

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Camellia



|   |   |   |   |  |  |  |
|---|---|---|---|--|--|--|
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Ring Toss<br/>3:30 Hand Spa</p>  | <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Mother's Day Party with John Parson (2<sup>nd</sup> Floor)<br/>3:30 Hand Spa</p>  | <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>   | <p>9:30 Morning Stretch<br/>10:00 Sing a long<br/>10:30 Walking Program<br/>2:30 Hand Spa<br/>4:00 Calls with Family</p> <p><i>Mother's Day Bake Sale</i></p> | <p>9:30 Morning Stretch<br/>10:00 Bean Bag Toss<br/>10:30 Walking Program<br/>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Therapy Pet</p>  | <p>9:30 Active Game<br/>10:00 Baking: Chocolate chip cookies<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Friday Social Hour</p> <p><i>Mother's Day Portraits</i></p> | <p>9:30 Morning Stretch<br/>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)<br/>10:00 Walking Program<br/>10:30 Tea Cart<br/>2:30 Pathfinders Visit(2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>   |
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Ring Toss<br/>3:30 Hand Spa</p>  | <p>9:30 Ball Toss<br/>10:00 Bingo<br/>2:30 Helping Hands<br/>3:00 Pet &amp; Doll Therapy</p>  | <p>8:50 Music with Jeff<br/>9:45 Morning Stretch<br/>10:30 Hymn Sing<br/>2:30 Cinco De Mayo Party with Peter Tam (2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p> <p><small>Cinco de Mayo</small></p> | <p>9:30 Morning Stretch<br/>10:00 Sing a long<br/>10:30 Walking Program<br/>2:30 Hand Spa<br/>4:00 Calls with Family</p>                                      | <p>9:30 Morning Stretch<br/>10:00 Bean Bag Toss<br/>10:30 Walking Program<br/>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Therapy Pet</p>  | <p>9:30 Active Game<br/>10:00 Good News<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Friday Social Hour</p> <p><i>Mother's Day Portraits</i></p>                      | <p>9:30 Morning Stretch<br/>10:00 Walking Program<br/>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)<br/>10:30 Mother's Day Tea Cart<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>   |
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Mother's Day Party with John Parson (2<sup>nd</sup> Floor)<br/>3:30 Hand Spa</p>  | <p>9:30 Ball Toss<br/>10:00 Bingo<br/>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Karaoke Sing-a-long</p>   | <p>8:50 Music with Jeff<br/>9:45 Morning Stretch<br/>10:30 Hymn Sing<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>  | <p>9:30 Morning Stretch<br/>10:00 Sensory Program<br/>10:30 Walking Program<br/>2:30 Hand Spa<br/>4:00 Calls with Family</p>                                  | <p>9:30 Morning Stretch<br/>10:00 Bean Bag Toss<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Therapy Pet</p>  | <p>9:30 Active Game<br/>10:00 Baking: Lemon Pound Cake<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Friday Social Hour</p>  | <p>9:30 Morning Stretch<br/>10:00 Walking Program<br/>10:30 Tea Cart<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p> <p><small>Armed Forces Day</small></p>  |
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Ring Toss<br/>3:30 Hand Spa</p>  | <p>9:30 Ball Toss<br/>10:00 Bingo<br/>2:30 Helping Hands<br/>3:00 Pet &amp; Doll Therapy</p> <p><small>Victoria Day (Canada)</small></p>  | <p>8:50 Music with Jeff<br/>9:45 Morning Stretch<br/>10:30 Hymn Sing<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>  | <p>9:30 Morning Stretch<br/>10:00 Sing a long<br/>10:30 Walking Program<br/>2:30 Hand Spa<br/>4:00 Calls with Family</p>                                      | <p>9:30 Morning Stretch<br/>10:00 Bean Bag Toss<br/>10:30 Walking Program<br/>2:00 Birthday Party with Peter Tennant<br/>2:30 Helping Hands<br/>3:00 Therapy Pet</p>  | <p>9:30 Active Game<br/>10:00 Good News<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Friday Social Hour</p>   | <p>9:30 Morning Stretch<br/>10:00 Walking Program<br/>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)<br/>12:00 South Asian Luncheon (by invite only)<br/>10:30 Tea Cart<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>  |
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Ring Toss<br/>3:30 Hand Spa</p>  | <p>9:30 Ball Toss<br/>10:00 Bingo<br/>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)<br/>2:30 Helping Hands<br/>3:00 Karaoke Sing-a-long</p> <p><small>Memorial Day</small></p>  | <p>8:50 Music with Jeff<br/>9:45 Morning Stretch<br/>10:30 Hymn Sing<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>  | <p>9:30 Morning Stretch<br/>10:00 Sensory Program<br/>10:30 Walking Program<br/>2:30 Hand Spa<br/>4:00 Calls with Family</p>                                  | <p>9:30 Morning Stretch<br/>10:00 Bean Bag Toss<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Therapy Pet</p>  | <p>9:30 Active Game<br/>10:00 Good News<br/>10:30 Walking Program<br/>2:30 Helping Hands<br/>3:00 Friday Social Hour</p>   | <p>9:30 Morning Stretch<br/>10:00 Walking Program<br/>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)<br/>10:30 Tea Cart<br/>2:30 Helping Hands<br/>3:00 Snoezelen Therapy</p>  |
| <p>9:30 Morning Stretch<br/>10:00 Hymn Sing<br/>10:30 Walking Program<br/>2:30 Ring Toss<br/>3:30 Hand Spa</p>  |   |   |   |  |  |  |

