


**GENERAL PROGRAM
CALENDAR - ALL UNITS**

**May 2024
Orchard Villa**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Activity Room (PAR) 11:30 Cedar Activity Room (CAR) 12:30 Main Lobby (ML) 1:30 Maple Lounge (MPL) 2:30 Garden Lounge (LL) 3:30 Dining Room (AT)</p>	<p>Locations Legend Maple Breezeway (MBW) Pine Courtyard (PC) Pine TV Lounge (PTL) Birch Lounge (BL) All Units (AU) Library (LB)</p>	<p>Lower Level Recreation Room (LLRR) Front Yard (FY) Chapel (CHP) Cedar Nurses Station (CN) Resident Room (RR) Cedar TV Lounge (CTL)</p>	<p>9:30 Strength & Seated Balance with Physio (PAR) 1 9:30 Strength & Seated Balance with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Calendar Delivery (RR) 10:00 Energizing Yoga (BL) 10:30 Library Visits (LB) 10:30 Paint & Sip (CAR) 10:45 Trivia (MPL) 2:30 Entertainment with Emilio (ML) 6:30 Adult Colouring (ML)</p>	<p>Happy Birthday Michael! Happy Birthday Janet! 9:30 Stretch & Strength with Physio (PAR) 2 9:30 Fun & Fitness with Physio (MPL) 10:30 Bible Stories (MBW) 11:00 Walkabouts (PC) 2:15 Adult Colouring (PAR) 2:30 Travelling Tuck Shop (AU)</p>	<p>9:30 Stretch & Strength with Physio (LL) 3 9:30 Stretch & Strength with Physio (CAR) 10:00 Coffee Cafe (AT) 10:30 Catholic Mass - St. Isaac Joques (CHP) 2:15 Hymn Sing (PTL) 3:00 Courtyard Strolls (PC)</p>	<p>10:30 Exercise (ML) 2:30 No Money Bingo (ML) 6:30 Hand Massages (ML)</p>
<p>9:30 Holy Rosary (LL) 5 10:30 Assorted Games (ML) 11:30 Hymn Sing with Jasmine (CTL)</p>	<p>9:30 Strength & Cardio with Physio (CAR) 6 9:30 Strength and Seated Balance with Physio (LL) 10:00 Coffee Cafe (AT) 10:00 Bells in the Hall (LL) 2:15 Knitting Club (LL)</p>	<p>9:30 Cardio & Strength with Physio (MPL) 7 9:30 Cardio & Strength with Physio (PAR) 10:30 Prize Bingo (LLRR) 2:15 Manicures (BL) 2:30 Cards, Chats and Snacks (PAR) 3:00 Courtyard Walks (PC) 6:30 Jewellery Making (PAR)</p>	<p>9:30 Strength & Seated Balance with Physio (PAR) 8 9:30 Strength & Seated Balance with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Silver Sneakers (MPL) 10:30 Walk and Talk (CAR) 10:45 Visual Trivia (MPL) 2:30 Sing Along (ML) 4:00 Library Trolley (LL) 6:30 Crossword (ML)</p>	<p>Happy Birthday Ella! Happy Birthday Ellen! 9:30 Stretch & Strength with Physio (PAR) 9 9:30 Fun & Fitness with Physio (MPL) 10:00 Short Stories (LL) 10:30 Bean Bag Toss (MBW) 10:30 Helpful Hands (CAR) 12:00 Order in Lunch: Greek (PAR) 2:00 Movie Matinee-Field Of Dreams (MPL) 2:15 Balloon Volley (LL) 2:30 Flower Bouquet Craft (CAR) 2:30 Travelling Tuck Shop (AU) 3:00 Courtyard Strolls (PC) 6:30 Bean Bag Toss (ML)</p>	<p>9:30 Stretch & Strength with Physio (LL) 10 9:30 Stretch & Strength with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Montessori (CAR) 10:00 Library and Cafe Visits (LB) 10:30 Air Fryer Cookies (CAR) 2:15 Crafts - Fascinators (LL) 2:15 Book Club (BL) 2:30 Assorted Games (CAR) 3:00 Linked Senior Games (MPL) 6:30 Art (ML)</p>	<p>Happy Birthday Rejeswari! 10:30 Walkabouts (FY) 2:30 No Money Bingo (ML) 6:30 Word Games (ML)</p>
<p>9:30 Holy Rosary (CHP) 12 10:30 Mothers Day Social! (ML) 11:30 Card Bingo (PAR)</p> 	<p>9:30 Strength & Cardio with Physio (CAR) 13 9:30 Strength and Seated Balance with Physio (LL) 10:00 Coffee Cafe (AT) 10:00 Bells in the Hall (ML) 10:30 Music Appreciation (MBW) 2:15 Knitting Club (PAR) 4:00 Outdoor Walks (PC)</p>	<p>Happy Birthday Lianne! 9:30 Cardio & Strength with Physio (MPL) 14 9:30 Cardio & Strength with Physio (PAR) 10:30 Prize Bingo (LLRR) 2:00 Walkabouts (FY) 2:30 Cards, Chats and Snacks (PAR) 6:30 Trivia (ML)</p>	<p>9:30 Strength & Seated Balance with Physio (PAR) 15 9:30 Strength & Seated Balance with Physio (CAR) 10:00 Coffee Cafe (AT) 10:30 Library Visits (LB) 10:30 Hymn Sing (PTL) 10:30 Short Stories (CN) 2:30 Book Club (PAR) 2:30 Polish and Polish Manicures (CN) 6:30 Jewelry Making (ML)</p>	<p>Happy Birthday Paula! 