 - Morning Fitness 17 (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games</p>	<p>10:15 – Morning Fitness 18 2:00 – 1:1 visit <small>Victoria Day (Canada)</small></p>	<p>10:15 - Morning Fitness 19 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Bingo (B&C) 3:00 – Music Box (A)</p>	<p>10:15 - Weighted Fitness 20 (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 2:00 – Men’s Group 3:00 – 1:1 visit</p>	<p>10:15 – Fun & Fitness 21 (A&C) 11:00 - Fun & Fitness (A&C) 2:00 – Happy Hour with Live Entertainment 3:00 – 1:1 visit <small>Shavuot Begins</small></p>	<p>10:15 - Morning Fitness 22 (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – News & Views 3:30 – Table Games</p>	<p>10:15 - Pool Noodle Fun 23 11:00 - Pool Noodle Fun 12:00 – Meal Assist 2:00 – Classical Movie Afternoon 3:30 – 1:1 visit</p>
<p>10:15 - Morning Fitness 24 (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:30 – Active Games</p>	<p>10:15 – Balloon Toss (B) 25 11:00 – Balloon Toss (A&C) 12:00 – Meal Assist 1:1 2:00 - Social Tea 3:00 – Artist Choice <small>Memorial Day</small></p>	<p>10:15 - Morning Fitness 26 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 1:1 2:00 – Intergenerational Program 3:00 – Sing Along (A)</p>	<p>10:15 - Weighted Fitness 27 (B) 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 3:00 – Table Games *Staff education</p>	<p>10:15 – Fun & Fitness 28 11:00 - Fun & Fitness 1:30 – Church Service (1st floor A-side) 2:00 – Poetry Club 3:00 – Manicure</p>	<p>10:15 - Morning Fitness 29 (B) 11:00 - Pool Noodle Fun (A&C) 12:00 – Meal Assist 2:00 – Cooking Program 3:30 – 1:1 visit</p>	<p>10:15 - Pool Noodle Fun 30 11:00 - Pool Noodle Fun 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit</p>
<p>10:15 - Morning Fitness 31 (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Gardening in the Courtyard</p>	<p align="center">“Mothers are like glue. Even when you can’t see them, they’re still holding the family together.” — Susan Gale</p>					

Programs are subject to change. Please refer to the activity whiteboard.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

3rd Floor Calendar

								10:15 - Morning Fitness 1 (B) 11:00 - Morning Fitness (A&C) 2:00 – May Day Trivia 3:00 – Active Games <small>May Day</small>	10:15 – Balloon Toss 2 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo
10:15 – Stretch and Bouncy Ball (B) 3 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	10:15 – Weighted Fitness (B) 4 11:0 - Weighted Fitness 2:00 - Cinco De Mayo Celebration (2nd Floor) 3:30 – 1:1 visit	10:15 - Zumba (B) 5 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Cinco De Mayo Trivia <small>Cinco de Mayo</small>	10:15 – Fitness & Fun 6 11:00 - Fitness & Fun 12:00 - Meal Assist 1:1 2:00 – Story about Mothers 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 7 11:00 - Weighted Fitness (A&C) 2:00 – Happy Hour with live entertainment 3:30 – 1:1 visit	10:15 - Morning Fitness 8 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 – Balloon Toss 9 (B) 11:00 - Morning Fitness (A&C) 2:00 – Mother’s Day Trivia 3:00 – Bingo			
10:15 – Stretch and Bouncy Ball (B) 10 11:00 – Stretch and Bouncy Ball (A&C) 2:00 – Mother’s Day Celebration <small>Mother’s Day National Skilled Nursing Care Week</small>	10:15 – Weighted Fitness (B) 11 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a Long	10:15 - Zumba (B) 12 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Intergenerational Program 3:00 – Manicures	10:15 – Fitness & Fun 13 11:00 - Fitness & Fun 2:00 – Chinese Cultural Tea (1st floor) 2:00 – Word Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 14 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Movie Afternoon	10:15 - Morning Fitness 15 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 – Balloon Toss (B) 16 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo <small>Armed Forces Day</small>			
10:15 – Stretch and Bouncy Ball (B) 17 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	10:15 – Weighted Fitness (B) 18 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a Long <small>Victoria Day (Canada)</small>	10:15 - Zumba (B) 19 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun 20 11:00 - Fitness & Fun 2:00 – Men’s Group (2 nd floor) 2:00 – Word Games 3:00 – Creative Corner	10:15 – Weighted Fitness (B) 21 11:00 - Weighted Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Cooking Program <small>Shavuot Begins</small>	10:15 - Morning Fitness 22 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 – Balloon Toss 23 11:00 - Morning Fitness (A&C) 2:00 – Birthday Celebration with Entertainment 3:30 – 1:1 visit			
10:15 – Stretch and Bouncy Ball (B) 24 11:00 – Stretch and Bouncy Ball (A&C) 12:00 – Meal Assist 1:1 2:00 – Hymn Sing 3:00 – Table Games	10:15 – Weighted Fitness (B) 25 11:0 - Weighted Fitness 12:00 – Meal Assist 1:1 2:00 – Social Tea 3:00 – Sing a Long <small>Memorial Day</small>	10:15 - Zumba (B) 26 11:00 – Zumba (A&C) 12:00 - Meal Assist 1:1 2:00 – Bingo 3:00 – Manicures	10:15 – Fitness & Fun 27 11:00 - Fitness & Fun 12:00 – Meal Assist 3:00 – Table Games *Staff education	10:15 – Weighted Fitness (B) 28 11:00 - Weighted Fitness (A&C) 1:30 – Church Service 2:00 – Baking Program 3:30 – Sensory 1:1	10:15 - Morning Fitness 29 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 - Social Tea 3:00 – Active Games	10:15 – Balloon Toss 30 (B) 11:00 - Morning Fitness (A&C) 12:00 - Meal Assist 1:1 2:00 – Social Tea 3:00 – Bingo			
10:15 - Morning Fitness 31 (B) 11:00 - Morning Fitness (A&C) 12:00 – Meal Assist 1:1 2:00 – Gardening in the Courtyard	<p style="text-align: center;">“To describe my mother would be to write about a hurricane in its perfect power.” —Maya Angelou</p>								

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