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Dogwood and Trillium



9:30 Morning Stretch  
**10:30 Baking: Taco Treat Creations**  
 11:00 Walking Program  
 11:00 Calls with Family  
**2:30 Church Service**  
 3:30 Book Cart



3

9:30 Morning Exercise  
 10:30 News & Views  
 11:00 Sensory Cart  
 11:00 Walking Program  
 3:00 Walking Program

4

9:30 Morning Stretch  
**10:10 Music with Jeff**  
**11:15 Hymn Sing**  
**2:30 Cinco De Mayo Party with Peter Tam**  
 2:30 Tea and Talk Visits



5

9:30 Morning Exercise  
 10:00 Sikh Prayer  
 10:30 Bingo  
**2:30 Ball Toss**  
 3:00 Walking Program

*Mother's Day Bake Sale*

6

9:30 Morning Stretch  
 10:00 Ball Toss  
 11:00 Karaoke Sing-a-long  
**2:00 Resident & Family Council**  
 3:15 Walking Program



7

9:30 Chair Dance Exercise  
**10:15 Things your mother used to say Reminiscing**  
 10:30 Hand Spa  
 11:00 Walking Program  
 11:00 Cultural Program  
 2:30 Friday Social Hour  
 3:30 Room Visits

*Mother's Day Portraits*

8

9:30 Morning Stretch  
**10:00 Tzu Chi Group**  
 10:30 Walking Program  
**2:30 Mother's Day Bingo**  
 3:30 Room Visits



9

9:30 Morning Stretch  
**10:30 Sikh Prayer Service (Meeting Centre)**  
 11:00 Calls with Family  
**2:30 Mother's Day Party with John Parson**



10

9:30 Morning Exercise  
 10:30 News & Views  
 11:00 Sensory Cart  
 11:30 Cultural Program  
**2:30 Java Music Club (by Invite)**  
 3:00 Room Visits

11

9:30 Morning Stretch  
**10:10 Music with Jeff**  
**11:15 Hymn Sing**  
**2:30 Arts & Crafts May Baskets**  
 2:30 Tea and Talk Visits



12

9:30 Morning Exercise  
 10:00 Sikh Prayer  
 10:30 Bingo  
**2:30 Fruit Tea Tasting**  
 3:00 Walking Program



