



**PHYSIO THERAPY EXERCISE
(ACTIVITY ROOM)**
TUESDAYS 1-2PM & 2-3PM
THURSDAYS 9-10AM & 10-11AM

**May
2016**



**FALLS PREVENTION SESSIONS
(ACTIVITY ROOM)**
TUESDAYS 3-4PM
THURSDAYS 11-12PM

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 2:15PM– New Covenant Church Service (NH)	2 2:00PM– Roman Catholic Communion (TR) 2:30PM– BINGO (AR) 3:30PM– Nail Care (TR)	3 10:00AM– Balloon Tennis (OT) 11:00AM– Jeopardy (AR) 1:00PM– Physio + Balance (AR) 2:00PM– Physio + Balance (AR) 2:15PM– Kenmuir Baptist Church Service (NH) 3:00PM– Falls Prevention (AR)	4 2:00PM– Cloverdale Mall (TRIP) 2:15PM– St. Patrick’s Roman Catholic Church Service (NH) 7:00PM– Memorial Service (LR) 7:00PM– Christ the King Church Service –Portuguese (NH)	5 9:00AM– Physio + Balance (AR) 10:00AM– Physio + Balance (AR) 11:00AM– Falls Prevention (AR) 6:00PM– Take Out and Movie Night (AR/LR) 6:30PM– Knitting Club (AR)	6 9:00AM– Seated Tai Chi (AR) 10:00AM– Falls Prevention (AR) 11:00AM– General Exercise (AR) 2:00PM– Mother’s Day Tea Social with Kim Atkins (LR) 3:30PM– Nail Care (TR) HAIR DAY	7 10:00AM– Hymn Sing (NH) 2:00PM– Lake Seventh Day’s Children Choir Group (NH) 6:00PM– Movie Night (LR)
8 	9 2:00PM– Roman Catholic Communion (TR) 2:30PM– Mother’s Day BINGO (AR) 3:30PM– Nail Care (TR) National Nursing Week	10 10:00AM– Boccie Ball (OT) 11:00AM– Gardening (OT) 1:00PM– Physio + Balance (AR) 2:00PM– Physio + Balance (AR) 2:15PM– Mississauga Baptist Church Service (NH) 3:00PM– Falls Prevention (AR)	11 10:00AM– Target Shooting (OT) 11:00AM– Nail Care (TR) 7:00PM– Church of God Service (NH) 7:00PM– Christ the King Church Service –Portuguese (NH)	12 9:00AM– Physio + Balance (AR) 10:00AM– Physio + Balance (AR) 11:00AM– Falls Prevention (AR) 2:00PM– Portuguese Mass (NH) 6:00PM– Movie and Snacks (LR) 6:30PM– BINGO (AR) National Nursing Day	13 9:00AM– Seated Tai Chi (AR) 10:00AM– Falls Prevention (AR) 11:00AM– General Exercise (AR) 2:00PM– Golf Game (LR) 3:00PM– Throwing BINGO (AR) 7:00PM– Bible Study (NH) HAIR DAY	14 10:00AM– Hymn Sing (NH) 6:00PM– Movie Night (LR)
15 2:30PM– Kingdom Covenant Church Service (NH)	16 2:00PM– Roman Catholic Communion (TR) 2:30PM– BINGO (AR) 3:30PM– Nail Care (TR)	17 10:00AM– Orthopedic In-Service (LR) 11:00AM– Canvas Painting (AR) 1:00PM– Physio + Balance (AR) 2:00PM– Physio + Balance (AR) 2:15PM– Church of the Holy Spirit Anglican Service(NH) 3:00PM– Falls Prevention (AR)	18 10:00AM– Rockwood Mall (TRIP) 7:00PM– St. Francis of Xavier Rosary (NH) 7:00PM– Christ the King Church Service –Portuguese (NH)	19 9:00AM– Physio + Balance (AR) 10:00AM– Physio + Balance (AR) 10:00AM–Movie Matinee (LR) 10:30AM– Nail Care (TR) 11:00AM– Falls Prevention (AR)	20 9:00AM– Seated Tai Chi (AR) 10:00AM– Falls Prevention (AR) 11:00AM– General Exercise (AR) 2:00PM– Golf Game (LR) 3:00PM– Throwing BINGO (AR) HAIR DAY	21 10:00AM– Hymn Sing (NH) 2:15PM– New Life Fellowship Church of God (NH) 6:00PM– Movie Night (LR)
22 2:15PM– Applewood Heights Gospel Hall (NH)	23 	24 10:00AM– Dixie Outlet Mall (TRIP) 1:00PM– Physio + Balance (AR) 2:00PM– Physio + Balance (AR) 2:15PM– Westminster United Church Service (NH) 3:00PM– Falls Prevention (AR)	25 2:00PM– Birthday Party with James Cormeir! (LR) 3:30PM– Nail Care (TR) 7:00PM– Christ the King Church Service –Portuguese (NH)	26 9:00AM– Physio + Balance (AR) 10:00AM– Physio + Balance (AR) 11:00AM– Falls Prevention (AR) 6:00PM– Movie and Snacks (LR) 6:30PM– Knitting Club (AR)	27 9:00AM– Seated Tai Chi (AR) 10:00AM– Falls Prevention (AR) 11:00AM– General Exercise (AR) 2:00PM– Golf Game (LR) 3:00PM– Throwing BINGO (AR) 7:00PM– Bible Study (NH) HAIR DAY	28 10:00AM– Hymn Sing (NH) 6:00PM– Movie Night (LR)
29	30 10:00AM– BINGO (AR) 11:00AM– Resident Management Meeting (AR) 2:00PM– Roman Catholic Communion (TR)	31 10:00AM– Carpet Bowling (LR) 11:00AM– Nail Care (TR) 1:00PM– Physio + Balance (AR) 2:00PM– Physio + Balance (AR) 3:00PM– Falls Prevention (AR)	LEGEND OT– OUTSIDE AR– ACTIVITY ROOM LR– LIVING ROOM NH– NURSING HOME TR– TOURING	WEEKLY PET VISITS Mondays with Eleanor & Scrappy 2:00PM	REFRESHMENTS SERVED DAILY. LOCATED IN MAIN LOUNGE ON THE ROUND TABLE!	Please note programs outside are dependant on weather. If a program is not possible to do outside, it will take place in the Activity Room.

May
2016



Tyndall Senior's
Retirement Home
Recreation Calendar