



MAY 2023

Kingsdale Neighbourhood



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

	1 8:30 Breakfast 10:00 Fun and Fitness 11:00 You and Me 12:00 Lunch 1:30 Baking- scones 3:00 Lawn Darts 5:00 Dinner	2 Timbit Day 8:30 Breakfast 10:00 Active Game 11:00 You and Me 12:00 Lunch 200 Pampering 3:00 Reading Group 5:00 Dinner	3 8:30 Breakfast 9:45 Music Therapy 10:30 Zumba 12:00 Lunch 1:30 Greetings 2:00 Java Music 3:30 Mobile Store 5:00 Dinner 6:30 Movie and Popcorn	4 <i>Wear Blue—Dress Down</i> 8:30 Breakfast 10:00 For the Spirit 12:00 Lunch 2:30 Arts 3:30 Board Games 5:00 Dinner 6:30 Brains and Banter	5 Cinco de Mayo 8:30 Breakfast 10:00 Brain and Banter 11:15 Horticulture 12:00 Lunch 1:45 Travelogue 2:45 Church 5:00 Dinner	6 Coronation Day 8:30 Breakfast 10:00 Bouncing Balloons 11:15 Walk and Talk 12:00 Lunch 2:00 High Tea– Kings Corona- tion 3:15 You and Me 5:00 Dinner
7 8:30 Breakfast 10:00 Spiritual Connection 11:15 Visit a Friend 12:00 Lunch 2:00 Music and Treats (Patio) 3:15 You and Me 5:00 Dinner	8 8:30 Breakfast 10:00 Fun and Fitness 11:00 You and Me 12:00 Lunch 2:00 Tea Room Sing-a-long 3:00 Beanbag Shuffleboard 5:00 Dinner	9 8:30 Breakfast 10:00 Active Game 11:00 You and Me 12:00 Lunch 200 Pampering 3:00 Reading Group 5:00 Dinner	10 8:30 Breakfast 9:45 Music Therapy 12:00 Lunch 1:30 Greetings 2:00 Java Music 3:30 Mobile Store 5:00 Dinner 6:30 Euchre Game	11 <i>Wear Blue—Dress Down</i> 8:30 Breakfast 10:00 For the Spirit 12:00 Lunch 2:00 Arts 3:00 Board Games 5:00 Dinner 6:30 Brains and Banter	12 8:30 Breakfast 10:00 Brain and Banter 11:15 Horticulture 12:00 Lunch 1:45 Travelogue 2:45 Church 5:00 Dinner	13 8:30 Breakfast 10:00 Just for Laughs 11:15 Pampering 12:00 Lunch 2:00 Creative play 3:15 You and Me 5:00 Dinner
14 Mother's Day 8:30 Breakfast 10:00 Spiritual Connection 11:00 Food For Thought 12:00 Lunch Music by Brent Meidinger 2:00 Mother's Day Social 3:15 You and Me 5:00 Dinner	15 8:30 Breakfast 10:00 Fun and Fitness 11:00 You and Me 12:00 Lunch 1:30 Baking - Cup cakes 3:00 Ball Toss 5:00 Dinner	16 8:30 Breakfast 10:00 Active Game 11:00 You and Me 12:00 Lunch 200 Pampering 3:00 Reading Group 5:00 Dinner	17 8:30 Breakfast 9:45 Music Therapy 12:00 Lunch 1:30 Greetings 2:00 Paul MacLeod 3:30 Mobile Store 5:00 Dinner 6:30 Who wants to be a Mil- lionaire	18 <i>Wear Blue—Dress Down</i> 8:30 Breakfast 10:00 For the Spirit 12:00 Lunch 2:00 Arts 3:00 Board Games 5:00 Dinner 6:30 Brain and Banter	19 8:30 Breakfast 10:00 Brain and Banter 11:15 Horticulture 12:00 Lunch 1:45 Travelogue 2:45 Church 5:00 Dinner	20 8:30 Breakfast 10:00 Sit and Stretch 12:00 Lunch Bunch Group 2:00 Bingo 3:15 You and Me 5:00 Dinner
21 8:30 Breakfast 10:00 Spiritual Connection 11:15 Visit a Friend 12:00 Lunch 2:00 Music and Treats (Patio) 3:15 You and Me 5:00 Dinner	22 Victoria Day 8:30 Breakfast 10:00 Fun and Fitness 11:00 You and Me 12:00 Lunch 2:00 Victorian Tea Time 3:00 Beanbag Shuffleboard 5:00 Dinner	23 8:30 Breakfast 10:00 Active Game 11:00 You and Me 12:00 Lunch 200 Pampering 3:00 Reading Group 5:00 Dinner	24 8:30 Breakfast 9:45 Music Therapy 12:00 Lunch 1:30 Greetings 2:00 Java Music 4:00 You and Me 5:00 Dinner 6:30 Euchre Game	25 <i>Wear Blue—Dress Down</i> 8:30 Breakfast 10:15 Residents Council 11:00 You and Me 12:00 Lunch 2:00 For the Spirit 3:00 Board Games 5:00 Dinner 6:30 Brains and Banter	26 8:30 Breakfast 10:00 Brain and Banter 11:15 Horticulture 12:00 Lunch 1:45 Travelogue 2:45 Church 5:00 Dinner	27 Alzheimer's Awareness 8:30 Breakfast 10:00 Just for Laughs 11:15 Pampering 12:00 Lunch 2:00 Birthday Sing along with Beth 3:00 Alzheimer's Walk 5:00 Dinner
28 8:30 Breakfast 10:00 Spiritual Connection 11:00 Food For Thought 12:00 Lunch 2:00 Tea Time 3:15 You and Me 5:00 Dinner	29 8:30 Breakfast 10:00 Fun and Fitness 11:00 You and Me 12:00 Lunch 1:30 Baking 3:00 Ball Toss 5:00 Dinner	30 8:30 Breakfast 10:00 Active Game 11:00 You and Me 12:00 Lunch 200 Pampering 3:00 Reading Group 5:00 Dinner	31 8:30 Breakfast 9:30 Zumba 9:45 Music Therapy 12:00 Lunch 1:00 Greetings 2:00 Java Music 3:30 Mobile Store 5:00 Dinner 6:30 Penny Ante	<i>Pay \$2 or Wear Blue/Dress down day every Thursday. All money collected will be donated to the Waterloo Wellington Alzheimer's Society Walk For Memories</i>		