13

9:30 Morning Exercise  
 10:30 Ball Toss  
 11:00 Walking Program  
 2:30 Movie & Popcorn

14

9:30 Chair Dance Exercise  
**10:15 Fact or Fiction Game**  
 10:30 Hand Spa  
 11:00 Walking Program  
 11:00 Cultural Program  
**2:30 Friday Social Hour with Tamanawis Students**  
 3:30 Room Visits

15

9:30 Morning Stretch  
**10:00 Sing a long**  
 10:30 Walking Program  
 2:30 Bingo  
 3:30 Room Visits

Armed Forces Day

16

9:30 Morning Stretch  
**10:30 Word in a Word Game**  
 11:00 Walking Program  
 11:00 Calls with Family  
**2:30 Catholic Service**  
 3:15 Horse Racing  
 3:30 Book Cart

17

9:30 Morning Exercise  
 10:30 News & Views  
 11:00 Sensory Cart  
 11:30 Cultural Program  
**2:30 Travel-Tales to Wonders of Mexico/ Most amazing places**  
 3:00 Walking Program

18

9:30 Morning Stretch  
**10:10 Music with Jeff**  
**11:15 Hymn Sing**  
 2:30 Tea and Talk Visits

19

9:30 Morning Exercise  
 10:00 Sikh Prayer  
 10:30 Bingo  
**2:30 Pool Noodle Hockey**  
 3:00 Walking Program

20

9:30 Morning Stretch  
**10:30 Baking: Bunuelos (Sweet Mexican Tortas)**  
 11:00 Sing a long  
**2:45 Birthday Party with Peter Tennant**



21

9:30 Chair Dance Exercise  
**10:15 Jeopardy**  
 10:30 Hand Spa  
 11:00 Walking Program  
 11:00 Cultural Program  
 2:30 Friday Social Hour  
 3:30 Room Visits

22

9:30 Morning Stretch  
**10:00 Tzu Chi Group**  
 10:30 Walking Program  
**12:00 South Asian Luncheon (by invite only)**  
 2:30 Bingo  
 3:30 Room Visits



23

9:30 Morning Stretch  
**10:30 Scrabble Game**  
 11:00 Walking Program  
 11:00 Calls with Family  
**2:30 Church Service**  
 3:15 Bowling  
 3:30 Book Cart

24

9:30 Morning Exercise  
 10:30 News & Views  
 11:00 Sensory Cart  
 11:30 Cultural Program  
**2:30 Java Music Club (by Invite)**  
 3:00 Walking Program

25

9:30 Morning Stretch  
**10:10 Music with Jeff**  
**11:15 Hymn Sing**  
**2:30 Arts & Crafts – Q tip Lavander Painting**  
 2:30 Tea and Talk Visits

26

9:30 Morning Exercise  
 10:00 Sikh Prayer  
 10:30 Bingo  
**2:30 Egg Pong**  
 3:00 Walking Program

27

9:30 Morning Stretch  
 10:00 Ball Toss  
**10:30 L'aromas Sky Cafe Boundary Bay Airport**  
 2:45 Walking Program  
 3:15 Movie & Popcorn

28

9:30 Chair Dance Exercise  
**10:15 Riddle Me this Game**  
 10:30 Hand Spa  
 11:00 Walking Program  
 11:00 Cultural Program  
 2:30 Friday Social Hour  
 3:30 Room Visits

29

9:30 Morning Stretch  
**10:00 Tzu Chi Group**  
 10:30 Walking Program  
 2:30 Bingo  
 3:30 Room Visits

30

9:30 Morning Stretch  
**10:30 Crossword**  
 11:00 Walking Program  
 11:00 Calls with Family  
**2:30 Church Service**  
 3:15 Table Games  
 3:30 Book Cart

