

May 2024



Hespeler

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:15am Music Therapy - HAA 11:00am Music Therapy - Resi	2 9:45am Current Events - HAA 10:45am Bingo - HAA 11:00am Fun and Fitness (H & P) - PAA 2:00pm Armchair Travel - ACRM 6:15pm Variety Time - PAA	3 9:45am Friendly Visits - Resi 10:45am Walking Group - HAA 2:00pm Super Fun & Fitness - ACRM	4 9:45am Coffee and Chats - HAA
5 Cinco De Mayo 2:00pm Making Fresh Salsa - HAA	6 10:00am Shopping Day - AUDI 10:30am Scripture and Song - HAA	7 11:00am Fun and Fitness (H & P) - HAA 2:00pm Baking - ACRM 2:00pm Time to Think - HAA	8 10:45am Tots and Tunes- ACRM 3:00pm Beauty Shop - ACRM 6:30pm Mother's Day Wine and Cheese Event- Pre-register with Alexis - AUDI	9 11:00am Fun and Fitness (H & P) - PAA 3:00pm Crafting Corsages - HAA	10 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:00pm Mother's Day High Tea - ACRM	11 9:45am Mother's Stories and Reminiscing - HAA
12 Mother's Day 2:00pm Time to Think - HAA	13 10:30am Scripture and Song - HAA	14 2:45pm Fun and Fitness (H&P) - HAA 6:15pm Variety Time - PAA	15 9:45am It Makes Sense (H) - Resi 10:45am Tots and Tunes- ACRM	16 11:15am Roman Catholic Communion - ACRM 2:30pm Fairview Band - AUDI 6:15pm Fun and Fitness (H&P) - HAA	17 11:00am Music Therapy - Resi 2:00pm Residents Council - ACRM 2:30pm Friendly Visits - Resi	18 10:45am Social Art - HAA
19 9:45am Sunday Morning Hymn Sing - HAA	20 Victoria Day 9:45am Beauty Shop (H) - Resi 2:00pm QiGong Fitness Class - AUDI	21 11:00am Fun and Fitness (H & P) - HAA 1:45pm Artful Enrichment - ACRM 6:15pm Variety Time - PAA	22 9:45am It Makes Sense (H) - Resi 10:45am Tots and Tunes- ACRM	23 10:45am Fun and Fitness (H&P) - HAA 2:00pm April and May Birthday Party - 2nd	24 9:30am Music Therapy - HAA 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi	25 10:00am Birthday Card Making (H&P)
26 2:15pm Movie and Popcorn - HSR	27 10:30am Scripture and Song - HAA	28 11:30am Symposium Outing- Pre-register with Alexis - OUT 2:45pm Fun and Fitness (H&P) - HAA 6:15pm Variety Time - PAA	29 9:45am It Makes Sense (H) - Resi 10:45am Tots and Tunes- ACRM	30 10:45am Fun and Fitness (H&P) - PAA 2:15pm Spring Craft - HAA 5:00pm Y & R Dinner and Movie- Pre-register with Alexis - ACRM	31 9:45am Friendly Visits - Resi 11:00am Music Therapy - Resi 2:30pm Super Fun and Fitness - ACRM	

2nd - 2nd Floor Dining Room ACRM - Activity Room AUDI - Centre Auditorium HAA - Hespeler Activity Area HSR - Hespeler Sitting Room
 OUT - Outings PAA - Preston Activity Area Resi - Resident Room for 1-1 scoring

Check Program Boards daily for the most up to date information.

