

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Legend:
 (cl)- Café/Lounge
 (C)- The Cottage
 (fl)- Front Lobby
 (SG)- Secret Garden

Shuttle Today 1
 10:00 (Sign Up) Trip: Walmart
 11:00 (C)(yt) Armchair Travel: Iceland
 1:00 (cl) Racket Balloon

 2:00 (C) DRUM BALL
 3:00 (C) Colouring with The Classics
 May Day

Esthetician Today 2
 9:00 (fl) Dog visits with Hank and Linnea
 11:00 (C) Train Your Brain
 1:20 (C) Funny Animal Videos

 2:00 (C) BINGO
 3:15 (C) Meditation Session


Shuttle Today 3
Hairdresser Today
 10:30 (sign up) Zellers At the Burlington Mall
 11:00 (C) Technology Assistance
 1:00 (cl) Racket Balloon
 2:00 (C) Jeopardy Style Trivia
 3:00 (C)(P) Documentary "Life, Love Dogs"
 3:00 Dog visit with Scott & Lily


10:00 (L) Exploring Scripture
 11:00 (C) Seated Dance Class
 1:00 (cl) Ball Toss

 2:00 (C) Garden Crafts In the Cottage

Shuttle Today 5
Hairdresser Today
CINCO DE MAYO
 10:30 (C) Java Music Club
 2:00 (cl) Happy Hour with Musical Entertainer Ken Lighthouse
 Cinco de Mayo

Room Rental of Cottage

10:30 (C) Hymn Sing 7

 2:00 (cl) Musical Performance by the Vocal Point Choir

Shuttle Today 8
 10:00 (sign up) Port Dover for Lunch at Callahan's
 11:00 (C)(yt) Armchair Travel: Oman the gem of the Arabian Peninsula
 1:00 (cl) Racket Balloon

 2:00 (C) DRUM BALL
 3:00 (C) Colouring with The Classics

Esthetician Today 9
 9:00 (fl) Dog visit with Hank and Linnea
 11:00 (C) Train Your Brain
 1:20 (C) Funny Animal Videos

 2:00 (C) BINGO
 3:15 (C) Meditation Session

Shuttle Today 10
Hairdresser Today
 10:00 (sign up) Port Dover For Lunch at Callahan's
 1:00 (cl) Racket Balloon
 2:00 (C) Jeopardy Style Trivia
 3:00 (C)(yt) Documentary "Why Our Atmosphere is warming"
 3:00 Dog visit with Scott & Lily

11:00 (C) Seated Dance Class 11
 1:00 (cl) Ball Toss

 2:00 (DR) Lilac Tea With Harpist Ruth Sutherland Suggested \$5 Donation For the Cancer Society

Shuttle Today 12
Hairdresser Today
 10:30 (C) Java Music Club
 1:30 (sign up) Trip: Hamilton Philharmonic Talk and Tea: Beethoven (Free)
 2:00 (cl) Happy Hour with Musical Entertainer Kim Atkins

2:00 (C) (YT) Movie: "A Mothers Gift"
 7:00 (C) (P) Movie: "On a Wing and a Prayer"

14

 10:30 (C) Hymn Sing
 2:00 (C)(N) "Stepmom"
 Mother's Day
 National Skilled Nursing Week

Shuttle Today 15
Hairdresser Today
 10:00 Trip (Sign Up): University Plaza Dundas
 11:00 (C)(yt) Armchair Travel: 25 of the Greatest Natural Wonders
 1:00 (cl) Racket Balloon
 2:00 (C) DRUM BALL
 3:00 (C) Colouring with The Classics

Esthetician Today 16
 9:00 (fl) Dog visit with Hank and Linnea
 11:00 (C) Train Your Brain
 1:20 (C) Funny Animal Videos

 2:00 (C) BINGO
 3:15 (C) Meditation Session

Shuttle Today 17
Hairdresser Today
 10:15 (sg) Secret Garden Clean Up & Prep
 1:00 (cl) Racket Balloon
 1:00 (sign up) Terra Greenhouse
 2:00 (C) Jeopardy Style Trivia
 3:00 (C)(P) Documentary "Canada Made Ep 1 & 2"
 3:00 Dog visit with Scott & Lily


