

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2021







Newport Harbour Care Centre

							1					
2	3	4	5	6	7	8	May Day					
	10	11:15am Domino Match Game 4:30pm Horse Race	<small>Cinco de Mayo</small> 11:15am Photo Finish Daisies 4:30pm Amazing Nature Scenery	11:15am Reminiscing with Songs About Flowers 4:30pm Balloon Volleyball	11:15am Military Songs 4:30pm Armed Forces Colouring	Refreshments/ Smoothies 	15					
Book Nook 	16	11:15am About Shavuot 1:00pm Bingo 4:30pm First Fruit Card Game	11:15am Soccer Time 4:30pm Giggles in the Garden	19	11:15am Short Story (Jayden's Green Thumb) 4:30pm Peacock Dance	11:15am Fresh From Garden 4:30pm Can You Picture This	22					
23	No Program <small>Victoria Day (Canada)</small>	24	11:15am Victorian Fan 4:30pm Secret Language of Fans	25	11:15am Hand Massage 4:30pm Ping Pong	26	11:15am You Can Puzzle It? 4:30pm Roll-a-Garden	27	11:15am Birds of the Rainforest 4:30pm Paint By Numbers	28	Refreshments/ Smoothies 	29
Coffee & Chat 	30	11:15am Poppy Colouring 1:00pm Bingo 4:30pm Memorial Day Songs <small>Memorial Day</small>	31									





*Programs subject to change.

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

MONTH OF MAY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Program Locations 1 st FL- Neighbourhoods (NB) Harbour Hall (HH) Bayshore (BS) Edgewater (EW) Fairwinds (FW) Harbourside (HS)	Program Locations 2 nd FL- Neighbourhoods (NB) Northside (NS) Oakbay (OB) Portside (PS) Southport (SP) Fountainview (FV)	If you have any program suggestions please let a Recreation Team member know	 <small>chibird.tumblr.com</small>			1
2 	3 AM: Friendly Visits Musical Mornings 10:30 Men's Group (1:1's) with Ashley PM: Special Treat Social Cart (NB)	4 AM: Music Therapy CANCELLED AM: Bird Visits (2 nd FL) w/ Mimine Balloon Toss w/ Leah PM: 2:00 Card Bingo (PS)	5 AM: Dancercise: Do the Macarena PM: 2:00 Bingo (NS & PS) 4:00 Rosie's Pen Pals	6 AM: Spiritual Program  PM: "Mom"osa Social Cart (NB)	7 AM: Motherly Humor PM: Mother's Day High Tea Cart (NB) 	8 
9 	10 AM: Friendly Visits Musical Morning RT Lead Program PM: 2:00 Craft : Mums 2:00 No bake baking (OB) 3:30 Short Stories (HS)	11 AM: Music Therapy CANCELLED Bird Visits w/ Mimine (1 st FL) Sensory Room w/ Lorena PM: 2:00 Card Bingo (PS) 3:30 Hand Massage (SP)	12 Recreation Department Meeting (staff) 10-12 AM: Bocce Ball with Leah (2 nd FLR NB) PM: 2:00 Bingo (NS & PS) 3:15 Bingo (HS) 4:00 Rosie's Pen Pals	13 AM: Spiritual Program (NB) PM: 2:00 Bowling (1 st FL DR) 3:30 Friendly Visits	14 AM: Reminiscing Songs about Flowers PM: Petal Pushers: Seed Sowing and Garden Giggles	15 AM: Arts & Crafts PM: 1:30 Movie Matinee (HH & 2 nd FL DR) 3:30 Manicures

