

May 2025 Poplar Heights Activities: Lynsey & Alex

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
One-to-One visits daily when Recreation Staff here	Exercise Calendar posted on home areas			1 9:00 Manicures 2:00 Bingo	2 9:30 Indoor Walking 2:00 Birthday Party	3 8:00 Breakfast Program 10:15 Dice Games 1:30 Painting
4 10:00 Hymn Sing 1:15 Hymn Music 2:00 Painting	5 10:00 Colouring 2:00 Bingo 2:00 One-to-One's	6 10:00 Making Pierogies 1:30 Bowling Alley Bus Trip	7 10:15 Sing-along	8 9:30 Food Committee Meeting 1:30 Outdoor Strolls with Alex	9 2:00 Active Games with Alex	10
11	12 10:00 Music with Susie Q 1:30 Card Making with Vicki	13 10:00 History Program 2:00 United Church 2:00 Crafts	14 10:00 Bible Study 1:30 Bird Demonstration 6:15 Music	15 10:30 Catholic Mass 1:30 to 3:00 Mothers Day Tea Open House	16 9:00 Manicures 2:00 Bingo	17
18	19	20 9:30 Yarn Ninjas with Donna	21 10:00 Green Thumbs with Kate 2:00 Music with Blue Eyed Bill	22 10:00 Painting with Alex 2:00 Bingo with Alex	23 2:00 Choir Practice with Krystal 2:00 Outdoor Strolls with Alex	24
25	26 9:30 Music with Evelyn 2:00 Music with Jeff	27 10:00 Gardening 2:00 Baptist Service 2:00 One-to-One's	28 9:00 Manicures 2:00 Music with Hannah	29 9:30 Country Drive 2:00 Bell Choir	30 9:30 Sensory Room Visits 2:00 Music with Tia and Tommy	31

Programs are subject to change.