


# May 2024

## Southbridge London




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>CHERRY Suites</b></p> <p><i>Activity Aide ~ Amir</i></p> <p><i>sblprograms@southbridgecare.com</i></p> <p><i>ext. 2021</i></p>			<p><u>Visiting Library Delivery</u> <b>1</b></p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:00 Movie Matinee</p>	<p>10:30 Giant Tiger &amp; Tim Horton's Lunch Outing <b>2</b></p> <p>2:15 Manicures</p>	<p>10:15 Town Hall Meeting <b>3</b></p> <p>10:30 Trivia</p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Outdoor Walks</p>	<p>10:30 Java Mentors <b>4</b></p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:30 SBL Kentucky Derby</p>
<p><u>Cinco de Mayo</u> <b>5</b></p> <p>10:30 Virtual Church Service</p> <p>2:15 Cinco de Mayo Social</p>	<p>11:00 Physio Group Exercises (Cherry) <b>6</b></p> <p>2:15 Travelogue</p> <p>5:00 Dinner Program: KFC</p>	<p>10:15 BINGO <b>7</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Bean Bag Toss</p>	<p>10:30 Manicures <b>8</b></p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Music with Tara Dunphy</p>	<p>10:30 Poet Tree <b>9</b></p> <p>10:30 Crafts</p> <p>2:15 Touch 2 Play Games</p>	<p>10:15 Trivia <b>10</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Men's Club</p>	<p>10:30 Java Music <b>11</b></p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:15 Get To Know Perry Como Afternoon</p>
<p><u>Mother's Day</u> <b>12</b></p> <p>10:30 Virtual Church Service</p> <p>2:15 Mother's Day Social</p>	<p>10:30 Inspire <b>13</b></p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Sing-a-long with Katie</p>	<p>10:30 Chapel Service with Chris <b>14</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 BINGO</p>	<p>10:30 Java Memory <b>15</b></p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Music with Gary McGill</p>	<p>10:00 Catholic Mass <b>16</b></p> <p>2:15 Magnetic Darts</p>	<p>10:15 Trivia <b>17</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Manicures</p>	<p>10:30 Java Music <b>18</b></p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:15 BINGO</p>
<p>10:30 Virtual Church Service <b>19</b></p> <p>2:15 What's Cooking?</p>	<p><u>Victoria Day</u> <b>20</b></p> <p>10:15 Axe Throw</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Queen Victoria Trivia and Tea Social</p>	<p>10:15 BINGO <b>21</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Manicures</p>	<p>10:30 Piano Music with Craig Hancock <b>22</b></p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Java Memory</p>	<p>10:00 Catholic Communion <b>23</b></p> <p>10:15 Walks</p> <p>2:15 Crafts</p>	<p>10:15 Trivia <b>24</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Outdoor Walks</p>	<p><u>Alzheimer's Awareness Day</u> <b>25</b></p> <p>10:30 Java Music</p> <p>11:00 Physio Group Exercises (Willow)</p> <p>2:15 Alzheimer's Walk Outdoors</p>
<p>10:30 Virtual Church Service <b>26</b></p> <p>2:15 Drinks on the Patio</p>	<p>10:30 Chapel Service with Chris <b>27</b></p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:00 Hope Group</p> <p>2:15 Sing-a-long with Katie</p>	<p>9:45 Food Advisory &amp; Residents' Council Meeting <b>28</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 BINGO</p>	<p>10:30 Manicures <b>29</b></p> <p>10:30 Java Memory</p> <p>11:00 Physio Group Exercises (Cherry)</p> <p>2:15 Trivia</p>	<p>9:45 Drum Circle <b>30</b></p> <p>10:15 Magnetic Darts</p> <p>2:15 Cherry Birthday Party</p>	<p>8:45 Breakfast Club <b>31</b></p> <p>1:30 Physio Group Exercises (Willow)</p> <p>2:15 Needle and Thread Afternoon</p>	<p><b>All programs are subject to change</b></p> <p>Programs in <b>PURPLE</b> are located on the main floor Activity Room</p>

