

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Rise & Shine Scattergories Morning Fitness Balloon Batting Welcome to May! Gentle Stretches May Day Games	1 Breakfast Club Wordle Seated Stretches Scrabble Shuffleboard Afternoon Fitness Guess Who?	2 Friday News Junk Yard Detective Morning Fitness Ping Pong Toss Bio: Michaelangelo Fitness Time Karaoke with Promodha	3 Morning News You Be the Judge Get Fit In Honor of – Northern Dancer Get Ready for The Races - Kentucky Derby Fun
Sunday Mornings 5 Ageless Spirit Zumba UNO Mexico Travelogue Family & Friends Fiesta - Cinco de Mayo Celebration <small>Cinco de Mayo</small>	Greetings 6 Riddle Me This Tai Chi Bowling Bio: Florence Nightengale Jazzercise Shuffleboard	News & Views 7 Shout it Out! Total Fitness Lucky Roll Painting Club Sit & Stretch Happy Hour	<small>May Day</small> Table Topics 8 Odd One Out National Ballet Fitness History Today: VE DAY Wine Down Wednesday Move & Groove	Morning Mingle 9 Dominoes Movement to Music Welcome to: Wyoming! Fitness Snakes & Ladders	Rise & Shine Chat 10 Wordle Stretch & Strength Patio Card Games Let's Celebrate Nurses	Breakfast Club 11 Cranium Crunches Saturday Fitness Amazing Inventions Chair Yoga Guess Who?
Weekend News 12 Categories Exercise Club Table Pong Family & Friends – Birthday Celebration and Mother's Day Celebration <small>Mother's Day National Skilled Nursing Care Week</small>	Good Mornings 13 Tai Chi Reading Club Fun & Games Let's Get Moving Bocce Ball Happy Hour	Highlights 14 Card Games Tuesday Exercise Cranium Crunches Balloon Volleyball Basketball Tournament Have a Laugh or Two	Headline News 15 Word Games Gentle Stretches Patio Games Where in the World: The Mariana Trench Fun & Fitness Guess Who?	This Day in History 16 Scattergories Power Moves Flags of the World Golf Sit & Stretch Conversion Catch	Friday Chronicles 17 Body Fitness Jeopardy Basketball Shootout Sit & Fit Board Games Fresh Air Friday Fun	Rise & Shine 18 Trivia Time Healthy Movements Jenga All About the Armed Forces Total Body Fitness Card Games <small>Armed Forces Day</small>
Sunday Catchups 19 Ageless Spirit Morning Fitness What Comes Next? Blue Jays Game Social Gentle Stretches Happy Hour	Morning Mingle 20 Cranium Crunches Tai Chi Puzzled Puzzle All About: The Royals Victoria Day Celebration <small>Victoria Day (Canada)</small>	In the News 21 Junk Yard Detective Love to Move Shuffleboard Basketball Tournament Dominoes	Wednesday Chronicles 22 Spin the Wheel Total Fitness Ladder Ball Wine & Cheese Social Dance Hall Days	Greetings 23 Puzzles Rise & Shine Stretch Unsolved Mysteries Fun & Fit Air Hockey Spring Concerts	Good Mornings 24 Word Jumble Let's Get Moving Bio: Rosie the Riveter Patio Games Strength and Stretch UNO	Saturday News 25 5 Second Rule Weekend Fitness Reading Club Party Games Gentle Stretches Bowling
Breakfast Club 26 Secret Word Sunday Fitness Ladder Ball What Am I? Power Moves Patio Games	Monday Chronicles 27 Anagram Tai Chi Shuffleboard Occupations Game Total Fitness <small>Memorial Day</small>	Rise & Shine Chat 28 Word Ladder Let's Get Fit! Tai Chi Bio: Kodo Drummers Tic Tac Toe! Let's Move! Pub Tuesday	This Day in History 29 Word Search Patio Fitness Roller Ball In the Kitchen Fitness Club Dominoes	Table Topics 30 Junk Yard Detective Strength & Stretch Music History: ABBA Painting Club Afternoon Fitness	Friday Mingle 31 Wordle Boogy Ooogy Fitness Snakes & Ladders Noodle Hockey Let's Get Moving Card Games	 www.cedarhursthome.ca

Timing and length of the activities may change as they are driven by residents' interest and engagement. * Individual visits also occur.