

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

3 WEST MAY 2026 3 WEST



NEVER GIVE UP ON THE THINGS THAT MAKE YOU SMILE 3

9:30- FITNESS CLASS 4
10:00- COMEDY SHOW
10:30- CHURCH SERVICE
11:15- MATCH & PUZZLE
1:15- BEAUTY TIME
2:00- AFTERNOON MATINEE
2:30- LATIN FIESTA SHOW
3:45- AMBULATION

9:30- FROM A - Z GAME 5
10:15- MAY BOARD DISPLAY
10:30- TWIST & TURN
1:15- MAKING SLUSHIES
2:00- YOGA w BETTY
2:45- TASTE TEST SLUSHIES
3:30- AMBULATION

9:30- FITNESS CLASS 6
10:15- MORNING MATINEE
10:45- SNOOZELYN
11:15- BIBLE STUDY
1:15- CONVIENENCE STORE
2:00- RESIDENT COUNCIL
2:30- FOOD COMMITTEE
3:30- AMBULATION

2:30- MOTHER'S DAY TEA 7

IF YOUR DREAMS DON'T SCARE YOU, THEY'RE TOO SMALL 8

YOU CAN MEASURE SUCCESS BY LITTLE WINS 2

9:30- FITNESS CLASS 9
10:15- I LOVE LUSY SHOW
10:45- SNOOZELYN
11:15- HOROSCOPES
1:30- WORD GAME
2:30- BEAUTY TIME
3:00- LIFE HISTORY BOARD
3:30- AMBULATION

9:30- HOUR OF POWER 10
9:30- BOARD GAME MONOPOLY
10:45- HYMN'S & STORIES
11:15- MOTHERS DAY
1:30- BAKING PANCAKES
2:00- MOTHER'S DAY TRIVIA
2:30- TASTE TEST PANCAKES
3:30- AMBULATION

9:30- FITNESS CLASS 11
10:30- CHURCH SERVICE
10:45- SNOOZELYN
11:15- DAILY CHRONICLES
1:15- BEAUTY TIME
2:00- MUSIC w JUDY & ROBIN
3:15- MINI PAINTERS COVE
3:45- AMBULATION

2:30- MUSIC w GINA & RAMI 12

NEVER LET YOUR FEAR DECIDE YOUR FATE 13

9:30- JUMBLE MOTHER'S DAY 14
10:15- COMEDY SHOW
10:45- R.O.M EXERCISES
11:15- HYMN'S & STORIES
1:30- HORSE DERBY
2:30- CONVIENENCE STORE
3:00- TRAVEL CART
3:30- AMBULATION

8:30- SPECIAL BREAKFAST 15
10:15- NOODLE SOCCER
10:45- MUSICAL MELODIES
11:15- MOTHER'S DAY STORY
1:30- MINI BINGO
2:15- HOT CHOC SOCIAL
2:45- AROMA & MASSAGE
3:00- AMBULATION

2:30- BIRTHDAY PARTY w BILL 16

DON'T LET YESTERDAY AFFECT YOUR TODAY 17

9:30- FITNESS CLASS 18
10:00- COMEDY SHOW
10:30- CHURCH SERVICE
11:15- MATCH & PUZZLE
1:30- COOK'N PIG IN BLANKET
2:00- PASTERY TRIVIA SOCIAL
2:30- TASTE TEST PIGS BLANKET
3:30- AMBULATION

9:30- CHAIN LINK GAME 19
10:15- ANDRE RIEU CONCERT
10:45- TWIST & TURN
11:15- MONTESSORI
1:15- MAKING MILKSHAKES
2:00- YOGA w BETTY
2:45- TASTE TEST MILKSHAKES
3:30- AMBULATION

9:30- FITNESS CLASS 20
10:15- MORNING MATINEE
10:45- SNOOZELYN
11:15- BIBLE STUDY
1:15- 20 QUESTIONS
2:00- AFTERNOON MATINEE
2:30- MUSIC w JACK
3:45- AMBULATION

10:00 to 12:00 Gardening In The Courtyard 21
1:30- HORSE DERBY
2:30- CONVIENENCE STORE
3:00- AROMA & MASSAGE
3:30- AMBULATION

10:00 to 12:00 GARDENING IN THE COURTYARD 22
BE THE SUNSHINE IN SOMEONE ELSE'S RAINY DAY

9:30- FITNESS CLASS 23
10:15- PHIL COLLINS CONCERT
10:45- SNOOZELYN
11:15- HOROSCOPES
1:30- BOWLING
2:30- LAUGH & GIGGLES
3:00- LIFE HISTORY BOARD
3:30- AMBULATION

9:30- HOUR OF POWER 24
9:30- BOARD GAME MONOPOLY
10:45- HYMN'S & STORIES
12:00- SWISS CHALET LUNCH
2:00- WORD GAME
2:45- BEAUTY TIME
3:15- PATIO VISITS
3:45- AMBULATION

10:30- CHURCH SERVICE 25
3:00- LIFE & COLOUR

10:30 MEADOWBROOK STUDENTS PERFORM 26
START BUILDING YOUR YOUR TOMORROW TODAY

2:00-WALK FOR ALZHEIMERS 27

9:30- FITNESS CLASS 28
10:15- COMEDY SHOW
10:45- R.O.M EXERCISES
11:15- HYMN'S & STORIES
1:30- MAY TRIVIA
2:30- ANGLICAN CHURCH
3:30- AMBULATION

8:30- SPECIAL BREAKFAST 29
10:15- NOODLE SOCCER
10:45- MUSICAL MELODIES
11:15- SPRING STORIES
1:30- MINI BINGO
2:15- HOT CHOC SOCIAL
2:45- AROMA & MASSAGE
3:00- AMBULATION

2:30 PRAISE OF ORSHIP WITH CHINESE LUTHERAN CHURCH 30

LEARNING NEVER EXHAUSTS THE MIND 31

MAY SPECIAL FEATURES:
SPIRIT: CHEETAH FLOWER: LILY ANIMAL: SNAKE STONE: EMERALD COLOUR: GREEN
ZODIAC: MAY 1-20 TAURUS ZODIAC: MAY 21-31 GEMINI