



May 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 AM Spiritual Time PM Word Games	MINDFULNESS MONDAY 2 AM Balloon Ball and Trivia <small>12:00 Piano at lunch.</small> PM Bingo	TALK TUESDAY 3 AM Fun & Fitness PM Manicures	4 AM Ring Toss on the Balcony 2:00 OARC MENTAL HEALTH WEBINAR 2:00 Wheelchair Dancers 2:00 Music 'Just Because' BIRCH	5 10:00 Believers Communion 4 th 2:00 Cinco de Mayo Social	6 AM Family Connections and 1-1's PM Horse Races	7 Herb Day AM Fun & Fitness PM Outdoor Enjoyment
Ontario Association of Residents Councils – Mental Health Week for Residents in LTC						
 8 AM Spiritual Time PM Mother's Day Sundaes <small>Mothers Day</small>	9 AM Balloon Ball and Trivia PM Word Games	10 AM Fun & Fitness PM Outdoor Enjoyment	11 AM Washer Toss PM Creative Arts	12 AM Short Stories PM Music with Neil <small>Nurses day</small>	13 AM Family Connections and 1-1's PM Bingo	 14 AM Fun & Fitness PM Outdoor Enjoyment <small>Migratory Bird Day</small>
15 AM Spiritual Time PM Word Games	16 AM Balloon Ball and Trivia PM Music with Cliff	17 AM Fun & Fitness PM Resident Meeting (4 th)	18 AM Bean Bag Toss 2:00 Volunteer Appreciation In the Pavilion	19 AM Reminiscing PM Birthday Tea	20 AM Family Connections and 1-1's 1:45 Rec.Dpt.Staff mtg	21 AM Fun & Fitness PM Creative Arts
22 AM Spiritual Time 2:00 Royalty Trivia	23 AM Balloon Ball and Trivia PM Music with Neil	24 AM Fun & Fitness PM Outdoor Enjoyment	25 AM Morning Walks PM Tim Horton's Social	26 AM News & Views PM Bingo	27 AM Family Connections and 1-1's PM Ring Toss	28 AM Fun & Fitness PM Outdoor Enjoyment
29 AM Spiritual Time PM Salvation Army Church service in Pavilion	30 AM Balloon Ball and Trivia PM Manicures	31 AM Fun & Fitness PM Manicures				

Birch Activity Calendar

The Activity Calendar is subject to change after the time of printing