Happy PSW Day! 18
 10:00 (L) Exploring Scripture
 11:00 (C) Seated Dance Class
 1:00 (cl) Ball Toss

 2:00 (SG) Potting and Planting in the Garden

Hairdresser Today 19
 10:30 (C) Java Music Club
 2:00 (cl) Happy Hour with Musical Entertainer Paula French

2:00 (C) (P) Movie: "The Wizard of Oz"
 7:00 (C) (P) Movie: "Now & Then"
 Armed Forces Day


21
 10:30 (C) Hymn Sing
 2:00 (C)(N) "You are my Home"



 11:00 (C)(yt) Doc "Queen Victoria: The Victorian Era"
 2:00 (C)(yt) Documentary "Queen Victoria In her own words"
 Victoria Day (Canada)

Esthetician Today 23
 9:00 (fl) Dog visit with Hank and Linnea
 11:00 (C) Train Your Brain
 1:20 (C) Funny Animal Videos

 2:00 (C) BINGO
 3:15 (C) Meditation Session

Shuttle Today 24
Hairdresser Today
 10:00 (sign up) Shoppers Drug Mart
 1:00 (cl) Racket Balloon
 2:00 (cl) Musical Performance by the Afternoon Singers Choir
 3:00 (C)(P) Documentary: "Happy People"
 3:00 Dog visit with Scott & Lily

25
 11:00 (C) Seated Dance Class
 1:00 (cl) Ball Toss

 2:00 (C) By Request Sing along
 Shavuot Begins

26

 10:30 (C) Java Music Club
 2:00 (cl) Happy Hour with Musical Entertainer Paul Horton

27

 2:00 (C) (P) Movie: "Ever After"
 7:00 (C) (P) Movie: "Mack & Rita"

28
 10:30 (C) Hymn Sing
 Room Rental of the Cottage In the Afternoon

Shuttle Today 29
Scenic Drive
 10:00 (Sign Up) Trip: Scenic Drive
 11:00 (C)(yt) Armchair Travel: Costa Rica
 1:00 (cl) Racket Balloon
 2:00 (C) Townhall Meeting

 3:00 (C) DRUM BALL
 Memorial Day

Esthetician Today 30
 9:00 (fl) Dog visit with Hank and Linnea
 11:00 (C) Train Your Brain
 1:20 (C) Funny Animal Videos

 2:00 (C) BINGO
 6:30 (cl) Hamilton Police Choir

Shuttle Today 31
 10:15 Exercise Class
 1:00 (cl) Racket Balloon
 3:00 (C)(P) Documentary "The Greatest Bond"
 3:00 Dog visit with Scott & Lily

May 2023

Spring Into Wellness Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:30					Better Balance
10:15-11:00	Group Exercises	Group Exercises	Group Exercises	Group Exercises	Group Exercises
11:00-11:45	Seated Boxing	Advanced Exercises	Tai Chi	Hand Therapy	Advanced Exercises
1:00-2:00	Racket Balloon	Better Balance	Racket Balloon	Ball Toss	
2:00-3:00			Balance Class		

Attention Green Thumbs!



It's almost time to get the Secret Garden ready for summer!

Join us for some of the garden activities below:

Garden Crafting on Thursday May 4th at 2:00 in the cottage.

An Outing to Terra Greenhouses on Wednesday May 17th at 1:00 to pick out some plants and Garden Prep In the morning.

Potting and Planting on Thursday May 18th at 2:00 In the Secret Garden (Weather Pending)

Choir Performances

This month we have three different choirs coming to perform.

Sunday May 7th 2:00PM
The Vocal Point Choir

Wednesday May 24th 2:00PM
The Afternoon Singers

Tuesday May 30th 6:30PM
The Hamilton Police Choir



presents our

Lilac Tea

Thursday May 11th at 2:00PM

Enjoy a Traditional High Tea with Friends
in Support Of The Canadian Cancer
Society

Joining us for our Tea will be Harpist
Ruth Sutherland and Doug Feaver

\$5 Suggested Donation



**R.S.V.P at the Front Desk to
Ensure Your Spot**