















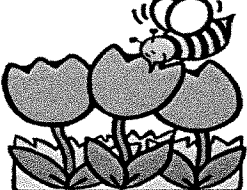


MAY 2019

PROGRAM LEGEND

L = Resident Lounge (1st Floor) S & C = Strength and
 R = Room to Room Conditioning Class
 O = Outside Deck DVMS = Dundas Valley
 2 = 2nd Floor Lounge Montessori School
 3 = 3rd Floor Lounge

BLACKADAR CONTINUING CARE CENTRE

	Mon	Tue	Wed	Thu	Fri	Sat
	St. John Ambulance Pet Visiting with DOUG & SUSAN EVERY THURSDAY	HAIR SALON with PENNY EVERY TUESDAY	1 10:30 St. James Anglican Communion 2 1:30 S & C Class 2 2:15 Cooking & Baking Project 3	2 10:00 S & C Class 3 1:00 Pet Visiting with Doug R 2:00 Coffee Hour 2 6:30 Tai Chi 3	3 10:00 S & C Class 2 11:00 Out & About O 2:00 Bingo 3 	4 9:45 Morning News & Conversation 3 10:30 Mini Kitchen 2 2:00 Hamilton Missionary Society Music 3 
5 10:15 Bible Study 3 2:00 Gospel Sing with Eagle World Wide Ministries 2 	6 10:00 S & C Class 2 11:00 Chime Choir L  2:00 Music Makers with Music Therapist 2 6:30 Spring Craft 3	7 9:30 Manicures and Relaxation Spa L 1—3 Outing to Coffee Shop 2:15 S & C Class 3 6:30 Bingo 2	8 10:15 Mini Kitchen 3 2:15 Happy Hour with on Request  Tunes 2	9 10:00 S & C Class 2 1:00 Pet Visiting with Doug R 1:30 Afternoon Movie/ Snack 3 6:30 Laundry Basket Game 3	10 10:00 S & C Class 3 11:00 Out & About O 2:00 Bingo 2 	11 9:45 Morning News & Conversation 2 10:30 Mini Kitchen 3 2:00 CELEBRATING "MOM" with Ken  Lighthouse Country Music 2
12 HAPPY MOTHER'S DAY CARNATION DELIVERIES TO ALL THE LADIES IN A.M. 10:30 Devotional Thoughts 2  2:00 Hymn Sing 2	13 10:00 S & C Class 3 10:00 Skills For Change Technology Training L 2:00 May IQ Program 3 6:30 Noodle Ball 2	14 1:30 Manicures and Relaxation Spa L 1:30 DVMS 2:15 S & C Class 2 6:30 Bingo 3	15 10:30 St. Augustine's Roman Catholic Mass 2 2:15 Cooking & Baking Project 3	16 10:00 S & C Class 2 11—2 Outing to Hutch's Fish & Chips (Van Wagner's Beach) 3:15 Pet Visiting with Doug R 6:30 Tai Chi	17 10:00 S & C Class 2 11:00 Out & About O 2:00 Bingo 3 	18 9:45 Morning News & Conversation 3 10:30 Mini Kitchen 2:00 Ice Cream Sundaes 3
19 10:15 The Life and Times of Queen Victoria 2	20 10:00 Bake Queen Victoria's Favorite Cake 2 11:00 Chime Choir L  2:00 Music Makers with Music Therapist 3  VICTORIA DAY	21 1:30 Manicures and Relaxation Spa L 1:30 S & C Class 3 2:00 Hangman 2 7:00 Ancaster Youth Group Gospel Music 2	22 10:15 Mini Kitchen 3 2:15 Step  By Step Painting Project 2	23 10:00 S & C Class 2 1:00 Pet Visiting with Doug R 2:00 National New Friends, Old Friends Week 3	24 10:00 S & C Class 3 11:00 Out & About O 2:00 Bingo 2 	25 9:45 Morning News & Conversation 2 10:30 Mini Kitchen 3 2:00 Wine & Cheese Social 2 (National Wine Day)
26 10:00 Spiritual Craft 3 2:00 Devotional Thoughts Salvation Army with Majors Martyn and Margo 3	27 10:00 S & C Class 3 2:00 Music  Appreciation Session 2 6:30 Board Games 2	28 1:30 Manicures and Relaxation Spa L 1:30 DVMS 2:15 S & C Class 2 6:30 Bingo 3	29 10:00 S & C Class 3 2:30 Cooking and Baking Project 2	30 10:00 Food Committee L 10:30 Resident Executive Committee Meeting L 10:00 Pet Visiting with Doug R 2:00 National Creativity Day 2	31 10:00 S & C Class 2 11:00 Out & About O 2:00 Bingo 3 	

101 Creighton Road — Dundas, Ontario