31



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

Primrose



|  |   |  |   |  |   |  |   |  |  |  |  |   |
|--|---|--|---|--|---|--|---|--|--|--|--|---|
| <p>9:30 Morning Stretch<br/> <b>10:30 Taco Treat Creations</b><br/>                 11:00 Walking Program<br/> <b>2:30 Church Service (2<sup>nd</sup> Floor)</b><br/>                 3:00 Bowling</p>  |   |  |   |  |   |  | <p>9:30 Morning Exercise<br/>                 10:00 Nail Spa<br/> <b>10:30 Travel-Tales Wonders of Mexico/ Most amazing places</b><br/>                 11:00 Walking Program<br/>                 2:30 Who wants to be a millionaire<br/>                 3:30 Room Visits</p> | <p><b>9:30 Music with Jeff</b><br/>                 10:30 Morning Stretch<br/> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b><br/> <b>2:30 Cinco De Mayo Party with Peter Tam (2<sup>nd</sup> Floor)</b><br/>                 3:30 Walking Program</p>  | <p>9:30 Morning Exercise<br/>                 10:00 Sikh Prayer<br/>                 10:00 Table Bowling<br/>                 10:30 Walking Program<br/>                 2:30 Bingo<br/>                 3:30 Room Visits</p> <p><i>Mother's Day Bake Sale</i></p> | <p>9:30 Morning Exercise<br/>                 10:30 Giant Scrabble<br/> <b>2:00 Resident &amp; Family Council (2<sup>nd</sup> Floor)</b><br/>                 3:15 Walking Program</p>  | <p>9:30 Morning Exercise<br/> <b>10:15 Card Games</b><br/>                 11:00 Walking Program<br/>                 2:30 Friday Social Hour<br/>                 3:30 Room Visits</p> <p>May Day</p> | <p>9:30 Morning Stretch<br/> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b><br/>                 11:00 Book Cart<br/> <b>2:30 Pathfinders Visit (2<sup>nd</sup> Floor)</b><br/>                 3:30 Room Visits</p>  |
| <p>9:30 Morning Stretch<br/>                 10:30 Word in a Word Game<br/>                 11:00 Walking Program<br/> <b>2:30 Mother's Day Party with John Parson (2<sup>nd</sup> Floor)</b></p>       | <p>9:30 Morning Exercise<br/>                 10:00 Nail Spa<br/> <b>10:30 Travel-Tales- Rick Steves Egypt: Yesterday and Today</b><br/>                 11:00 Walking Program<br/> <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b><br/>                 3:30 Room Visits</p>          | <p><b>9:30 Music with Jeff</b><br/>                 10:30 Morning Stretch<br/> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b><br/> <b>2:30 Arts &amp; Crafts – May Baskets (2<sup>nd</sup> Floor)</b><br/>                 2:45 Bingo<br/>                 3:30 Walking Program</p>  | <p>9:30 Morning Exercise<br/>                 10:00 Sikh Prayer<br/>                 10:00 Bean Bag Toss<br/>                 10:30 Walking Program<br/> <b>2:30 Fruit Tea Tasting (2<sup>nd</sup> Floor)</b><br/>                 3:30 Room Visits</p>  | <p>9:30 Morning Exercise<br/> <b>10:30 Riddle Me This</b><br/>                 11:00 Walking Program<br/>                 2:30 Movie and Popcorn</p>   | <p>9:30 Morning Exercise<br/> <b>10:15 Fact or Fiction Game</b><br/>                 11:00 Walking Program<br/> <b>2:30 Friday Social Hour with Tamanawis Students(2<sup>nd</sup> Floor)</b><br/>                 3:30 Room Visits</p> <p><i>Mother's Day Portraits</i></p> | <p>9:30 Morning Stretch<br/> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b><br/>                 10:00 Word Games<br/>                 10:30 Book Cart<br/>                 2:45 Snakes and Ladders<br/>                 3:30 Room Visits</p> <p>Armed Forces Day</p>  |   |  |  |  |  |   |
