

PERKS & PLUSES THIS MONTH

MONDAYS: VON Exercise Program (sign up with Emily)

TUESDAYS: 9-1PM Mirror's Hair Salon (in the Hair Salon)

WEDNESDAYS: 9-1pm Mirror's Hair Salon (in the Hair Salon)

THURSDAYS: 9-1pm Mirror's Hair Salon (in the Hair salon)

FRIDAYS: VON Exercise Program (sign up with Emily)

Blood Pressure Clinic: Thursday, May 16th at 1:30pm

In Home Hearing on May 22nd: Please see someone in Reception to book an appointment .

In need of physio or footcare? Contact reception to make an appointment with Vitalis.

UPCOMING!

Mother's Day: Join us on Sunday, May 12th for a wonderful day of events, to help celebrate all Mother's here at Dorchester Terrace! Sign up at reception for a Mother's Day Pampering for Satin Hands with Mary Kay and enjoy the afternoon with some outstanding entertainment by John Moorhouse.

Book Club

The Dorchester Library supplies our monthly book bag and a monthly discussion is also arranged at the end of the month! (sign a book out at reception)

The Dirt Movers Garden Club *New

Do you love to Garden? Then meet us in the lobby starting Tuesday, May 7th at 10:30am to help us plan and plant in our garden area!

The Gentleman's Club

Come join us on May 21st at 2:30pm in The HUB Games Room on the second floor to play billiards while enjoying some refreshments!

Speak to our Recreation Manager to learn more!



Above: Sheila H and Agnes G showing off their Spring signs for their doors!

EVENTS CALENDAR | MAY



Above: Enjoying music by Kristen Renee at Zen'Za Pizzeria while waiting for our tasty gourmet pizza's and salad's!

Went H, Betty H, Jerry B, Agnes G, Barb C, Isabel M, Sheila D and Doris E!

The Playroom Experiment: Join us in the Healthy Habit Fitness Centre on Friday, May 3rd from 3:30-5:00pm. Hosted by the students from St. David's Elementary School; they will teach us how to play new board games!

Country Hoedown: Join us in our Courtyard on Tuesday, May 28th at 4:00pm for our Dorchester Terrace Country Hoedown and learn how to line dance!!

Ultimutts Dog Stunt Show : Join us on Thursday, May 9th at 2:30pm in our Courtyard! The Ultimutts are a group of internationally recognized four legged friends that preform in TV shows and movies. From acting skits to the stunt dog skateboarding course, jumping rope, handstands, driving mini cars, tightrope walking and backflips, this show is one that puts the spotlight on them!

HIGHLIGHTS

Wednesday, May 1st at 11:00am
Grand Theatre Tea Talk: Million Dollar Quartet

Sunday, May 5th at 2:00pm
Dorothy McCulloch's 100th Birthday Celebration: Belmont

Friday, May 6th at 1:00am
Shopping and a Treat at Heeman's

Wednesday, May 8th at 1:00pm
Lunch at Voula's and Broadway Musical at London Christian High : Beauty & The Beast

