



# May 2023

## Spruce Lodge Nursing Home





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>May Day 1</b> 10:30 DROM Drumming Group 10:30 News and Events 2:00 Manicure Monday 2:00 Sing-a-Long	<b>10:00 Men's Music Therapy Group 2</b> 10:30 Therapy Swim Time 10:30 Fun & Fitness <b>11:00 Women's Music Therapy Group</b> 2:00 Bingo 2:00 Cottage Cart Program 3:00 S.L Cafe & Pub 6:15 Meditation Group	<b>10:00 Plant Care 3</b> 10:30 Advance Exercise 2:00 Carpet Bowling 3:30 Walking Group Outdoors 6:30 Hymn Sing with Stephanie	<b>Star Wars Day! 4</b> 10:30 Therapy Swim Time 10:30 Scrapbooking <b>11:00 Church Service</b> 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Move to the Music	<b>Cinco De Mayo 5</b> 10:30 Fun & Fitness <b>10:30 Tone Chime Group</b> 2:00 Cinco De Mayo Trivia 3:00 Cinco De Mayo Traveling Treat Cart 	<b>The Kentucky Derby 6</b> 10:30 Fun & Fitness 2:00 Bingo 3:30 Outdoor Strolls
10:30 Trivia Fun <b>7</b> 2:00 Hymn Sing 3:30 Outdoor Strolls	<b>10:30 DROM Drumming Group 8</b> 2:00 Manicure Monday 2:00 Sing-a-Long 7:00 Two Gals and a Guitar	<b>10:00 Men's Music Therapy Group 9</b> 10:30 Therapy Swim Time 10:30 Fun & Fitness <b>11:00 Women's Music Therapy Group</b> 2:00 Bingo 2:00 Cottage Cart Program 3:00 S.L Cafe & Pub 6:15 Paint Night Fun	<b>10:00 Plant Care 10</b> 10:30 Advance Exercise <b>10:30 RC Mass</b> <b>11:15 Church Service</b> 2:00 Music with Henry Winter 3:30 Outdoor Strolls	<b>10:30 Therapy Swim Time 11</b> 10:30 Craft Fun 12:30 Women's Sign-Up Meal 1:45 Country Drive 2:00 Bingo 3:00 S.L Cafe & Pub 3:30 Move to the Music	<b>Florence Nightengale B-Day 12</b> 10:30 Fun & Fitness <b>10:30 Tone Chime Group</b> 12:30 Men's Sign-Up Meal 2:00 Outdoor Strolls 3:00 Mother's Day Tea	<b>2:00 Bingo 13</b>
<b>Happy Mothers Day 14</b> 	<b>10:30 DROM Drumming Group 15</b> 10:30 News and Events 2:00 Manicure Monday 2:00 Sing-a-Long	<b>10:00 Men's Music Therapy Group 16</b> 10:30 Therapy Swim Time 10:30 Fun & Fitness <b>11:00 Women's Music Therapy Group</b> 1:45 Country Drive 2:00 Bingo 3:00 S.L Cafe & Pub 6:15 Paint Night Fun	<b>10:00 Plant Care 17</b> 10:00 Resident Council 11:00 Advance Exercise 2:00 Music-Mike Kelly 3:30 Outdoor Strolls 6:30 Hymn Sing with Stephanie	<b>10:30 Therapy Swim Time 18</b> 10:30 Scrapbooking <b>11:00 Church Service</b> 2:00 Bingo 3:00 S.L Cafe & Pub	<b>10:30 Tone Chime Group 19</b> 10:30 Fun & Fitness 2:00 Butterfly Social 2:00 Butterfly Raising	<b>10:00 Trivia Fun 20</b> 2:00 Bingo 3:30 Outdoor Strolls

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:30 Crafts <b>21</b> 2:00 Hymn Sing</p>	<p>Victoria Day Stat <b>22</b></p> 	<p>10:00 Men's Music Therapy Group <b>23</b> 10:30 Therapy Swim Time 10:30 Gardening Fun Outside 11:00 Women's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe &amp; Pub 3:30 Gardening Fun Outside</p>	<p>10:00 Plant Care <b>24</b> 10:30 Advance Exercise 2:00 Balloon Volleyball 3:00 Duet Bicycle Rides 6:30 Just for Fun Band</p>	<p>National Wine Day <b>25</b> 10:30 Therapy Swim Time 10:30 Scrapbooking 11:00 Church Service 2:00 Bingo 2:00 Cottage Music 3:00 Wine Tasting Social</p> 	<p>10:30 Fun &amp; Fitness <b>26</b> 10:30 Tone Chime Group 2:00 Travelogue</p>	<p>10:00 Move to the Music <b>27</b> 11:00 Walking Group Outdoors 2:00 Bingo</p>
<p>10:30 Trivia Fun <b>28</b> 2:00 Plant Care 3:00 Walking Group Outdoors 6:30 Hymn Sing</p>	<p>10:30 DROM Drumming Group <b>29</b> 2:00 Manicure Monday 2:00 The Ruth and Karen Music Show</p>	<p>10:00 Men's Music Therapy Group <b>30</b> 10:30 Therapy Swim Time 10:30 Fun &amp; Fitness 10:45 Anna Mae's Outing 11:00 Women's Music Therapy Group 2:00 Bingo 3:00 S.L Cafe &amp; Pub 6:15 Paint Night Fun</p>	<p>10:00 Plant Care <b>31</b> 10:30 Advance Exercise 2:00 Duet Bicycle Rides 2:00 Courtyard Social 6:15 Movie Night</p>			

To contact the Activities Department call 519-271-4090 ext. 2227 or email [activity@sprucelodge.on.ca](mailto:activity@sprucelodge.on.ca)