# May 2024

## Southbridge London



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MAPLE Suites</b></p> <p><i>Activity Aide ~ Penny</i></p> <p><i>sblprograms@southbridgecare.com</i></p> <p><i>ext. 2021</i></p>			<p><b>Visiting Library Delivery 1</b></p> <p>10:15 May Day Around the World</p> <p>10:30 Java Memory</p> <p>2:15 Gardens Around the World Documentary</p>	<p>10:30 Giant Tiger &amp; Tim Horton's Lunch Outing <b>2</b></p> <p>11:00 Physio Group Exercises (Maple)</p> <p>2:15 Trivia &amp; Patio Time</p>	<p>10:15 BINGO <b>3</b></p> <p>2:15 Maple Birthday Party</p>	<p>10:30 Java Mentors <b>4</b></p> <p>1:30 Physio Group Exercises (Maple)</p> <p>2:30 SBL Kentucky Derby</p>
<p><b>Cinco de Mayo 5</b></p> <p>10:30 Virtual Church Service</p> <p>2:15 Cinco de Mayo Social</p>	<p>1:30 Physio Group Exercises (Oak) <b>6</b></p> <p>2:15 Outdoor Walks</p> <p>5:00 Dinner Program: KFC</p>	<p>10:15 Manicures <b>7</b></p> <p>11:00 Physio Group Exercises (Oak)</p> <p>2:15 Town Hall Meeting</p> <p>2:30 Aggravation Board Game</p>	<p>10:30 Java Memory <b>8</b></p> <p>2:15 Music with Tara Dunphy</p>	<p>10:30 Poet Tree <b>9</b></p> <p>11:00 Physio Group Exercises (Maple)</p> <p>2:15 Sing-a-long with Katie</p>	<p>10:15 BINGO <b>10</b></p> <p>2:15 Men's Club</p> <p>2:15 Famous Mother's Trivia</p>	<p>10:30 Java Music <b>11</b></p> <p>1:30 Physio Group Exercises (Maple)</p> <p>2:15 Get To Know Perry Como Afternoon</p>
<p><b>Mother's Day 12</b></p> <p>10:30 Virtual Church Service</p> <p>2:15 Mother's Day Social</p>	<p>10:15 Target Toss <b>13</b></p> <p>1:30 Physio Group Exercises (Oak)</p> <p>2:15 Visits on the Patio</p>	<p>10:15 Manicures <b>14</b></p> <p>10:30 Chapel Service with Chris</p> <p>11:00 Physio Group Exercises (Oak)</p> <p>2:15 Flower Craft</p>	<p>10:30 Java Memory <b>15</b></p> <p>2:15 Music with Gary McGill</p>	<p>10:00 Catholic Mass <b>16</b></p> <p>11:00 Physio Group Exercises (Maple)</p> <p>2:15 Outdoor Patio Visits</p>	<p>10:15 BINGO <b>17</b></p> <p>2:15 You Say It We Play It On The Patio</p>	<p>10:30 Java Music <b>18</b></p> <p>1:30 Physio Group Exercises (Maple)</p> <p>2:15 BINGO</p>
<p>10:30 Virtual Church Service <b>19</b></p> <p>2:15 What's Cooking?</p>	<p><b>Victoria Day 20</b></p> <p>10:15 Outdoor Walks</p> <p>1:30 Physio Group Exercises (Oak)</p> <p>2:15 Queen Victoria Trivia and Tea Social</p>	<p>10:15 Manicures <b>21</b></p> <p>11:00 Physio Group Exercises (Oak)</p> <p>2:15 Yoga and Meditation</p>	<p>10:30 Piano Music with Craig Hancock <b>22</b></p> <p>2:15 Java Memory</p>	<p>10:00 Catholic Communion <b>23</b></p> <p>11:00 Physio Group Exercises (Maple)</p> <p>2:00 Inspire</p> <p>2:30 Sing-a-long with Katie</p>	<p>10:15 BINGO <b>24</b></p> <p>2:15 Travelogue to Brazil</p> <p>2:15 Outdoor Patio Visits</p>	<p><b>Alzheimer's Awareness Day 25</b></p> <p>10:30 Java Music</p> <p>1:30 Physio Group Exercises (Maple)</p> <p>2:15 Alzheimer's Walk Outdoors</p>
<p>10:30 Virtual Church Service <b>26</b></p> <p>2:15 Drinks on the Patio</p>	<p>10:30 Chapel Service with Chris <b>27</b></p> <p>1:30 Physio Group Exercises (Oak)</p> <p>2:15 Match Game</p>	<p>9:45 Food Advisory &amp; Residents' Council Meeting <b>28</b></p> <p>10:15 Manicures</p> <p>11:00 Physio Group Exercises (Oak)</p> <p>2:45 Outdoor Walks</p>	<p>10:30 Java Memory <b>29</b></p> <p>2:15 Wiser Now Wednesday Trivia</p>	<p>9:45 Drum Circle <b>30</b></p> <p>10:15 Canadian Pacific Railway History</p> <p>11:00 Physio Group Exercises (Maple)</p> <p>2:15 Walks</p>	<p>8:45 Breakfast Club <b>31</b></p> <p>10:15 BINGO</p> <p>2:15 Needle and Thread Afternoon</p>	<p><b>All programs are subject to change</b></p> <p>Programs in <b>PURPLE</b> are located on the main floor Activity Room</p>






