

ACTIVITY CALENDAR – MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOTE: SCHEDULE OF ACTIVITIES/PROGRAMS MAY CHANGEWITHOUT NOTICE. THANK YOU!				1 9:00 a.m. Walk a Block 10:00 a.m. Parkinson’s Fitness 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 12:50 p.m. Walks/1-1 – 2 1:45 p.m. Outing 2:00 p.m. Tea & Toast - J 2:00 p.m. Music Therapy - A 4:00 p.m. Happy Half 6:45 p.m. Chocolate Parfait Social National Chocolate Parfait Day	2 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness - 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Karaoke 4:00 p.m. Happy Half 6:45 p.m. Movie Night	3 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Indoor Golf 4:00 p.m. Happy Half 6:45 p.m. Art Class
4 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. NeuroFit - 4 12:50 p.m. Walks/1-1 – 2 1:45 p.m. Sensory - 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts Theme: Mother’s Day	5 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:30 p.m. Cinco de Mayo with Luna Rossa 4:00 p.m. Happy Half	6 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:30 a.m. Picnic Lunch – 3 2:00 p.m. Colouring - -2 2:00 p.m. Sing Along – 3 2:00 p.m. Domino – 4 3:00 p.m. Sing Along – 4 3:15 p.m. 1:1/Walks 4:00 p.m. Happy Half	7 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Chair Yoga - 3 11:40 p.m. Chair Yoga - 4 12:50 p.m. Walks/1-1 - 2 2:00 p.m. Banana Split Social 4:00 p.m. Happy Half 6:45 p.m. Hangman Game	8 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Fitness 11:00 a.m. Fitness – 3 12:00 p.m. Zumba– 4 12:50 p.m. Walks/1:1 2:00 p.m. Hangman Game Theme: Mother 2:00 p.m. Indoor Bowling 2:00 p.m. Music Therapy 4:00 p.m. Happy Half 6:45 p.m. Gentle Touch & Hand Massage	9 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Classical Music with Patrick Ray 4:00 p.m. Happy Half 6:45 p.m. Movie Night “The Sound of Music”	10 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 1:45 p.m. Bean Bag Toss - 2 2:00 p.m. Indoor Golf 3:00 p.m. Reminiscing 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts Theme: Mother’s Day National Golf Day

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11 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. NeuroFit - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Mother’s Day High Tea with Robert Sproviero 4:00 p.m. Happy Half 6:45 p.m. Movie Night “Mother’s Day”	12 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy -2 11:00 a.m. Weight Class – 3 11:15 a.m. Fitness Class - 2 12:00 p.m. Weight Class – 4 2:00 p.m. Indoor Bowling 4:00 p.m. Happy Half	13 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy- 2 11:30 a.m. Picnic Lunch - 4 2:00 p.m. Soup Club- 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino – 4 3:00 p.m. Sing along 4 3:15 p.m. 1:1/Walks 4:00 p.m. Happy Half	14 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation -3 11:15 a.m. Fitness Class – 2 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Birthday Party with Luna Rossa 4:00 p.m. Happy Half 6:45 p.m. Bingo	15 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 11:00 a.m. Fitness – 3 12:00 p.m. Zumba – 4 2:00 p.m. Music Therapy - 2 2:00 p.m. Men’s Club 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts Theme: Easter	16 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy 11:00 a.m. Fitness 3 12:00 p.m. Fitness 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Hal Copeland – Tribute to Frank Sinatra 4:00 p.m. Happy Half 6:45 p.m. Movie Night	17 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Flower Arranging 3:00 p.m. Reminiscing 4:00 p.m. Happy Half 6:45 p.m. Art Class
18 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 pm. NeuroFit – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 6:45 p.m. Domino	19 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class – 4 2:30 p.m. Victoria Day with Lorraine Smith 4:00 p.m. Happy Half	20 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:30 a.m. Picnic Lunch - 2 2:00 p.m. Smoothie Social - 2 – 2 2:00 p.m. Sing Along 3 2:00 p.m. Domino - 4 3:00 p.m. Sing along 4 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half	21 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation – 3 12:00 p.m. Mindfulness Meditation - 4 2:30 p.m. *Broadway Musical with Anna de Pansacola 4:00 p.m. Happy Half 6:45 p.m. Pina Colada	22 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 11:00 a.m. Fitness– 3 12:00 p.m. Zumba – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Music Therapy 2:00 p.m. Hand Massage & Manicure 2:00 p.m. Afternoon Walks 4:00 p.m. Happy Half 6:45 p.m. Domino	23 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness - 4 2:30 p.m. Bob Collins – British Invasion 4:00 p.m. Happy Half 6:45 p.m. Movie Night	24 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Karaoke 4:00 p.m. Happy Half 6:45 p.m. Art Class
25 9:00 a.m. Walk a Block 10:30 a.m. Fitness – 2 11:00 a.m. Fitness – 3 12:00 p.m. NeuroFit – 4 12:50 p.m. Walks/1-1 – 2 1:45 p.m. Karaoke - 2 2:00 p.m. Bingo 4:00 p.m. Happy Half 6:45 p.m. Pub Night & Karaoke “National Wine Day”	26 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy – 2 11:00 a.m. Weight Class – 3 12:00 p.m. Weight Class– 4 2:00 p.m. Basketball Shooting 4:00 p.m. Happy Half	27 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy -2 11:30 a.m. Picnic Lunch - 4 2:00 p.m. Ice Cream Social – 2 2:00 p.m. Sing Along 3 3:00 p.m. Sing along 4 3:15 p.m. 1-1 visits 4:00 p.m. Happy Half	28 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Mindfulness Meditation - 3 12:00 p.m. Mindfulness Meditation - 4 12:50 p.m. Walks/1-1 – 2 2:30 p.m. Welcome New Residents – Hand Over Heart 4:00 p.m. Happy Half 6:45 p.m. Arts & Crafts	29 9:00 a.m. Walk a Block 10:30 a.m. Parkinson’s Exercise 11:00 a.m. Fitness– 3 12:00 p.m. Zumba – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Music Therapy 2:00 p.m. Indoor Bowling 4:00 p.m. Happy Half 6:45 p.m. Domino	30 9:00 a.m. Walk a Block 10:00 a.m. Music Therapy - 2 11:00 a.m. Fitness - 3 12:00 p.m. Fitness - 4 2:30 p.m. Celebration of Life with Rebecca Blair 4:00 p.m. Happy Half 6:45 p.m. Movie Night	31 9:00 a.m. Walk a Block 9:30 a.m. Catholic Service 11:00 a.m. Fitness – 3 12:00 p.m. Fitness – 4 12:50 p.m. Walks/1-1 – 2 2:00 p.m. Flower Arranging 4:00 p.m. Happy Half 6:45 p.m. Art Class