NEWPORT HARBOUR CALENDAR OF ACTIVITIES

<p>16</p> <p>AM: Hymn Sing</p> <p>PM: Spring Social Cart 3:30 Friendly Visits</p>	<p>17</p> <p>AM: Friendly Visits Musical Morning 10:30 Resident Council (HH) RT lead program PM: 2:00 Men's Group (1st FL) Ladies Tea (1st FL) 3:30 Short Stories (OB)</p>	<p>18</p> <p>AM: Bird Visits (2nd FL)</p> <p>PM: 2:00 Card Bingo (PS)</p> 	<p>19</p> <p>AM: Morning Exercise Star of the month w/ Leah Movement and Dancing w/ Lorena PM: 2:00 Bingo (NS & PS) 3:15 Bingo (HS) 4:00 Rosie's Pen Pals</p>	<p>20</p> <p>AM: Spiritual Program</p> <p>PM: 2:00 Bowling (2nd FL Dining Rm) 3:30 Friendly Visits</p>	<p>21</p> <p>AM: Blurt</p> <p>PM: 2:00 Birthday Cart Social (NB) 3:30 Bible Stories (HS)</p>	<p>22</p> 
<p>23</p> 	<p>24</p> <h2>Happy Victoria Day</h2> 	<p>25</p> <p>AM: Armchair Travel</p> <p>PM: 2:00 Card Bingo (PS) (HS) 3:30 Hand Massage (OB)</p>	<p>26</p> <p>AM: Sing Along with Lorena Bocce Ball with Leah (1st FLR NB)</p> <p>PM: 2:00 Bingo (NS & PS) 3:15 Bingo (HS) 4:00 Rosie's Pen Pals</p>	<p>27</p> <p>AM: Spiritual Program</p> <p>PM: 2:00 Ice Cream Social Friendly Visits</p>	<p>28</p> <p>AM: Weed it out with Leah</p> <p>PM: 1:30 Curling Club with Leah</p>	<p>29</p> <p>AM: Arts & Crafts</p> <p>PM: 1:30 Movie Matinee (HH & 2nd FL DR) 3:30 Manicures</p>
<p>30</p> <p>AM: Hymn Sing</p> <p>PM: Cards Game Afternoon 3:30 Junk Drawer Detective</p>	<p>31</p> <p>AM: Friendly Visits Calendar Delivery RT Lead Program</p> <p>PM: 2:00 Who, What, Where? w/ Leah (NB) No Bake Baking (HS) 3:30 Short Stories (SP)</p>					<p>Calendar is subject to change – please be sure to check white boards by nursing station for daily program times & locations</p>

Monday

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Wednesday

Thursday

Friday



May 2021

<p>3 10:00am May Day Basket 2:00pm Osteoporosis Balance Exercise</p>	<p>4 10:00am Spiro 100 Exercise Video 2:00pm May Day Celebrations 4:00pm Caregiver Support</p>	<p>5 10:00am Do the Macarena 1:30pm Viva Mexico</p>	<p>6 10:00am Seated Exercise 2:00am Cinco de Mayo Word Pairs 3:00pm Coffee Catch Up</p>	<p>7 10:00am The Life of the Tulip 2:00pm Senior Workout</p>
<p>10 10:00am Seated Exercise for Arthritis 2:00pm Taking About Mother's Day</p>	<p>11 10:00am Healthy Habits (Gardening for Health) 2:00pm Moving in the Kitchen</p>	<p>12 9:30am Anti-Aging Stretching 2:00pm Healthy Habits</p>	<p>13 10:00am Motherly Humor 2:00pm Slow and Gentle Yoga</p>	<p>14 10:00am Healthy Habits 2:00pm Armed Forces Sit and Be Fit 3:00pm Coffee Catch Up</p>
<p>17 9:30am Healthy Habits 10:00am Military Pass It On 2:00pm Exercise for Fall Prevention</p>	<p>18 10:00am Knee Pain Exercise 2:00pm Shavuot True or False</p>	<p>19 10:00am Nature Documentary 2:00pm Head to Toe Workout</p>	<p>20 10:00am Seek Peak Exercise 11:00am Caregiver Support 2:00pm Movie Time</p>	<p>21 10:00am Queen Victoria Mining 2:00pm Five Exercises At Home</p>
<p>24 No Program</p>	<p>25 10:00am Top 10 Exercises 2:00pm About Victoria Day</p>	<p>26 10:00am Who Am I? 2:00pm Lower Back Exercise 3:00pm Zoom Town Hall</p>	<p>27 10:00am Foot Exercises 2:00pm Songs About Flowers</p>	<p>28 10:00am Exercise for Healthy Eyes 2:00pm Memorial Day Coloring</p>
<p>31 10:00am What War Was It? 2:00pm Seated Stretches for Seniors</p>	<p style="text-align: center;">Newport Harbour ADP Virtual Program Calendar</p>			