


May 2025

Lower North

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
				10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Reminisce: Remembering Fred Astaire 1:30 Art Studio Open 1:30 Creative Corner: Sun Catchers 1:30 Yogasize 1:30 Main Street Music Cafe 3:00 Dining Room Social 3:00 Walks with James 4:00 Room Visits 4:00 Heart for Music	10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Salve & Friends 2:45 Mahjong (Main Street) 4:00 Room Visits	10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Sing-a-long 4:00 Wheelchair Walks
4	5	6	7	8	9	10
10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Arts and Crafts (Studio) 3:30 Short Stories	10:00 Circuit Fitness (Town Hall) 2:00 Country of the Month: Mexico! (Town Hall) 4:00 Helping Hands	10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games: Bocce Ball 1:30 Art Studio Open 3:00 Name that Tune 4:00 Heart for Music	LN Studio Day 10:00 Music and Memories (MT) 10:00 Shuffleboard & Pool (Art Studio) 1:30 Mother's Day Crafts (Art Studio) 1:30 Music Therapy Quiz Show (Town Hall) 1:30 Veterans Group (Main St.) 3:00 Individual Music Therapy (MT) 3:00 Mahjong (Art Studio) 3:00 Cribbage Club (Main Street)	10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Short Stories 2:00 Mother's Day Tea (Town Hall) 4:00 Room Visits 4:00 Heart for Music	10:00 Bingo (Town Hall) 12:00 Second Street Community School Tea Outing 2:00 Town Hall Pub with Gord Oliver 4:00 Room Visits	10:00 Active Games (Town Hall) 1:30 Community Centre: Mother's Day Flower Painting Workshop (Art Studio) 3:00 Discussion Group 3:15 Reading Corner 4:00 Sensory Cart
11	12	13	14	15	16	17
10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 3:30 Sensory Cart	10:00 Circuit Fitness (Town Hall) 1:30 Piano with Murray 2:15 Music with John Knox (Main St.) 3:00 Jeopardy Trivia 4:00 Helping Hands	10:00 Art Studio Open 10:00 Bingo (Town Hall) 1:30 Active Games: Balloon Volleyball 1:30 Art Studio Open 3:00 Brain Games: What Am I? 3:00 Sing-a-long 4:00 Heart for Music 4:00 Helping Hands	LN Studio Day PM Only 10:00 Exercise 10:00 Mother Goose Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 3:00 Individual Music Therapy (MT)	Garden Planting! 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 1:30 Art Studio Open 1:30 Main Street Music Cafe	10:00 Bingo (Town Hall) 2:00 Town Hall Pub with The Fabulous Fera Brothers 4:00 Room Visits	10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Sing-a-long 4:00 Wheelchair Walks
18	19	20	21	22	23	24
10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Sing-a-long (Town Hall) 3:30 Short Stories	 HAPPY Victoria Day	10:00 Bingo (Town Hall) 1:30 Active Games: Bocce Ball 1:30 Art Studio Open 3:00 Name that Tune 4:00 Heart for Music	10:00 Creative Corner 10:00 Exercise 10:00 Mother Goose Intergenerational Program (Art Studio) 10:00 Music and Memories (MT) 1:30 Walk for Alzheimer's 3:45 Library Book Collection	Library Book Delivery 10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Short Stories 11:00 RCL # 229: Whalley Lunch Outing 1:30 Art Studio Open 1:30 Creative Corner 1:30 Exercise 1:30 Main Street Music Cafe 3:00 Dining Room Social 3:00 Walking Club 4:00 Library Book Delivery	10:00 Bingo (Town Hall) 2:00 Town Hall Pub with Peter Williams 2:45 Mahjong (Main Street) 4:00 Room Visits	10:00 Active Games (Town Hall) 1:30 Community Centre (Art Studio) 3:15 Reading Corner 4:00 Sensory Cart
25	26	27	28	29	30	31
10:00 Hymn Sing (Art Studio) 10:45 Tea & Chat (Art Studio) 1:45 Active Games: Bowling (Town Hall) 3:30 Sensory Cart	10:00 Circuit Fitness (Town Hall) 1:30 Short Stories 2:00 Music with Jae-Won (Main St.) 3:00 Jeopardy 4:00 Helping Hands	10:00 Art Studio Open 10:00 Bingo (Town Hall) 10:00 5 Senses 1:30 Active Games: Horseraces 1:30 Art Studio Open 2:00 Birthday Party with Greg Alcock (Town Hall) 3:00 Sing-a-long 4:00 Heart for Music 4:00 Helping Hands	10:00 Creative Corner 10:00 Exercise 10:00 Mother Goose Intergenerational Program (Art Studio) 2:00 Mahjong (Main Street) 2:00 Casino Royale! (Town Hall)	10:30 Art Studio Open 10:30 Catholic Mass (Town Hall) 10:30 Reminisce 1:30 Art Studio Open 1:30 Creative Corner 1:30 Yogasize 1:30 Main Street Music Cafe 1:30 Resident Council Meeting (Town Hall) 3:00 Dining Room Social 3:00 Walking Club 4:00 Room Visits 4:00 Heart for Music	10:00 Bingo (Town Hall) 10:00 Chair Exercise & Stretch 1:30 Crosswords 2:00 Town Hall Pub with Mike Kinal 2:45 Mahjong (Main Street) 3:30 Wheelchair Walks 4:00 Room Visits	10:00 Active Games (Town Hall) 1:30 Community Centre: "Cherry Trees in Blossom" Workshop (Art Studio) 3:15 Sing-a-long 3:45 Board Decorating

*Please note that programs are subject to change without notice.