# May 2024

## Southbridge London



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>PINE Suites</b> <i>Activity Aide ~ Hillary</i> <i>sblprograms@southbridgecare.com</i> <i>ext. 2021</i>			<u>Visiting Library Delivery</u> <b>1</b> 10:15 Town Hall Meeting 10:30 <b>Java Memory</b> 10:30 BINGO 1:30 Physio Group Exercises (Pine) 1:45 Movie Matinee	<b>2</b> 10:30 Hymn Sing 1:30 Physio Group Exercises (Pine) 2:15 Axe Throw	<b>3</b> 10:15 Baking 11:00 Physio Group Exercises (Pine) 2:15 Manicures	<b>4</b> 10:30 <b>Java Mentors</b> 2:30 <b>SBL Kentucky Derby</b>
<u>Cinco de Mayo</u> <b>5</b> 10:30 Virtual Church Service 2:15 <b>Cinco de Mayo Social</b>	<b>6</b> 2:15 Sing-a-long with Katie 3:15 Memory Lane Room Visits	<b>7</b> 10:15 BINGO 2:15 Whiteboard Word Games	<b>8</b> 10:30 <b>Java Memory</b> 1:30 Physio Group Exercises (Pine) 2:15 <b>Music with Tara Dunphy</b>	<b>9</b> 10:30 <b>Poet Tree</b> 10:30 Coffee and Treats on Patio 1:30 Physio Group Exercises (Pine) 2:15 Trivia	<b>10</b> 10:15 Left, Right, Centre Dice Game 11:00 Physio Group Exercises (Pine) 2:15 Manicures 2:15 <b>Men's Club</b>	<b>11</b> 10:30 <b>Java Music</b> 2:15 <b>Get To Know Perry Como Afternoon</b>
<u>Mother's Day</u> <b>12</b> 10:30 Virtual Church Service 2:15 <b>Mother's Day Social</b>	<b>13</b> 10:15 BINGO 2:15 Pine Birthday Party	<b>14</b> 10:30 Giant Tiger & Tim Horton's Lunch Outing 10:30 <b>Chapel Service with Chris</b> 2:15 Who Am I	<b>15</b> 10:30 <b>Java Memory</b> 1:30 Physio Group Exercises (Pine) 2:15 <b>Music with Gary McGill</b>	<b>16</b> 10:00 <b>Catholic Mass</b> 1:30 Physio Group Exercises (Pine) 2:15 Sing-a-long with Katie	<b>17</b> 10:15 Crafts 11:00 Physio Group Exercises (Pine) 2:15 Manicures	<b>18</b> 10:30 <b>Java Music</b> 2:15 BINGO
<b>19</b> 10:30 Virtual Church Service 2:15 <b>What's Cooking?</b>	<u>Victoria Day</u> <b>20</b> 2:15 <b>Queen Victoria Trivia and Tea Social</b>	<b>21</b> 10:15 Reading Nook 2:15 BINGO	<b>22</b> 10:30 <b>Piano Music with Craig Hancock</b> 1:30 Physio Group Exercises (Pine) 2:15 <b>Java Memory</b> 2:15 Outdoor Walks	<b>23</b> 10:00 <b>Catholic Communion</b> 1:30 Physio Group Exercises (Pine) 2:15 Trivia 5:00 <b>Dinner Program: KFC</b>	<b>24</b> 10:15 Travelogue 11:00 Physio Group Exercises (Pine) 2:15 Manicures	<b>25</b> <u>Alzheimer's Awareness Day</u> 10:30 <b>Java Music</b> 2:15 Alzheimer's Walk Outdoors
<b>26</b> 10:30 Virtual Church Service 2:15 <b>Drinks on the Patio</b>	<b>27</b> 10:15 Colour Your World 10:30 <b>Chapel Service with Chris</b> 2:15 Documentary	<b>28</b> 9:45 <b>Food Advisory &amp; Residents' Council Meeting</b> 2:15 Whiteboard Word Games	<b>29</b> 10:15 BINGO 10:30 <b>Java Memory</b> 1:30 Physio Group Exercises (Pine) 2:15 Manicures	<b>30</b> 9:45 <b>Drum Circle</b> 1:30 Physio Group Exercises (Pine) 2:15 Sing-a-long with Katie	<b>31</b> 8:45 <b>Breakfast Club</b> 11:00 Physio Group Exercises (Pine) 2:15 <b>Needle and Thread Afternoon</b>	<b>All programs are subject to change</b>  Programs in <b>PURPLE</b> are located on the main floor Activity Room



