



May 2023

Waldau Neighbourhood



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 8:15 Breakfast 10:30 Todays News 11:15 Horticulture 12:00 Lunch 3:00 Fun and Fitness 3:30 Spiritual 5:15 Dinner	2 Timbit Day 8:15 Breakfast 11:15 Music Therapy 12:00 Lunch 2:00 Creative Colouring 3:00 Neighborhood Activities 5:15 Dinner	3 8:15 Breakfast 10:30 Stretches 12:00 Lunch 2:00 Trivia 3:15 Music Therapy 5:15 Dinner	4 Wear Blue—Dress Down 8:15 Breakfast 10:00 Active Game 11:15 Music Therapy 12:00 Lunch 2:30 Shuffleboard 5:15 Dinner	5 CINCO DE MAYO 8:15 Breakfast 10:00 Spiritual 12:00 Lunch 2:00 Piñata Craft 3:00 Pass the Sombrero 5:15 Dinner	6 CORONATION DAY 8:15 Breakfast 10:30 Paper Crown Craft 12:00 Lunch 2:00 High Tea 3:00 Coronation Trivia 5:15 Dinner
7 8:15 Breakfast 10:30 Manicures 12:00 Lunch 2:00 Name that Scent 3:00 Painting 5:15 Dinner	8 8:15 Breakfast 10:30 Sensory Corner 11:15 Horticulture 12:00 Lunch 3:00 Fun and Fitness 3:30 Spiritual 5:15 Dinner	9 8:15 Breakfast 11:15 Music Therapy 12:00 Lunch 2:00 Walk and Talk 3:00 For the Spirit 5:15 Dinner 7:00 Movie Matinee	10 8:15 Breakfast 10:30 Charades 12:00 Lunch 2:00 Colour Me Calm 3:15 Music Therapy 5:15 Dinner	11 Wear Blue—Dress Down 8:15 Breakfast 10:00 Bingo 11:15 Music Therapy 12:00 Lunch 2:00 Arts and Crafts 3:00 You and Me 5:15 Dinner	12 8:15 Breakfast 10:00 Spiritual 12:00 Lunch 2:00 Bowling 3:00 Would you Rather? 5:15 Dinner	13 8:15 Breakfast 10:30 Bingo 12:00 Lunch 2:00 Manvir Performs 3:00 You and Me 5:15 Dinner
14 MOTHER'S DAY 8:15 Breakfast 10:30 Arts and Crafts 12:00 Mother's Day Brunch 2:00 Movie Matinee 3:00 You and Me 5:15 Dinner	15 8:15 Breakfast 10:30 Todays News 11:15 Horticulture 12:00 Lunch 3:00 Fun and Fitness 3:30 Spiritual 5:15 Dinner	16 8:15 Breakfast 10:30 Manicures 11:15 Music Therapy 12:00 Lunch 2:00 Horseshoes 3:00 Painting 5:15 Dinner	17 8:15 Breakfast 10:30 Colour me Calm 12:00 Lunch 2:00 Charades 3:15 Music Therapy 5:15 Dinner	18 Wear Blue—Dress Down 8:15 Breakfast 10:00 You and Me 11:15 Music Therapy 12:00 Lunch 2:00 Board Games 3:00 Walk and Talk 5:15 Dinner	19 8:15 Breakfast 10:00 Spiritual 12:00 Lunch 2:00 Shuffleboard 3:00 Bingo 5:15 Dinner	20 8:15 Breakfast 10:00 Bowling 12:00 Lunch 2:00 Pictionary 3:00 You and Me 5:15 Dinner
21 8:15 Breakfast 10:00 Baking Cupcakes 12:00 Lunch 2:00 Cupcake Social 3:00 Tunes in the Lounge 5:15 Dinner	22 VICTORIA DAY 8:15 Breakfast 10:30 Stretches 12:00 Lunch 3:00 You and Me 3:30 Spiritual 5:15 Dinner	23 8:15 Breakfast 11:15 Music Therapy 12:00 Lunch 2:00 Arts and Crafts 3:00 Shuffleboard 5:15 Dinner 7:00 Movie Matinee	24 8:15 Breakfast 10:30 Todays News 12:00 Lunch 2:00 Soothing Sensations 3:15 Music Therapy 5:15 Dinner	25 Wear Blue—Dress Down 8:15 Breakfast 10:00 Active Game 11:15 Music Therapy 12:00 Lunch 2:00 You and Me 3:00 Spiritual 5:15 Dinner	26 8:15 Breakfast 10:00 Spiritual 12:00 Lunch 2:00 Shake a Memory Loose 3:00 Manicures 4:00 Keep up! 5:15 Dinner	27 ALZHEIMER'S WALK 8:15 Breakfast 10:30 Memory Game 12:00 Lunch 2:30 Alzheimer's Walk 3:30 You and Me 5:15 Dinner
28 8:15 Breakfast 10:30 Reading Circle 12:00 Lunch 2:00 Arts and Crafts 3:00 Soothing Sensations 5:15 Dinner	29 8:15 Breakfast 10:30 Stretches 11:15 Horticulture 12:00 Lunch 3:00 Fun and Fitness 3:30 Spiritual 5:15 Dinner	30 8:15 Breakfast 11:15 Music Therapy 12:00 Lunch 2:00 Name that Tune 3:00 Bingo 5:15 Dinner 7:00 Movie Matinee	31 8:15 Breakfast 10:30 Soothing Sensations 12:00 Lunch 2:00 Shuffleboard 3:15 Music Therapy 5:15 Dinner	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		