



May 2026



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Locations Legend

- Common Area (CA)
- Main Dining Room (MDR)
- Café (CAF)
- Patio (PA)
- Activity Room (AR)
- Resident's Room (RR)
- Resident's Lounge (RL)
- Off-Site (OS)



					Buddha Day 1 10:00 Calendar Handout (RR) 2:00 Café (CAF)	2:00 Bingo (AR) 2 
10:30 Sunday Hymn Sing (AR) 3	Mental Health Week 4 10:00 Meditation (CA) 2:00 News & Views (CA)	Cinco de Mayo 5 10:00 Chair Yoga (CA) 2:00 Cinco de Mayo with Michelle White (MDR)	10:00 Hymn Sing with Bodene (MDR) 6 1:45 Entertainment with Brian (CA) 3:15 Physio Exercise Class (CA)	2:00 Helping Hands (CA) 7 6:00 Comedy Time (CA)	10:00 No Morning Programs 8 2:00 Mother's Day Tea (RVSP Only) (MDR)	10:00 News & Views (CA) 9 2:00 Bingo (AR) 
Mother's Day 10 10:30 Sunday Hymn Sing (AR) 2:00 Mother's Day Travelling Cart (RL)	10:30 Workshop with Conny: Cherry Pie Cookies (MDR) 11	2:00 Entertainment with Tony Puglisi (MDR) 12	No Programs Today 13 3:15 Physio Exercise Class (CA)	10:00 Chair Yoga (CA) 14 2:00 Friendly Visits (RR)	10:00 News & Views (CA) 15 2:00 Famous Places (CA)	2:00 Bingo (AR) 16 
2:00 Toronto City Church (AR) 17 	Victoria Day 18 10:00 Chair Yoga (CA) 2:00 Patio Social (PA)	10:00 Helping Hands (CA) 19 2:00 Café (CAF)	10:00 Catholic Mass (MDR) 20 2:00 Helping Hands (CA) 3:15 Physio Exercise Class (CA)	Shavuot 21 2:00 Trivia (CA) 6:00 Bingo (CA)	2:00 Disco Party with The Sparklettes (MDR) 22	10:00 Spa Time (CA) 23 2:00 Bingo (AR) 
Pentecost 24 10:30 Sunday Hymn Sing (AR) 2:00 Famous Places (CA)	Day of Arafah 25 2:00 Birthday Party with Yo (MDR) 	10:00 News & Views (CA) 26 2:00 Tim Horton's Outing (For those signed up) (OS)	10:00 Hymn Sing with Bodene (MDR) 27 2:00 Helping Hands (CA) 3:15 Physio Exercise Class (CA)	10:00 Chair Yoga (CA) 28 2:00 Friendly Visits (RR)	10:00 News & Views (CA) 29 2:00 Residents' Council Meeting (AR)	2:00 Bingo (AR) 30 

"May, the month of sunshine, blooming flowers, and endless possibilities." - Unknown



7th Floor Recreation and Spiritual Program Calendar