9:30 Stretch & Strength with Physio (PAR) 16 9:30 Fun & Fitness with Physio (MPL) 10:00 Trivia - Jeopardy (LL) 10:30 Bible Stories (MBW) 10:30 No Money Bingo (PAR) 10:30 Sing Along (CAR) 12:00 Order in Lunch - Greek (PAR) 2:15 Mini Golf (LL) 2:30 Walkabouts (FY) 2:30 Paper Flower Wreaths (CAR) 2:30 Travelling Tuck Shop (AU) 6:30 Painting (PAR)</p>	<p>9:30 Stretch & Strength with Physio (LL) 17 9:30 Stretch & Strength with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Daily News (LL) 10:15 Travelogue (PTL) 10:30 Hymn Sing (CAR) 2:15 Movie Matinee (LL) 2:15 Hymn Sing (PTL) 2:30 Assorted Games (CAR) 6:30 Tech Corner (PAR)</p>	<p>10:00 Exercise (ML) 18 2:30 No Money Bingo (ML) 6:30 Cards (ML)</p>
<p>Happy Birthday Natalia! 9:30 Holy Rosary (CHP) 19 10:30 Outdoor Social - Victoria Day (PC) 11:30 No Money Bingo (PAR)</p>	<p>Happy Birthday Jimmy! 9:30 Strength & Cardio with Physio (CAR) 20 9:30 Strength and Seated Balance with Physio (LL) 10:00 Coffee Cafe (AT) 10:00 Bells in the Hall (ML) 10:15 Book Club (PAR) 10:30 Manicures (MBW) 2:15 Walkabouts (FY) 2:15 Knitting Club (PAR) 4:00 Assorted Games (MBW)</p>	<p>9:30 Cardio & Strength with Physio (MPL) 21 9:30 Cardio & Strength with Physio (PAR) 10:30 Prize Bingo (LLRR) 2:30 Cards, Chats and Snacks (PAR) 6:30 Puzzles (PAR)</p>	<p>9:30 Strength & Seated Balance with Physio (PAR) 22 9:30 Strength & Seated Balance with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Drum Fit (MPL) 10:15 Ball Toss (PTL) 10:45 The History of Hindulsm (MPL) 2:15 Manicures (BL) 2:30 Hymn Sing (PTL) 2:30 Polish and Polish Manicures (CAR) 6:30 Mindfulness and Meditation (ML)</p>	<p>9:30 Stretch & Strength with Physio (PAR) 23 9:30 Fun & Fitness with Physio (MPL) 10:00 Seated Yoga (LL) 10:00 Firework Canvas Painting (BL) 10:30 Bean Bag Toss (MBW) 10:30 Bible Stories & Tea (CAR) 2:00 Movie Matinee-A Wrinkle in Time (MPL) 2:00 Balcony Chit Chats (CAR) 2:30 Travelling Tuck Shop (AU) 6:30 Adult Colouring (ML)</p>	<p>Happy Birthday Victoria! 9:30 Stretch & Strength with Physio (LL) 24 9:30 Stretch & Strength with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Garden Visits (PC) 10:00 Library and Cafe Visits (LB) 10:00 Brain Aerobics (CN) 2:15 Book Club (BL) 2:30 Assorted Games (CAR) 3:00 Linked Senior Games (MPL) 6:30 Music Night (ML)</p>	<p>Happy Birthday Duane! 10:15 Wheel of Fortune (PTL) 25 11:00 Walkabouts (FY) 2:30 No Money Bingo (ML) 6:30 Wheel of Fortune (ML)</p>
<p>Happy Birthday Nerisa! 9:30 Holy Rosary (CHP) 26 10:30 Hymn Sing (ML) 11:30 Card Bingo (PAR)</p>	<p>9:30 Strength & Cardio with Physio (CAR) 27 9:30 Strength and Seated Balance with Physio (LL) 10:00 Coffee Cafe (AT) 10:00 Bells in the Hall (ML) 10:00 Blooming Flowers and the Fascinating World Of Insects (MPL) 10:30 Music Appreciation (MBW) 2:15 Knitting Club (PAR) 2:30 Sing Along (MPL) 4:00 Outdoor Walks (PC)</p>	<p>Happy Birthday Marie! 9:30 Cardio & Strength with Physio (MPL) 28 9:30 Cardio & Strength with Physio (PAR) 10:30 Prize Bingo (LLRR) 2:15 Manicures (BL) 2:30 Cards, Chats and Snacks (PAR) 3:00 Courtyard Walks (PC) 6:30 Evening walk (PC)</p>	<p>Happy Birthday Vonnelle! 9:30 Strength & Seated Balance with Physio (PAR) 29 9:30 Strength & Seated Balance with Physio (CAR) 10:00 Coffee Cafe (AT) 10:00 Seated Zumba Gold (MPL) 10:30 Library Visits (LB) 10:45 Visual Trivia (MPL) 1:30 Resident Council Meeting (PAR) 2:15 Joyce Myers Ministries (MPL) 2:30 Polish and Polish Manicures (CAR) 6:30 Jewelry Making (ML)</p>	<p>9:30 Stretch & Strength with Physio (PAR) 30 9:30 Fun & Fitness with Physio (MPL) 10:30 Bible Stories (MBW) 2:15 Hymn Sing (LL) 2:30 Travelling Tuck Shop (AU) 5:00 Senior Prom Night! (AU) 6:30 Manicures (ML)</p>	<p>9:30 Stretch & Strength with Physio (LL) 31 9:30 Stretch & Strength with Physio (CAR) 10:00 Coffee Cafe (AT) 10:30 50/50 Bingo (\$5.00 cost and signup required) (LLRR) 2:15 Bean Bag Toss (LL) 2:30 Assorted Games (CAR) 6:30 Travelogue (ML)</p>	