












May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 10:00 Discussion 1:30 Brain Teasers 6:30 Coloring 03	 10:00 Musical Delight 1:30 BINGO 04	 10:00 Mandala 1:30 Coffee and social time 05	 10:00 Chair exercises 1:30 Movie 06	 10:00 Chair exercises 1:30 Board games 07	10:00 Mass 2:00 Zoo activities 01	10:00 Discussion 1:30 Puzzles 6:30 Coloring 02
 10:00 Discussion 1:30 Puzzles 6:30 Coloring 10	10:00 Musical Fun 1:30 BINGO 11	10:00 Pocket game 2:00 The Joy of Reading: La Caravelle Theater 12	10:00 Chair exercises 1:30 Movie 13	9:00 Vaccination 1:30 Bola game 14	10:00 Mass 2:00 Zoo activity 15	10:00 Discussion 1:30 Puzzles 6:30 Coloring 16
10:00 Discussion 1:30 Puzzles 6:30 Coloring 17	 18	10:00 Mandala 1:30 Cocktail on the terrace if  19	10:00 Chair exercises 1:30 Movie 20	10:00 Chair Exercises 1:30 Petanque 21	10:00 Mass 1:30 Word games 22	10:00 Discussion 1:30 Puzzles 6:30 Coloring 23
10:00 Discussion 1:30 Puzzles 6:30 Coloring 24	10:00 Director's Coffee 1:30 BINGO 25	10:00 Pocket game 1:30 Music quiz 26	10:00 Chair exercises 1:30 Movie 27	10:00 Walking Club (if  1:30 Basketball 28	10:00 Mass 11:30 Birthday Celebrations and Musical Lunch with Marie-Josée Landry 29	10:00 Discussion 1:30 Puzzles 6:30 Coloring 30
10:00 Discussion 1:30 Puzzle 6:30 Coloring 31	