Monday, May 13th at 1:00pm
Shopping at Cherryhill Mall

Wednesday, May 15th at 11:45pm
Lunch and Shopping at Covent Garden Market

Friday, May 17th at 1:00pm
Country Drive

Monday, May 20th at 1:00pm
Shopping at Coyle's

Wednesday, May 22nd at 1:00pm
Mystery Drive

Wednesday, May 29th at 1:00pm
Shopping at Pickin' Through the Past

Friday, May 31st at 1:00pm
Shopping in Dorchester

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SOCIAL & RECREATIONAL ACTIVITIES - MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>If you are interested in being a Resident Ambassador please contact Chrissy!</p>	<p>“May, the month of sunshine, blooming flowers and endless possibilities!”</p>		<p>9:30 May Monthly Gazette & Coffee (BB) 1 11:00 Grand Theatre Tea Talk: Million Dollar Quartet (Lobby) SU 2:00 Entertainment with Dorchester Choristers (GT) 3:30 Bingo (HH) 7:00 Crokinole (HUB)</p>	<p>9:15 Catholic Communion (In Suite) 2 9:30 Exercise with Elaine (HH) 10:30 Fitminds (CC) 11:00 Wordle (MT) 1:30 Therapy Dpg Visit with Magic (Lobby) 2:30 Catch Us If You Can Walking Group (Lobby) 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 3 10:30 Wii Games: Bowling (HH) 1:30 Scattergories (DD) 2:30 Recreation Ideas Meeting (PR) 3:30 The Playroom Experiment (HH) 6:45 Blue Jays Game: Blue Jays VS. Nationals (MT)</p>	<p>10:00 Exercise Video (HH) 4 1:00 Therapy Dog Visits with Sasha (Lobby) 1:30 Milk Bag Making (CC) 3:30 Board Games (HUB) 4:05 Blue Jays VS Nationals (MT) 6:45 Movie Night: Two Weeks Notice (MT)</p>
<p>Cinco De Mayo Day! 5 9:30 Sunday Crosswords (Reception) 10:00 Church Service (MT) 10:30 Exercise Video (HH) 2-4 Dorothy McCulloch’s 100th Birthday Celebration: Belmont (Lobby) 3:30 Cinco De Mayo: Fiesta Fun (PR)</p>	<p>9:30 VON Exercise (HH) 6 10:35 25 Cent Bingo (HH) 1:00 Shopping and Treat at Heemans (Lobby) SU 3:30 Hymn Sing with Betty (MT) 7:00 Billiards & Darts (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 7 10:30 The Dirt Movers Garden Club (Lobby) 1:45 Twisted Lemon Social (PUB) 2:00 Entertainment with Jackie Grange (Lobby) 3:30 Outside Games: Corn Hole (CY) 6:40 Blue Jays Game: Blue Jays VS. Phillies (MT)</p>	<p>9:30 Relaxing Imagery & Music (MT) 8 11:00 Lunch at Voulas and Broadway Musical at London Christian High : Beauty & The Beast (Lobby) SU 2:30 Passport Pals: Spain (MT) 3:30 Bingo (HH) 7:00 Crokinole (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 9 10:30 Fitminds (CC) 11:00 Wordle (MT) 1:30 Therapy Dpg Visit with Magic (Lobby) 2:30 Ultimutts Dog Stunt Show (CY) 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 10 10:30 Wii Games: U Draw (HH) 1:30 Scattergories (DD) 2:30 Craft: Making Flowers Out of Pipe Cleaners & Tissue Paper (CC) 3:30 Treat Cart (Lobby) 6:45 Movie Night: Sully (MT)</p>	<p>10:00 Yoga with April Joy (HH) 11 10:30 Self-Led Meditation (MT) 1:00 Therapy Dog Visits with Sasha (Lobby) 2:00 Oxford School of Dance (GT) 3:07 Blue Jays Game: Blue Jays VS Twins (MT) 6:45 Movie Night: The Secret: Dare to Dream (MT)</p>
<p>Happy Mother’s Day! 12 9:30 Sunday Crosswords (Reception) 10:00 Church Service (MT) 10:30 Exercise Video (HH) 11:00 Mother’s Day Pampering: Satin Hands with Mary Kay (CC) 2:00 Entertainment with John Moorhouse (Lobby) 6:45 Movie Night: Mother of The Bride (MT)</p>	<p>9:30 VON Exercise (HH) 13 10:35 25 Cent Bingo (HH) 1:00 Shopping at Cherryhill Mall (Lobby) SU 3:30 Jokes, Stories & Smiles (PR) 7:00 Billiards & Darts (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 14 10:30 Tuesday Trivia (DD) 1:45 Twisted Lemon Social (PUB) 2:00 Entertainment with Mike Warren (Lobby) 3:30 Outside Games: Ladder Toss (CY) 6:35 Blue Jays Game: Blue Jays VS. Orioles (MT)</p>	<p>9:30 Relaxing Imagery & Music (MT) 15 10:30 Guest Speaker: Deaf & Blind Services Ontario with Karen (HH) 11:45 Lunch and Shopping at Covent Garden Market (Lobby) 2:30 Passport Pals: Greece (MT) 3:30 Bingo (HH) 7:00 Crokinole (HUB)</p>	<p>9:15 Catholic Communion (In Suite) 16 9:30 Exercise with Elaine (HH) 10:30 Fitminds (Reception) 11:00 Wacky wordies (Reception) 1:30 Therapy Dog Visit with Magic (Lobby) 2:30 Catch Us If You Can Walking Group (Lobby) 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 17 10:30 Wii Games: Bowling (HH) 1:00 Country Drive (Lobby) 1:30 Scattergories (DD) 3:30 Bring May Flowers Party (PR) 7:07 Blue Jays Game: Blue Jays VS. Rays (MT)</p>	<p>10:00 Exercise Video (HH) 18 1:00 Therapy Dog Visits with Sasha (Lobby) 1:30 Milk Bag Making (CC) 3:07 Blue Jays Game: Blue Jays VS. Rays (MT) 6:45 Movie Night: Top Gun: Maverick (MT)</p>
<p>9:30 Sunday Crosswords (Reception) 19 10:00 Church Service (MT) 10:30 Exercise Video (HH) 1:37 Blue Jays Game: Blue Jays VS. Rays (MT) 3:30 Bingo (HH) 6:30 Movie Night: Safe Heaven (MT)</p>	<p>9:30 VON Exercise (HH) 20 10:35 25 Cent Bingo (HH) 1:00 Shopping at Coyle’s (Lobby) 3:30 Jokes, Stories & Smiles (PR) 7:00 Billiards & Darts (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 21 10:30 The Dirt Movers Garden Club (Lobby) 1:30 Full Andre Rieu Concert :Live in Bahrain (MT) 2:30 Gentlemen’s Club: Billiards & Refreshments (HUB) 3:30 Outside Games: Mini Golf (CY) 7:00 Hymn Sing (HH)</p>	<p>9:30 Relaxing Imagery & Music (MT) 22 10:30 Town Hall Meeting (HH) 1:00 Mystery Drive (Lobby) 2:30 Passport Pals: Japan (MT) 3:30 Bingo (HH) 7:07 Blue Jays Game: Blue Jays VS. White Sox (MT)</p>	<p>9:30 Exercise with Elaine (HH) 23 10:30 Fitminds (CC) 11:00 Wordle (MT) 1:30 Therapy Dog Visit with Magic (Lobby) 1:30 In Good Company with Katie (PR) 3:00 Catholic Mass (GT) 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 24 10:30 Wii Games: Jeopardy (HH) 1:15 Euchre Tournament & Refreshments (DD) 3:30 Treat Cart (Lobby) 6:45 Movie Night: 80 For Brady (MT)</p>	<p>10:00 Yoga with April Joy (HH) 25 10:30 Self-Led Meditation (MT) 1:00 Therapy Dog Visits with Sasha (Lobby) 1:10 Blue Jays Game: VS. Tigers (MT) 1:30 Milk Bag Making (CC) 6:45 Movie Night: Red Notice (MT)</p>
<p>9:30 Sunday Crosswords (Reception) 26 10:00 Church Service (MT) 10:30 Exercise Video (HH) 1:40 Blue Jays Game: Blue Jays VS. Tigers (MT) 3:30 Brain Games (Reception) 6:30 Movie Night: Now You See Me 2 (MT)</p>	<p>9:30 VON Exercise (HH) 27 10:35 25 Cent Bingo (HH) 1:30 Canvas Painting with Christie (CC) 2:30 Open Painting & Colouring (Lobby) 7:00 Billiards & Darts (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 28 10:30 Tuesday Riddles (DD) 1:45 Twisted Lemon Social (PUB) 2:00 Birthday Party with Mocha Shine Band (Lobby) 4:00 Country Hoedown (CY) 7:40 Blue Jays Game: Blue Jays VS. White Sox (MT)</p>	<p>9:30 Relaxing Imagery & Music (MT) 29 10:30 Stretching & Games with Emily (HH) 1:00 Shopping at Pickin’ Through The Past (Lobby) 2:00 Explore Virtual Reality with Laura (PR) 3:30 Bingo (HH) 7:00 Crokinole (HUB)</p>	<p>9:30 Exercise with Elaine (HH) 30 10:30 Fitminds (CC) 11:00 Wordle (MT) 1:30 Therapy Dog Visit with Magic (Lobby) 2:30 Catch Us If You Can Walking Group (Lobby) 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 31 10:30 Wii Games: Bowling (HH) 1:00 Shopping in Dorchester (Lobby) SU 2:30 Craft: Painting Cocktail Glasses (CC) 3 3:30 Book Club Disssuion (PR) 4 7:07 Blue Jays Game: Blue Jays VS. Pirates (MT)</p>	

BB: Busy Bean Bistro

DD: Dealer’s Den Card Room

CC: Creative Corner

HUB: The Hub Games Room

PR: Rendezvous Party Room

PUB: Twisted Lemon Pub

HH: Healthy Habit Fitness Centre

GT: Garden Terrace Dining Room

MT: Century Hall Movie Theatre

CY: Courtyard

TBA: To Be Announced

Events in Purple: Sign Up