



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Home Support Exercise
MW - 10:30am

Grocery Delivery 2pm

1 Home Support Exercise
MW – 10:30am

Grocery Delivery 2pm

May Day

7 Home Support Exercise
MW – 10:30am
CANCELLED
Grocery Delivery 2pm

Community Delivery
Order Due

14 Home Support Exercise
MW – 10:30am

Grocery Delivery 2pm

Community Delivery
Order Due

Mother's Day
National Skilled Nursing Week

21 Home Support Exercise
MW – 10:30am
CANCELLED

CLOSED
Community Delivery
Order Due

Victoria Day (Canada)

28 Home Support Exercise
MW - 10:30am

Grocery Delivery 2pm

Memorial Day

2 Exercise & Falls
Prevention - MW – 10am

Chap Blood Pressure –
BW 2pm

8 Exercise & Falls
Prevention - MW – 10am

Jeopardy – MW 2pm

15 Exercise & Falls
Prevention - MW – 10am

Fit Stix – MW 2pm

22 Exercise & Falls
Prevention - MW – 10am

Grocery Delivery 2pm

Wii Bowling – MW 2pm

Community Footcare - 9 - 3

29 Exercise & Falls
Prevention - MW – 10am

Trivia – BW – 2pm

3 Exercise & Falls
Prevention - BW – 10am

Tabletop / Curling
Shuffleboard – BW 2pm

9 Exercise & Falls
Prevention - BW - 10am
Cards – BW 2pm
Let's go Parachuting
game – MW 2 pm

Community Meal Delivery
-Sunshine Restaurant

16 Exercise & Falls
Prevention - BW – 10am

Connect 4 Game – MW
2pm

23 Exercise & Falls
Prevention - BW – 10am
Jeopardy – BW 2pm

Community Meal Delivery
-Havasu Coffee Shop

Community Footcare – 9 - 3

30 Exercise & Falls
Prevention - BW – 10am

Badminton – MW 2pm

4 Exercise & Falls
Prevention - MW – 10am

Tabletop / Curling
Shuffleboard – MW 2pm

10 Exercise & Falls
Prevention - MW – 10am

Dance Fit – MW 2pm

Frozen Meal Delivery –
Back in Time 9am –
10am

17 Exercise & Falls
Prevention - BW – 10am

Community Meal Delivery
- Robinsons Fresh Café

24 Exercise & Falls
Prevention - MW – 10am
Jeopardy – BW 2pm

Community Meal Delivery
-Havasu Coffee Shop

Community Footcare – 9 - 3

Shavuot Begins

31 Exercise & Falls
Prevention - BW – 10am

Badminton – MW 2pm

5 Exercise & Falls
Prevention - BW – 10am

Coffee Hour & Trivia –
MW 11am

Frozen Meals Back In
Time Orders Due

Cinco de Mayo

11 Exercise & Falls
Prevention - MW – 10am

Dance Fit – MW 2pm

Frozen Meal Delivery –
Back in Time 9am –
10am

18 Exercise & Falls
Prevention - MW – 10am

Community Meal Delivery
- Robinsons Fresh Café

25 Exercise & Falls
Prevention - MW – 10am
Chap Blood Pressure –
MW 2pm

Community Footcare – 9 - 3

Shavuot Begins

31 Exercise & Falls
Prevention - BW – 10am

Badminton – MW 2pm

6 Please call for any of the
Programs -
Community Outreach
519-236-4373
Ext. 632

12 Exercise & Falls
Prevention - BW – 10am

Connect 4 – BW 11am

19 Exercise & Falls
Prevention – Good
Neighbour's – 10am

Let's get walking – BW
10am

Armed Forces Day

26 Exercise & Falls
Prevention – Good
Neighbour's – 10am

Let's get walking – BW
10am

27 Exercise & Falls
Prevention - BW – 10am

Badminton – MW 2pm

May 2023

Community Outreach

MW-Maplewood's, CW-Cedarwood's, RR-Risi Room, OP-Pavilion, BWFHT-Bluewater Family Health Team, GN-Good Neighbour's