




















































Swedish Assisted Living Residence

May 2023 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>"Sweet May hath come to love us, flowers, trees, their blossoms don; and through the blue heavens above us, the very clouds move on." - Heinrich Heine, Book of Songs</p>	<p style="text-align: right;">1</p> <p>9: 15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Quarter Bingo (2nd Floor) 3:00 Afternoon Fun & Music w/ Rory & Maureen (3rd Floor)</p>  	<p style="text-align: right;">2</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Shopping Trip to Walmart  1:30 Afternoon Exercise (2nd Floor) 2:30 Bocce Game (3rd Floor)</p> 	<p style="text-align: right;">3</p> <p>9:15 Exercise (2F) 10:00 Exercise (2F) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop  1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)  3:00 Trivia (3rd Floor) </p>	<p style="text-align: right;">4</p> <p> 9:15 Morning Exercise (2nd Floor) 10:15 Lunch Outing at Cockney Kings Fish n' Chips  1:30 Activity Meeting (2nd Floor) 2:30 Music w/ Patrizia Colleta (3rd Floor) </p>	<p style="text-align: right;">5</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Food Forum Meeting (2nd Floor) 1:30 Canadian Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p style="text-align: right;">6</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:00 Bible Study (3F) 3:00 Quarter Bingo (2nd Floor)</p> 
<p style="text-align: right;">7</p> <p>Jigsaw Puzzle, Board Games, Word Finder & Sudoku Books are available on 2nd & 3rd Floor Library corner.</p> <p>DISCLAIMER: PROGRAMS MAY CHANGE</p>	<p style="text-align: right;">8</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Rexercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor)</p>  <p>3:00 Quarter Bingo (2nd Floor)</p> 	<p style="text-align: right;">9</p> <p>9:15 Morning Exercise (2nd Floor) 10:30 4th Covid Booster Vaccine (3rd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:30 Afternoon Music w/ Jason & Kids (3rd Floor)</p> 	<p style="text-align: right;">10</p> <p>9:15 Exercise (2F) 10:00 Exercise (2F) 10:30 Catholic Services (3rd Floor)  11:00 Tuckshop 1:30 Guess The Phrase (2nd Floor) 3:00 Random Trivia (3rd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p style="text-align: right;">11</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Scenic Drive to Stanley Park  1:30 Afternoon Exercise (2nd Floor) 2:30 Art Class (2nd Floor)  3:00 BEAN BAG TOSS & RING TOSS (3rd Floor)</p>	<p style="text-align: right;">12</p> <p>9:00 Pancake, Sausage & Fruit Breakfast for Mother's Day Celeb (3rd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:15 Phrases for Mother's Day & it's Meaning (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p style="text-align: right;">13</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:00 Bible Study (3F) 3:00 House Plant Workshop (2nd Floor)</p> 

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>14</p> <p>Happy  <i>Mother's</i> Day</p> <p>Jigsaw Puzzle & other Board Games are available on the 2nd & 3rd Floor Library corner</p> 	<p>15</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>16</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Scenic Drive to Cypress Mountain  1:30 Afternoon Exercise (2nd Floor) 2:30 Bocce Game (3rd Floor)</p> 	<p>17</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 10:30 Catholic Service (3rd Floor) 11:00 Tuckshop  1:30 Trivia (2nd Floor) 2:30 Afternoon Music & Birthday Celebration w/ Bo Fred Olsson</p>  	<p>18</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Shopping Trip to Shopper's Drug Mart (Seniors Day 20%)  1:30 Afternoon Exercise (2nd Floor)  3:00 Quarter Bingo (2nd Floor) 3:00 Safe Walk w/ Adam Outside (weather Permitting)</p>	<p>19</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Word Game (2nd Floor) 3:00 Indoor 5 Pin Bowling (2nd Floor)</p>  	<p>20</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:00 Bible Study (3F) 3:00 Quarter Bingo (2nd Floor)</p> 
<p>21</p> <p>Jigsaw Puzzle, Board Games, Word Finder & Sudoku Books are available on 2nd & 3rd Floor Library corner.</p>	<p><i>Happy Victoria Day</i></p> 	<p>23</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Cards Bingo (2nd Floor)</p> 	<p>24</p> <p>9-3 Footcare Nurse Visit 10:30 Catholic Service (3rd Floor) 3:00 Quarter Bingo(2F) 3:00 History Videos (3F Media Room) 6:30 Pub Night w/ Pete Campbell (3rd Floor)</p> 	<p>25</p> <p>9:15 Exercise (2F) 10:15 Scenic Drive to Horseshoe Bay  1:30 Afternoon Exercise (2nd Floor) 2:30 Guess The Phrase (2nd Floor)</p> 	<p>26</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Everyday Life's Trivia (2nd Floor) 3:00 Quarter Bingo (2nd Floor)</p> 	<p>27</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Brain Game (2nd Floor) 1:30 Afternoon Exercise (2nd Floor) 2:00 Bible Study (3F) 3:00 Art Class (2F)</p> 
<p>28</p> <p>Jigsaw Puzzle, Board Games, Word Finder & Sudoku Books are available on 2nd & 3rd Floor Library corner.</p>	<p>29</p> <p>9:15 Morning Exercise (2nd Floor) 10:00 Morning Exercise (2nd Floor) 1:30 Crossword Puzzle (2nd Floor) 3:00 Quarter Bingo (2F)</p> 	<p>30</p> <p>9:15 Morning Exercise (2nd Floor) 10:15 Scenic Drive to Belcarra Park  1:30 Exercise (2F) 2:30 Words w/in a Word (2nd Floor)</p> 	<p>31</p> <p>9:15 Exercise (2F) 10:00 Exercise (2F) 10:30 Catholic Service (2nd Floor) 11:00 Tuckshop  1:30 Canadian Trivia (2nd Floor)  3:00 Quarter Bingo 3:00 Safe Walk w/ Adam Outside (weather permit)</p>	<p><i>April showers</i></p>  <p><i>Bring May flowers</i></p> 	<p>The Brightness of Flowers May Spread in your life Smiles and Happiness <i>Wishing You a Very Beautiful and Energetic May Day</i> May Each and Every Day of Your Life is as Beautiful as Enchanting May</p>  <p>©Bestmessage.org</p>	