















































May 2026 ~Arbours












































Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Parachute 1:00 Market Place 2:00 Jam Factory	2 
3   8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church Presbyterian	4  8:45 REC Staff Meeting 10:00 Volleyball 11:00 Star Wars Trivia 1:00 Walk The Block 2:00 Resident Council 	5  8:15 Breakfast Buddies 10:00 May 5 Trivia 11:15 Catholic Mass 1:00 This Day in History 2:00 Bingo 3:00 Song Scramble	6  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Sweet Harmony	7  8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk  1:00 Daily News 2:00 Creative Craft 3:00 Name That Tune	8  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 All About Mom 1:00 Market Place 2:00 Mother's Day Tea Social 	9 
10  Mother's Day  2:00 Sunday Church Church of God	11  8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Travelogue 3:00 Idiom Fun	12  8:15 Breakfast Buddies 10:00 News & Views 11:00 Tone Chimes 1:00 One To One 2:00 Serenade 3:00 Art Walk	13  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Bocce Ball	14  8:15 Breakfast Buddies 10:00 Meditation 11:00 Finish The Phrase 1:00 Daily News 2:00 BlackJack 21 3:00 Laugh Therapy	15  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Too Much Chocolate	16 
17  8:15 Morning Greeting Daily Chronicle 2:00  Sunday Church St John's Anglican	18 Victoria Day 8:15 Morning Greeting 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Horse Racing 3:00 Queen Trivia	19  8:15 Breakfast Buddies 10:00 Reminisce 11:00 To a Tee 1:00 This Day in History 2:00 Bingo 3:00 Song Scramble	20  8:15 Morning Greetings 9:15 Walk The Block 10:00 Planting Day 11:00 Read The Stars 1:00 Market Place 2:00 Gardening	21  8:15 Breakfast Buddies 10:00 Meditation 11:00 Art Walk  1:00 Daily News 2:00 Gardening Group 	22  8:15 Morning Greeting 10:00 Fun & Fitness 11:00 Turtle Talk 1:00 Market Place 2:00 Evergreen Choir 	23 
24  2:00 Church New Life 31 2:00 Church ShareWord Global	25  8:15 Morning Greetings 10:00 Volleyball 11:00 Sports Review 1:00 Walk The Block 2:00 Funny Bone 3:00 Easy Bake Oven	26  8:15 Breakfast Buddies 10:30 Harmonica 1:00 One To One 2:00 Target Shoot 3:00 Art Walk	27  8:15 Morning Greetings 9:15 Walk The Block 10:00 Sit & Dance 11:00 Read The Stars 1:00 Market Place 2:00 Tug O War	28  8:15 Breakfast Buddies 10:00 Meditation 11:00 Trivia Time 1:00 Daily News 2:00 Photo Shoot 3:00 Name That Tune	29  10:00 Fun & Fitness 11:00 Spin To Win 1:00 Market Place 2:00 Neighbourhood Visits	30 



May 2026 ~Meadows



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1  2:00  Music History With Andy	2 
3  2:00  Sunday Church St Andrew's Presbyterian	4  2:00  Bingo Bonanza	5  10:00 Chair Yoga 11:15 Catholic Mass @ Arbours	6  10:00 Friends Of Fitness	7  10:00 Chair Yoga 2:00 Cookies & Coffee In the Lounge	8  2:00 Wine Time	9 
10  <u>Mother's Day</u> 2:00  Sunday Church Church Of God	11  10:00 Country Drive 2:00  Music Bingo	12  9:30 Meadows Breakfast 2:00 Meadowlark Choir	13  10:00 Exercise 2:00 Travelogue	14  10:00 Chair Yoga 2:00 Fill In The Blanks	15  2:00 Karaoke Singalong	16 
17  2:00  Church Service St John's Anglican at the Arbours	18 <u>Victoria Day</u> 2:00  Queen's Bingo	19  10:00 Chair Yoga 2:00 Cookies & Coffee In the Lounge	20  10:00 Friends Of Fitness	21  10:00 Chair Yoga 2:00 Turtle Tug O War	22  2:00 Music with Ken & James	23 
24  2:00 Church New Life 31 2:00 Church ShareWord Global	25  10:00 Country Drive 2:00 Target Shoot 	26  10:00 Chair Yoga 2:00 Who are you calling an Idiom?	27  10:00 Gentle Stretch 2:00 Tenant Meeting	28  10:00 Chair Yoga 2:00 BlackJack 21	29  2:00 Song Lyric Scramble	30 