



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>"Sweet May hath come to love us. Flowers, trees, their blossoms don." ~ Heinrich Heine</p>		<p>1</p> <p>Breakfast Social SteadyFeet® PM Armchair Travel to United Kingdom Flower Arranging</p>
				<p>8</p> <p>Breakfast Social SteadyFeet® PM Cinco de Mayo Celebration Baking Filipino Rice Cakes (Puto)</p>
<p>4</p> <p>Breakfast Social SteadyFeet® PM Tea Party with the Happy Singing Group Card Making</p> 	<p>5</p> <p>Breakfast Social SteadyFeet® PM Rice Crispies Making Show Card Making</p>	<p>6</p> <p>Breakfast Social SteadyFeet® PM Providence Maitreya Temple Visit</p> 	<p>7</p> <p>Breakfast Social SteadyFeet® PM Baking Cookies Remarkable Stories</p>	<p>15</p> <p>Breakfast Social SteadyFeet® PM Table Bowling Spelling Bee</p>
<p>11</p> <p>Breakfast Social SteadyFeet® PM Foods That Make You Happy Spa Day</p>	<p>12</p> <p>Breakfast Social SteadyFeet® PM Afternoon Bingo Memory Game</p> 	<p>13</p> <p>Breakfast Social SteadyFeet® PM Armchair Travel to Vietnam Dominoes</p>	<p>14</p> <p>Breakfast Social SteadyFeet® PM Singing with Mac Foam Rose Making</p> 	<p>22</p> <p>Breakfast Social SteadyFeet® PM Juicing Show Word Association Game</p>
<p>18</p> <p>Statutory Holiday Victoria Day ADP Closed</p>	<p>19</p> <p>Breakfast Social SteadyFeet® PM Roll the Ball Relay Sensory Game</p>	<p>20</p> <p>Breakfast Social SteadyFeet® PM Hand Eye Fun Challenge Jenga</p>	<p>21</p> <p>Breakfast Social SteadyFeet® PM Mystery Bay Game Baking with Flores</p>	<p>29</p> <p>Breakfast Social SteadyFeet® PM Garden Bingo & Trivia Spa Day</p> 
<p>25</p> <p>Breakfast Social SteadyFeet® PM Afternoon Bingo Snakes & Ladders Board Game</p> 	<p>26</p> <p>Breakfast Social SteadyFeet® PM Matching Game Card Game</p>	<p>27</p> <p>Breakfast Social SteadyFeet® PM Reminiscing Time: Our Golden Years</p>	<p>28</p> <p>Breakfast Social SteadyFeet® PM Price is Right Sensory</p>	<p>29</p> <p>Breakfast Social SteadyFeet® PM Garden Bingo & Trivia Spa Day</p>



National Caregiver Month

May is a time to recognize the contributions of over 8 million caregivers across Canada. Many people do not identify as “caregivers”—they see themselves as family or friends simply helping someone they love. Yet your care plays a vital role in the well-being of our communities. While caregiving can be meaningful, it can also be tiring. Taking care of yourself is not a luxury—it is essential.

3 Quick Self-Care Tips for Caregivers

- **Take 10 minutes for yourself** – a short walk, tea break, or quiet moment can reset your energy
- **Stay connected** – talk to a friend, staff, or another caregiver; you are not alone
- **Be kind to yourself** – doing your best is enough



Caregiver Lunch Gathering

We warmly invite family members who are caring for their loved ones to join us for a monthly caregiver lunch. This is a time to relax, connect with others, share experiences, and feel supported.

Date: Every Thursday on the 3rd week of the month

Time: 12pm to 1:30pm

Your care is seen, valued, and appreciated.

Memorable Moments



One-Minute Challenge

Laughter and smiles filled the room as the seniors enjoyed the One-Minute Challenge together. Participants enthusiastically tested their hand-eye coordination and speed, creating a joyful and engaging atmosphere.



Blossoms of Creativity

Through handcrafted roses and heartfelt painting, our participants shared their creativity and personal stories. Each piece gently reflects their joy, treasured memories, and the quiet beauty of creating together.

WELCOME

Cheuk Hon

Edna

May Birthday Celebrants

5th – Dennis

10th – Medin

16th – Yue Woo

18th – Catherine C

Mark Your Calendar

ADP Closed
Statutory
Holidays

Monday, May 18th
Victoria Day