

Sunday

Monday

Tuesday

Wednesday

Thursday






Friday

Saturday

# May 2026

## Sprucewood Place



 <p><b>MENTAL HEALTH AWARENESS</b></p>	<p><b>3</b> 10:00am Spiritual Reflection (104)  <b>4</b> 10:00am Star Wars Colouring &amp; Word Games (DR)      10:45am Mental Health Week Sale (L)      1:15pm Star Wars Movie (DR)      2:00pm Active Engagement Visits      3:00pm Bingo (DR)      Star Wars Day</p>	<p><b>5</b> 10:00am Cinco de Mayo Word Search (DR)      11:00am Bible Reading (104)      1:15pm Cinco de Mayo Water Colour Painting (301)      2:00pm Tool Kit: Come Together (301)      3:00pm Music Appreciation (DR)      4:00pm Fun &amp; Fitness (301)      Cinco de Mayo</p>	<p><b>6</b> 10:00am Virtual Catholic Mass (DR)      11:00am Outdoor Walk (O)      1:15pm Yahtzee (301)      2:00pm Hymn Sing (104)      3:00pm Library (DR)  <b>4:00pm Talent Show Practice (301)</b></p>	<p><b>7</b> 10:00am Manicures (301)      11:00am Jeopardy (DR)  <b>2:00pm Get Loud Party (DR)</b>      4:00pm 1-1 visits      6:15pm Name That Tune (DR)      7:15pm Seated Yoga (301)</p>	<p><b>8</b> 11:00am Ring Toss (201)  <b>1:30pm Mental Health Word Games (DR)</b>  <b>2:30pm Your Voice Home Quality Resident Council Meeting (DR)</b>  <b>4:00pm Mothers Day Craft (301)</b>  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits      May Day</p>	<p><b>9</b> 10:00pm Ladies Group (104)      11:00pm Axe Throw (O)      1:15pm Seated Yoga (301)      2:00pm Documentary (DR)      3:00pm Open Activity (DR)      1:30pm Baking (104)      2:30pm Devotions (104)  <b>3:30pm Mother's Day Ladies Tea (301)</b>      6:15pm Karaoke (DR)      7:15pm Open Activity (DR)</p>
	<p><b>10</b> 11:00am Madlibs (DR)      1:15pm Bible Reading (104)      2:00pm Famous Faces (301)      3:00pm Music Appreciation (DR)      4:00pm Corn Hole (O)  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits</p>	<p><b>11</b> 11:00am Word Games (DR)  <b>12</b> 1:15pm Armchair Travel – Japan (301)      1:30pm Card Games (DR)      2:00pm Guided Relaxation (104)      2:30pm Non-Denominational Church (DR)      3:00pm Fun &amp; Fitness (301)      3:30pm Meditative Colouring (104)      4:00pm Junk Drawer Detective (301)      6:15pm Singalong (DR)      6:15pm Billiards (301)      7:15pm Men's Group (DR)</p>	<p><b>13</b> 11:00am Outdoor Walk (O)      Virtual Concert (DR)  <b>1:30pm Ice Cream Social (DR)</b>  <b>3:00pm Talent Show Practice (301)</b>      3:00pm Dice Games (DR)      4:00pm Spiritual Reflection (104)      Who? What? Where? Where? (301)  <b>6:15pm Paint Night Social (DR)</b>      7:15pm 1-1 Visits</p>	<p><b>14</b> 11:00am Hymn Sing (104)  <b>1:30pm Bowling Outing</b>      6:30pm Spring Craft (301)      6:30pm Movie Night (DR)      7:15pm Uno (301)      7:15pm Ripleys Believe it or Not (DR)</p>	<p><b>15</b> 1:15pm Mind Joggers (301)      2:00pm Devotions (104)      3:00pm Karaoke (DR)      4:00pm Seated Yoga (301)  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits</p>	
	<p><b>17</b> <b>18</b> <b>Happy Victoria Day!</b></p>	<p><b>19</b> 10:00am Fun &amp; Fitness (301)      11:00am Bible Reading (104)      1:15pm Music Appreciation (DR)      2:00pm Active Engagement Visits  <b>3:00pm Bingo (DR)</b></p>	<p><b>20</b> 10:00am Virtual Catholic Mass (DR)      11:00am Axe Throw (O)  <b>1:15pm Asian Heritage Month Craft (301)</b>      2:00pm 1-1 Visits  <b>2:30pm Talent Show Practice (301)</b>      3:30pm Name That Tune (DR)</p>	<p><b>21</b> <b>9-12pm COVID Vaccine Clinic</b>      1:15pm Spiritual Reflections (104)      1:30pm Ladies Group (301)      2:00pm Yahtzee (301)      2:30pm Famous Faces (DR)      3:00pm Manicures (301)      3:30pm Karaoke (DR)      4:00pm Outdoor Walk (O)      6:15pm Billiards (301)      7:15pm Ripleys Believe it or not (DR)      Shavuot Begins</p>	<p><b>22</b> 11:00am Hymn Sing (104)      1:30pm Word Games (DR)  <b>2:00pm Milestones (DR)</b>      3:30pm Card Games (301)  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits</p>	<p><b>23</b> 1:30pm Devotions (104)      2:30pm Balloon Volleyball (301)      3:30pm Singalong (DR)      6:15pm Documentary (DR)      7:15pm Open Activity (DR)</p>
	<p><b>24</b> 10:00am Bible Reading (104)  <b>25</b> 11:00am Fun &amp; Fitness (301)      1:30pm Dice Games (301)      2:30pm Music Appreciation (DR)      Memorial Day</p>	<p><b>26</b> 11:00am Asian Heritage Month Word Search (DR)      1:30pm Jeopardy (DR)      2:30pm Non-Denominational Church (DR)      3:30pm Bowling (201)  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits</p>	<p><b>27</b> 11:00am Spiritual Reflection (104)      1:30pm Tuck Shop (DR)      1:30pm 1-1 Visits  <b>2:00pm Ice Cream Social (DR)</b>  <b>3:30pm Talent Show Practice (301)</b>      6:30pm Movie Night (DR)      7:15pm Men's Group (DR)</p>	<p><b>28</b> 1:30pm Seated Yoga (301)      2:30pm Board Games (301)      3:30pm Singalong (DR)  <b>5:00pm BBQ Supper Group (104)</b>      6:15pm Junk Drawer Detective (301)      7:15pm America's Funniest Home Videos (DR)      National Hamburger Day</p>	<p><b>29</b> 11:00am Madlibs (DR)      1:30pm Outdoor Walk (O)  <b>2:30pm Eid al-Adha Craft (301)</b>      3:30pm Hymn Sing (104)  <b>6:30pm Bingo (DR)</b>      7:45pm Active Engagement Visits</p>	<p><b>30</b> 1:30pm Baking (104)  <b>2:30pm Asia Trivia (DR)</b>      3:30pm Devotions (104)      6:15pm Karaoke (DR)      7:15pm Open Activity (DR)</p>



**Legend**  
 L – Lobby  
 DR – Dining Room  
 O – Outside  
 104, 201, 301 - Rooms



**Meal Times**  
**First Seating**  
 Breakfast: 8:15-8:55  
 Lunch: 11:45-12:25  
 Supper: 4:45-5:25  
**Second Seating**  
 Breakfast: 9:05-9:45  
 Lunch: 12:35-1:15  
 Dinner: 5:35-6:15

Programs are subject to change, please see whiteboards for daily activities.