

Dim/Sun	Lun/Mon	Mar/Tue	Merc/Wed	Jeu/Thu	Ven/Fri	Sam/Sat
PA-MAI 2025 May - IL PA / IL = Personne autonome/Independent Living SA / SH = Semi autonome/Supportive Housing SPV= Salle polyvalente 3e IL MPR= Multipurpose Room 3rd IL Craftroom = 4e / 4th IL (F) = en Français / in French		Joëlle Brémault Coordonnatrice de loisirs/Recreation Coordinator Tel. : 480-7139 e-mail : jbremault@despinscharities.ca		1 9h00 Messe / Mass La retraite se termine à 11h.	2 9h00 Messe / Mass	3 18h30 MOVIE NIGHT SPV / MPR
4 9h00 Messe / Mass 14h -16h Exposition du Saint Sacrement / Blessed Sacrament (Chapelle/Chapel) TOUS	5 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS SPV (F) 18h30 Bean Bag Toss 3rd floor—SPV/ MPR	6 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 13h30 BINGO Tous / All Main Dining	7 9h00 Messe / Mass 10h Chair YOGA with ROSE	8 9h00 Messe / Mass 10h15 MAGASINAGE Shopping	9 9h00 Messe / Mass 13h45 Mr. Plant "Celebrating Mothers" Dining / Tous/All	10 18h30 MOVIE NIGHT SPV / MPR
11 9h00 Messe / Mass Fête des mères Mothers' Day	12 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS SPV (F) 13h45 Sing-along with CAL Dining / Tous/All 18h30 Bean Bag Toss 3rd floor—SPV/ MPR	13 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 13h30 BINGO Tous / All Main Dining	14 9h00 Messe / Mass 10h Chair YOGA with ROSE (commencer à préparer les jardins si la température le permet)	15 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR	16 9h00 Messe / Mass 13h45 Rose's Students Recital Chapelle / Chapel // Tous/All	17 13h45 Enie Dyck in the Gazebo or dining
18 9h00 Messe / Mass LA SEMAINE DE LA TERRE EARTH WEEK	19 9h00 Messe / Mass Congé	20 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 13h30 BINGO Tous / All Main Dining	21 9h00 Messe / Mass 10h Chair YOGA with ROSE 14h Session (F) au 4e IL Équipements d'exercices 2:45 pm Session (Eng) Exercise Equipment on 4th	22 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 18h30 Célébration des anniversaires du mois BIRTHDAYS PARTY Salle à manger / Dining Tous/All Souper tôt / Early supper	23 9h00 Messe / Mass 14h Bricolage du printemps avec Micheline Spring Crafting Playshop	24 18h30 MOVIE NIGHT SPV / MPR
25 9h00 Messe / Mass	26 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS SPV (F) 18h30 Bean Bag Toss 3rd floor—SPV/ MPR	27 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 13h30 BINGO Tous / All Main Dining 19h Musique / Music Mark Lefebvre Patio/Salle à manger/Dining / Tous/All	28 9h00 Messe / Mass 10h Chair YOGA with ROSE	29 9h00 Messe / Mass 10h EXERCICES LÉGERS ASSIS / Light Seated Exercises SPV / MPR 13h45 Sortie/Outing Crème à glace / Ice cream	30 9h00 Messe / Mass	31 13h45 Enie Dyck in the Gazebo or dining PA / IL

