



# May 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>Welcome to May! Scattergories Stretch &amp; Flex Garden Games Concert/Patio time</p>	<p>2</p> <p>Morning News Cranium Crunches Fitness Time Biography: Diego Rivera Artists Corner Happy Hour</p>	<p>3</p> <p>Good Morning Chronicles Sit and Fit Scoops and Games Fitness Bingo</p>	<p>4</p> <p>Table Topics Walking Club Trivia Time Stargazing - Margaret Thatcher Chromotherapy Balloon Tennis</p>	<p>5</p> <p>Greetings Trivia Time Morning Stretch Sombrero Making Passport to Mexico Ageless Spirit Cinco De Mayo Celebration</p>	<p>6</p> <p>Morning News Walking Club Balloon Volleyball Best Shot Day – Kodak Cameras Artists Corner Happy Hour</p>	<p>7</p> <p>Morning Greetings Cranium Crunches Fitness Mother's Day Art Spa Cart Kentucky Derby Fun</p>
<p>8</p> <p>Good Mornings Ageless Spirit Sunday Fitness V-E Day Mother's Day Celebration</p> <p><b>Mother's Day</b></p>	<p>9</p> <p>Good Mornings Cranium Crunches Morning Fitness Artists Corner Make Your Own Smoothies Bingo</p>	<p>10</p> <p>Table Topics Junk Drawer Detective Stretch &amp; Flex <b>In the Kitchen: History of Cheerios</b> Fitness Sing Along Tuesday</p>	<p>11</p> <p>Morning News Walking Club Shout it Out Magazine Art Games Table</p>	<p>12</p> <p>Greetings Chronicles Biography: Florence Nightingale <b>Garden Club</b> Fitness Dance Party Thursday <b>National Nurses Day</b></p>	<p>13</p> <p>Good Mornings Word Games Yoga with Sally Indoor Golf Reading Club Happy Hour: Laughter Club</p>	<p>14</p> <p>Morning News Solve That Puzzle Stretch &amp; Flex Balloon Volleyball Balcony Social Chromotherapy</p>
<p>15</p> <p>Good Mornings Ageless Spirit Sunday Fitness On the Patio Fun and Fitness Endangered Species Day</p>	<p>16</p> <p>Table Topics Creative Minds Sing &amp; Swing Fitness In History Today Ball Games Philharmonic Orchestra Concert</p>	<p>17</p> <p>Morning News Cranium Crunches Spin the Wheel Who Am I? Fitness Ping Pong Toss</p>	<p>18</p> <p>Good Mornings Walking Club Games Table <b>In the Kitchen: Apple Tart</b> Spring Art Class Ping Pong Toss</p>	<p>19</p> <p>Table Topics Word Games Stretch &amp; Flex Reading Cub <b>Birthday Celebration</b></p>	<p>20</p> <p>Morning Greetings Walking Club Fitness Colouring to Music Passport Friday: Australia Outdoor Golf</p>	<p>21</p> <p>Good Mornings Trivia Saturday Stretch and Flex Stargazing: Paul Newman Weekend Fitness Happy Hour</p>
<p>22</p> <p>Good Mornings Ageless Spirit Sunday Fitness The Crown Shuffleboard Sunday Golf</p>	<p>23</p> <p>Greetings Ball Games Biography: Queen Victoria Travel to England Fitness Victoria Day Celebration <b>Victoria Day</b></p>	<p>24</p> <p>Good Mornings Cranium Crunch Fitness Junk Drawer Detective Astronomy Tuesday <b>Garden Club: Herbs</b> Happy Hour</p>	<p>25</p> <p>Greetings Walking Club Trivia Time Patio Time Reading Club Wise Wednesdays Acapella Concert</p>	<p>26</p> <p>Morning News Shout it Out Fitness Thursday Unbelievable Places in the World Fitness Jazz Fest</p>	<p>27</p> <p>Table Topics Walking Club Yoga with Sally Passport Friday: Spain Balcony Games Concert</p>	<p>28</p> <p>Greetings Stretch and Flex Painting Reading Club Table Games</p>
<p>29</p> <p>Greetings 5 second Rule Fitness Fun On the Patio Chromotherapy Spa Cart Who Am I Game</p>	<p>30</p> <p>Table Topics Cranium Crunches Bean Bag Toss Wine &amp; Cheese Monday Fitness Karaoke</p>	<p>31</p> <p>Good Mornings Stretch &amp; Flex History: Aviation Artists Corner Fitness Patio Time</p>		<p><i>*Individual visits also occur based on resident preferences.</i></p>	<p><i>Timing and length of activities are driven by residents' interest and engagement.</i></p>	<p><a href="http://www.cedarhursthome.ca">www.cedarhursthome.ca</a></p>