| <p>9:30 Morning Stretch<br/>                 10:30 Riddle me this Game<br/>                 11:00 Walking Program<br/> <b>2:30 Catholic Service (2<sup>nd</sup> Floor)</b><br/>                 3:00 Horse Racing</p>  | <p>9:30 Morning Exercise<br/>                 10:00 Nail Spa<br/> <b>10:30 Travel-Tales Wonders of India- Most amazing Places in India</b><br/>                 11:00 Walking Program<br/> <b>2:30 May Trivia</b><br/>                 3:30 Room Visits</p> <p>Victoria Day (Canada)</p>              | <p><b>9:30 Music with Jeff</b><br/>                 10:30 Morning Stretch<br/> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b><br/> <b>12:30 Lulu Island Winery (By Invite)</b><br/>                 2:45 Pool Noodle Hockey<br/>                 3:30 Walking Program</p>   | <p>9:30 Morning Exercise<br/>                 10:00 Sikh Prayer<br/> <b>10:00 Word in a Word Game</b><br/>                 10:30 Walking Program<br/>                 2:30 Bingo<br/>                 3:30 Room Visits</p>  | <p>9:30 Morning Exercise<br/>                 10:30 Giant Crossword<br/> <b>2:30 Birthday Party with Peter Tennant (2<sup>nd</sup> Floor)</b></p>  | <p>9:30 Morning Exercise<br/> <b>10:15 Word Association Game</b><br/>                 11:00 Walking Program<br/>                 2:30 Friday Social Hour<br/>                 3:30 Room Visits</p>  | <p>9:30 Morning Stretch<br/> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b><br/>                 10:30 Table Games<br/> <b>12:00 South Asian Luncheon (By invite only)</b><br/>                 2:30 Book Cart<br/>                 3:30 Room Visits</p>              |   |  |  |  |  |   |
| <p>9:30 Morning Stretch<br/>                 10:30 Crossword Game<br/>                 11:00 Walking Program<br/> <b>2:30 Church Service (2<sup>nd</sup> Floor)</b><br/>                 3:00 Bean Bag Toss</p>  | <p>9:30 Morning Exercise<br/>                 10:00 Nail Spa<br/> <b>10:30 Travel-Tales Rick Steves Best of the Alps</b><br/>                 11:30 Walking Program<br/> <b>2:30 Java Music Club (By Invite) (2<sup>nd</sup> Floor)</b><br/>                 3:30 Room Visits</p> <p>Memorial Day</p> | <p><b>9:30 Music with Jeff</b><br/>                 10:30 Morning Stretch<br/> <b>11:15 Hymn Sing (2<sup>nd</sup> Floor)</b><br/> <b>2:30 Arts &amp; Crafts – Q-tip Lavender Painting (2<sup>nd</sup> Floor)</b></p>   | <p>9:30 Morning Exercise<br/>                 10:00 Sikh Prayer<br/>                 10:00 Bean Bag Toss<br/>                 10:30 Walking Program<br/>                 2:30 Bingo<br/>                 3:30 Room Visits</p>   | <p>9:30 Morning Exercise<br/> <b>10:30 Baking: Bunuelos (Sweet Mexican Tortas)</b><br/> <b>2:30 L'aromas Sky Café Boundary Bay Airport (By Invite)</b><br/>                 3:45 Room Visits</p>                                       | <p>9:30 Morning Exercise<br/> <b>10:15 Rhyme Time Game</b><br/>                 11:00 Walking Program<br/>                 2:30 Friday Social Hour<br/>                 3:30 Room Visits</p>  | <p>9:30 Morning Stretch<br/>                 10:30 Book Cart<br/> <b>10:00 Tzu Chi Group (2<sup>nd</sup> Floor)</b><br/>                 2:30 Egg Pong<br/>                 3:30 Room Visits</p>   |   |  |  |  |  |   |
| <p>9:30 Morning Stretch<br/>                 10:30 Scrabble Game<br/>                 11:00 Walking Program<br/> <b>2:30 Church Service (2<sup>nd</sup> Floor)</b><br/>                 3:00 Balloon Volleyball</p>  |   |  |   |  |   |  |   |  |  |  |  |   |