

May 2024

ELDERCARE VITALITY

PROGRAM CALENDAR



Program Announcements

- 1.If you are going to be absent from the day program, please call our head office to notify us at (780) 434 - 4747.
2. Please note, we will charge for all absences except for hospitalization and coronavirus.
3. Please inform us of any medication and contact information changes.



Celebrating May

Cinco de Mayo | May 5th

Brunch for Lunch Day | May 11th

Mother's Day | May 12th

World Baking Day | May 19th

Strawberries and Cream Day | May 21st

May Birthdays

Those born between May 1 – 20 are the star sign, Taurus. Taurus are earth signs who are artistic, relaxed, and dependable. Those born between May 21 – 31 are the star sign, Gemini. Geminis are air signs who are extroverted, youthful, and clever.

May Birth Stone: Emerald

May Flower: Lily

Vitality Daily Schedule

9:00am - 9:30am	Client Arrival
9:30am - 10:00am	Client Choice Activities
10:00am - 11:15am	Morning Activities
11:15am - 11:45pm	Fun & Fit (Exercise Program)
11:45pm - 12:15pm	Lunch
12:45pm - 2:30pm	Afternoon Activities
2:00pm - 2:30pm	Light Refreshment
2:30pm -3:00pm	Client Departure

Program Closures

We will be closed
Monday, May 20th for Victoria Day

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	30	10:00 Spanish Spelling Bee 10:45 Mexican Loteria 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bowling 2:00 Mexico! Music & Trivia	10:00 Pinata Making 10:45 Cinco de Mayo 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Sombrero Toss 2:00 Cinco word scramble	10:00 Derby Name or Phrase 10:45 Horse Race 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Horse Shoes 2:00 Kentucky Unscramble
10:00 Telephone Pictionary 10:45 Vinyl Record Reminisce 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cup Jenga 2:00 What's That Sound	10:00 Group Scrabble 10:45 Mother's Pictionary 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Mary Stinchcombe 2:00 Famous Mothers Quiz	10:00 Paper Bouquet 10:45 Human Body Quiz 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Shuffleboard 2:00 Mothers' Proverbs	10:00 Mother's Day Crossword 10:45 Taco in a bag 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Pinata Breaking 2:00 Mom Humor	10:00 To be a Mother... 10:45 Mother's Day Social 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Seated Soccer 2:00 Close- Up Objects
10:00 Beaded Windchimes 10:45 May Day Quiz 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Target Shootout 2:00 Finish The Song Titles	10:00 Wacky Wordies 10:45 Taco In a Bag 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Ladderball 2:00 Word Pyramids	10:00 Fictionary 10:45 BINGO 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Jeff Ramsey 2:00 Heads Up	10:00 Spring Jeopardy 10:45 SMART Acronym 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Mini Golf 2:00 Deal or No Deal	10:00 Riddle Me This 10:45 21 questions 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Hilltop Game 2:00 Anagrams
CLOSED VICTORIA DAY	10:00 Vinyl Record Reminisce 10:45 BINGO 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Frisbee Tic- Tac- Oh No 2:00 Giant Crossword	10:00 Board Games 10:45 Comedy Club 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Bowling 2:00 Remembering Comedians	10:00 Minute To Win It 10:45 Price Is Right 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cup Catch Challenge 2:00 Give Me 5...	10:00 National Africa Day 10:45 BINGO 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Wayne O 2:00 Africa A-Z
10:00 EPL Visit 10:45 BINGO 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Kent Norneby 2:00 Sorry I'm Late...	10:00 Origami Frogs 10:45 Asian Heritage Travel 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Paper Leap Frog 2:00 Asia Quiz	10:00 Picnic Budget 10:45 Apples to Apples 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Mini Golf 2:00 Can You C It?	10:00 Sorry I'm Late... 10:45 BINGO 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Charles Hunt 2:00 May Day Quiz	10:00 Floral Pens 10:45 Yardzee 11:45 Exercise 12:00 Lunch 12:45 Walk 1:00 Cornhole 2:00 Giant Crossword

*Please Note: Activities are subject to change dependent upon client preference and PF discretion.