

May 2024



Preston

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

ACRM - Activity Room
PSR - Preston Sitting Room

AUDI - Centre Auditorium
Resi - Resident Room for 1-1 scoring

HAA - Hespeler Activity Area

OUT - Outings

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