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<p>CHAPELET / ROSARY À TOUS LES MARDIS</p> <p>18h30—19h ON TUESDAYS</p>	<p>SH-MAI 2025 May-SH</p> <p>PA / IL = Personne autonome/Independent Living SA / SH = Semi autonome/Supportive Housing SPV= Salle polyvalente 3e IL MPR= Multipurpose Room 3rd IL Craftroom = 4e / 4th IL (F) = en Français / in French</p>	<p>EXERCICES AU QUOTIDIEN A CHAQUE ETAGE (exception– le dimanche)</p> <p>DAILY AM EXERCISES ON EVERY FLOOR (exception-Sunday)</p>		<p>1 9h00 Messe / Mass</p> <p>13h45 1e & 2e floor Shuffleboard 4th IL 13h45 Theme BINGO SHs 3, 4</p> <p>18h30 STORY Time</p>	<p>2 9h00 Messe / Mass</p> <p>13h45 (F) « Nos chansons » avec Sr Jeannine (SPV)</p> <p>14h Sing-Along: Remaining residents (1 on 3/ 2 on 4)</p> <p>18h MOVIE NIGHT</p>	<p>3</p> <p>14h Thé et jasette / Tea Time Chat</p> <p>18h30 UNE BONNE RONDE DE CARTES / CARD GAMES</p>
<p>4 9h00 Messe / Mass</p> <p>14h -16h Exposition du Saint Sacrement / Blessed Sacrament (Chapelle/Chapel) TOUS</p>	<p>5 9h00 Messe / Mass</p> <p>13h45 Bean Bag Toss 3rd floor—SPV/ MPR</p> <p>Pm Massage des mains / Hand massages</p>	<p>6 9h00 Messe / Mass</p> <p>13h30 BINGO Tous / All Main Dining</p> <p>UN-À-UN // ONE-ON-ONES</p>	<p>7 9h00 Messe / Mass</p> <p>13h30 SALON de manucure Nail SALON (1 on 3; 4 on 2)</p> <p>Evening: Decorate for Mother's Day</p>	<p>8 9h00 Messe / Mass</p> <p>13h45 MPR Horse Races ALL SHs</p> <p>18h30 UNE BONNE RONDE DE CARTES / CARD GAMES</p>	<p>9 9h00 Messe / Mass</p> <p>13h45 Mr. Plant "Celebrating Mothers" Dining / Tous/All</p> <p>18h30 STORY Time</p>	<p>10</p> <p>14h Sing-Along</p> <p>18h MOVIE NIGHT</p>
<p>11 9h00 Messe / Mass</p> <p>Fête des mères</p>	<p>12 9h00 Messe / Mass</p> <p>13h45 Sing-along with CAL Dining / Tous/All</p> <p>Pm Massage des mains / Hand massages</p>	<p>13 9h00 Messe / Mass</p> <p>13h30 BINGO Tous / All Main Dining</p> <p>18h Boardgames</p>	<p>14 9h00 Messe / Mass</p> <p>13h45 Dice Games (dices are stored on 4th game storage closet) OR Beetle Dice Game (see hand-out)</p> <p>SH4—Tea Party with Suzanne R.</p> <p>18h RESIDENTS' CHOICE</p>	<p>15 9h00 Messe / Mass</p> <p>13h45 3 & 4 SHs 4th IL Shuffleboard 13h45 Theme BINGO (on each) SH1, SH2</p> <p>18h MOVIE NIGHT</p>	<p>16 9h00 Messe / Mass</p> <p>13h45 Word Games with Vera on SH-3 OR 13h45 Rose's Students Recital Chapelle / Chapel // Tous/All</p> <p>18h30 UNE BONNE RONDE DE CARTES / CARD GAMES</p>	<p>17</p> <p>13h45 Ernie Dyck in the Gaze- bo SHs 1, 2, 3, 4 (or dining if weather is cool)</p>
<p>18 9h00 Messe / Mass</p> <p>La nature nous appelle dehors davantage l'été alors on ira s'y promener souvent / The outdoors are calling and so out- side we will go as much as possible all through the Summer</p>	<p>19 9h00 Messe / Mass</p> <p>Outdoor Games West yard & / or Gazebo</p> <p>Congé</p> <p>18h RESIDENTS' CHOICE</p>	<p>20 9h00 Messe / Mass</p> <p>13h30 BINGO Tous / All Main Dining</p> <p>UN-À-UN // ONE-ON-ONES</p>	<p>21 9h00 Messe / Mass</p> <p>3h30 SALON de manucure Nail SALON (1 on 3; 4 on 2)</p> <p>18h30 STORY Time</p>	<p>22 9h00 Messe / Mass</p> <p>13h30 SH 1 Bricolage/ Crafting— Micheline</p> <p>13h45 MPR Horse Races SHs 2, 3, 4</p> <p>18h30 Célébration des anniversaires du mois BIRTHDAYS PARTY Salle à manger / Main Dining Tous/All</p>	<p>23 9h00 Messe / Mass</p> <p>13h45 Sortie/Outing Crème à glace / Ice cream</p> <p>18h MOVIE NIGHT</p>	<p>24</p> <p>14h Thé et jasette / Tea Time Chat</p> <p>18h30 UNE BONNE RONDE DE CARTES / CARD GAMES</p>
<p>25 9h00 Messe / Mass</p>	<p>26 9h00 Messe / Mass</p> <p>13h45 Bean Bag Toss 3rd floor—SPV/ MPR</p> <p>Pm Massage des mains / Hand massages</p>	<p>27 9h00 Messe / Mass</p> <p>13h30 BINGO Tous / All Main Dining</p> <p>19h Musique / Music Mark Lefebvre Salle à manger/Dining // Tous/All</p>	<p>28 9h00 Messe / Mass</p> <p>13h30 SH 2 Bricolage/ Crafting— Micheline</p> <p>13h45 Boardgames</p> <p>18h30 STORY Time</p>	<p>28 9h00 Messe / Mass</p> <p>13h45 Prep gardens... and Play— I SPY—Spring Colours, flowers, birds....</p> <p>18h30 UNE BONNE RONDE DE CARTES / CARD GAMES</p>	<p>30 9h00 Messe / Mass</p> <p>13h45 Word Games with Vera on SH-3</p> <p>PM Outdoor Games</p>	<p>31 9h00 Messe / Mass</p> <p>13h30 SH 3 Bricolage/ Crafting— Micheline 13h45 SHs 1, 2, 4 with Enie Dyck in the Gazebo or dining</p> <p>18h MOVIE NIGHT</p>

SA / SH