



May 2024

ESN



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 Soothing Sensations 5:00 Dinner 6:30 Musical Moments	2 8:30 Breakfast 10:30 You & I 12:00 Lunch 1:30 Dog Visits 2:30 ESN Social 5:00 Dinner	3 8:30 Breakfast 10:30 You & I 12:00 Lunch 2:30 Brains & Banter 5:00 Dinner	4 8:30 Breakfast 10:15 Musical Moments 11:00 Circle of Friends 12:00 Lunch 2:30 Ice Cream Social 5:00 Dinner
5 Cinco De Mayo 8:30 Breakfast 10:15 Church Service 11:00 You & I 12:00 Lunch 2:30 Mexican Fiesta (CQ) 5:00 Dinner	6 8:30 Breakfast 10:30 Chair Yoga (CQ) 11:30 You & I 12:00 Lunch 2:30 Express Yourself 5:00 Dinner	7 8:30 Breakfast 10:15 Java Music 11:00 Soothing Sensations 12:00 Lunch 2:30 BINGO in CQ 5:00 Dinner	8 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Stepping Out 2:30 Self-Care Afternoon 5:00 Dinner 6:30 Musical Moments	9 8:30 Breakfast 10:30 You & I 12:00 Lunch 1:30 Dog Visits 2:30 In the Kitchen 5:00 Dinner	10 8:30 Breakfast 10:15 Stepping Out 11:00 Fun n' Fitness 12:00 Lunch 2:30 Arm Chair Travel 5:00 Dinner	11 8:30 Breakfast 10:30 Stepping Out 12:00 Lunch 2:30 Flower Arranging 4:00 You & I 5:00 Dinner
12 Mother's Day 8:30 Breakfast 10:30 Church Service 11:30 You & I 12:00 Lunch 2:30 High Tea Social 5:00 Dinner	13 8:30 Breakfast 10:15 You & I 11:00 Stepping Out 12:00 Lunch 2:30 Java Music 5:00 Dinner	14 8:30 Breakfast 10:30 Express Yourself 11:30 Soothing Sensations 12:00 Lunch 2:30 Entertainment with Jack Garson—CQ 5:00 Dinner	15 8:30 Breakfast 10:00 Music with Wendy 12:00 Lunch 1:30 Stepping Out 2:30 Movie Afternoon 5:00 Dinner 6:30 Circle of Friends	16 Critter Visits 2:30-4pm 8:30 Breakfast 10:30 Group Exercise 12:00 Lunch 1:30 Dog Visits 2:30 You & I 5:00 Dinner	17 8:30 Breakfast 10:30 Brains & Banter 12:00 Lunch 2:30 Stepping Out 5:00 Dinner	18 8:30 Breakfast 10:30 Fun n' Fitness 11:30 Stepping Out 12:00 Lunch 2:30 Bowling in CQ 5:00 Dinner
19 8:30 Breakfast 10:15 Church Service 11:00 Circle of Friends 12:00 Lunch 2:30 Express Yourself 5:00 Dinner	20 Victoria Day 8:30 Breakfast 10:30 Express Yourself 12:00 Lunch 2:30 You & I 5:00 Dinner	21 Multicultural Day 10am—3pm Lower Level	22 8:30 Breakfast 10:30 Friendly Visits 12:00 Lunch 1:30 Outdoor Walks 2:30 Java Music 5:00 Dinner 6:30 BINGO	23 Bella Boutique Vendor 8:30 Breakfast 10:30 You & I 12:00 Lunch 1:30 Dog Visits 2:30 In the Kitchen 5:00 Dinner	24 8:30 Breakfast 10:30 Chair Yoga 12:00 Lunch 2:30 Musical Moments 3:30 Garden Strolls 5:00 Dinner	25 8:30 Breakfast 10:30 Musical Moments 11:00 You & I 12:00 Lunch 2:30 Stepping Out 5:00 Dinner
26 8:30 Breakfast 10:30 Church Service 11:00 You & I 12:00 Lunch 2:30 Stepping Out 5:00 Dinner	27 8:30 Breakfast 10:30 You & I 11:30 Outdoor Walks 12:00 Lunch 2:30 Birthday Social with Ryan Andrews—CQ 5:00 Dinner	28 8:30 Breakfast 10:15 Java Music 11:00 Circle of Friends 12:00 Lunch 2:30 Skill Share Program 5:00 Dinner	29 8:30 Breakfast 10:00 Music with Wendy 12:00 Lunch 1:30 Outdoor Walks 2:30 In the Kitchen 5:00 Dinner 6:30 Circle of Friends	30 8:30 Breakfast 10:30 You & I 12:00 Lunch 1:30 Dog Visits 2:30 Resident Council and Food Committee (CQ) 5:00 Dinner	31 8:30 Breakfast 10:30 Stepping Out 12:00 Lunch 2:30 Fun & Fitness 3:30 You & I 5:00 Dinner	