

# MAY

## EVENTS CALENDAR | MAY 2022

# HIGHLIGHTS

### Welcome May 2022

Spring has Sprung and we couldn't be more excited for MAY! Some programs to highlight are: Speaker Series with Anne Cameron, and Fire Safety, Nuts for Nutrition w/ Sierra, Card Makers Club, Newsletter Committee, Tuesday Trivia, Book Club, Bus Excursions, and more!

**Resident Volunteer Opportunities:** April, we celebrate all the wonderful volunteers in our community. What skill and or gifts can you share with our community? Please speak with Recreation if you are interested in volunteering.

Men's Club Projects, Plant keeper in the Demo Kitchen, Program Assistants, Community Support Club, Friendly Helper, Recreation Planning Committee, Theme Day decor/decorate, Card Club, Shuffleboard League, Bingo Club, Fit Club, Social Club, ETC.

**May Calendar Highlights:**  
**Monday May 2nd at 10:15am**  
**Speaker Series: Anne Cameron: Teacher's Salary Project of Canadian Women for Women in Afghanistan (CH)**

**Wednesday's at 1:30 in the Demo Kitchen**  
**Brain Connect: Weekly Technology Education Sessions**

Join Emily Singh to explore and learn about how technology can benefit you and enhance your lifestyle. There will be different sessions each week.

**The Westhill Community Garden Club:** If you love to Garden then this project is perfect for you. Sign up for your own, on site accessible garden plot. Plan, plant, water and maintain a mini garden in one of our raised planters. Speak with Jessica in Recreation for more details.



## LIVING WELL PERKS & PLUSES MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Textures Hair Salon (T) Physio (PT) By Appointment	3 Store to Door Order Due Audiology (Appointment)	4 Physio (PT) By Appointment	5 Textures Hair Salon (T)	6 Foot Care (Appointment) Blood Work (Apt \$) Store to Door Delivery
9 Textures Hair Salon (T) Physio (PT) By Appointment	10 Store to Door Order Due	11 Physio (PT) By Appointment	12 Textures Hair Salon (T)	13 Blood Work (Apt \$) Foot Care (Appointment) Store to Door Delivery
16 Textures Hair Salon (T) Physio (PT) By Appointment	17 Store to Door Order Due	18 Physio (PT) By Appointment	19 Textures Hair Salon (T)	20 Blood Work (Apt \$) Store to Door Delivery
23 Victoria Day Textures Hair Salon (T)	24 Store to Door Order Due	25 Physio (PT) By Appointment	26 Textures Hair Salon (T)	27 Blood Work (Apt \$) Store to Door Delivery
30 Textures Hair Salon (T) Physio (PT) By Appointment	31 Store to Door Order Due Audiology (Appointment)			

Monday, May 2  
**Speaker Series: Anne Cameron**  
 Tuesday, May 3  
**Newsletter Committee**  
 Wednesday, May 4  
**Brain Connect: Technology Class**  
 Thursday, May 5  
**Theme Day: Cinco De Mayo**  
 Saturday, May 7  
**Horse Race Saturday Special**  
 Monday, May 9  
**Recreation Planning Meeting**  
 Wednesday, May 11  
**Speaker Series: Fire Safety**  
 Thursday, May 12  
**Scrub In, Its Nurses Day**  
 Friday, May 13  
**Birthday Luncheon**  
 Thursday, May 19  
**National Caesar Day**  
 Friday, May 20  
**Book Club**  
 Saturday, May 21  
**Virtual Walk in the Woods w/ Audra**  
 Thursday, May 26  
**Nuts for Nutrition w/ Sierra**  
 Thursday, May 26  
**The Westhill Karaoke & Wine Bar**  
 Friday, May 27  
**Pickwick's Pub w/ Martin Wall**  
 Saturday, May 28  
**50's Milkshake Sizzler & Patio Tunes**  
**Cocktail Hour**  
 Mondays at 3:30  
**Trivia Tuesdays**  
 Tuesdays at 3:30  
**Aquafit @ Waterloo Swimplex**  
 Thursdays at 1:45

# SOCIAL & RECREATIONAL ACTIVITIES - MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
(AD) Weekly Hallway Walking Challenge 10:00 Brain Game Pick-up at Reception 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB,)	1 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:15 Speaker Series: Anne Cameron: Canadian Women for Women in Afghanistan (CH) 2:00 Horse Races (PP) 3:30 Cocktail Hour (PP) 5:00 Dinner Club: Halibut House Fish & Chips (SU) 6:45 Euchre Club (DK)	2 9:30 Excursion: Stanley Park Mall TD Bank and LCBO (SU) 10:15 Westhill FIT Strength (FC) 10:30 Newsletter Committee (DK) 10:30 Workshop Drop In (MS) 1:15 Excursion: Waterloo Public Library (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:30 Trivia Tuesday (PP) 6:45 Card Club (DK)	3 Star Wars Day—May the 4th Be With You! 9:30 SMART Exercises (FC) 10:30 Cranium Crunches (PP) 11:45 Lunch Club: Homestyle Diner (SU) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Active Game: Mini Putt Golf (PP) 2:00-3:00 Marketplace (PP) 3:00 News & Views (CH) 6:45 Shuffleboard League Schedule Posted (PP)	4 Cinco de Mayo! - Dress in your fiesta attire 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Balance (FC) 10:00 Nuts for Nutrition w/ Sierra (DK) 10:30 One on Ones w/ Kaitlin 1:45 Aquafit @ Waterloo Swimplex (SU) 2:00 Solo Card Club (UB) 2:00 Cinco de Mayo Cocktail Hour (PP) 3:30 Wii Bowling (CH) 4:45 A Taste of Mexico Dinner (TE) 4:00 Pet Therapy Visits w/ Koda (SU) 6:30 Toonie Bingo (DK)	5 Library Book Bag Delivery day! 9:30 SMART Exercises (FC) 10:00 Walking Group w/ Recreation (GB) 10:00 Catholic Mass (CH) 10:30 Handy Man Corner (BL) 10:30 Get Crafty w/ Kaitlin: Bubble Painting Hydrangeas (DK) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick's Pub with Michael Kelly (PP)	6 Kentucky Derby Day—Dress in your show best 9:30 Seated Yoga w/ Audra (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard League—Schedule Posted (PP) 10:30 Morning Manicures (DK) 2:00 Solo Card Club (UB) 2:00 Cinema Experience: Secretariat (CH) 2:30 Horse Races Saturday Special (PP) 6:45 Card Night Drop In (All Welcome) (DK)
Mother's Day (AD) Weekly Hallway Walking Challenge 10:00 Brain Game Pick-up at Reception 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB,)	8 Stripes Day—Wear Stripes 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:30 Recreation Planning Meeting (CH) 2:00 Horse Races (PP) 3:30 Cocktail Hour (PP) 6:45 Euchre Club (DK)	9 9:30 Excursion: Rise & Shine Country Drive & Picard's Peanuts (SU) 10:15 Westhill FIT Strength (FC) 10:30 Newsletter Committee (DK) 10:30 Workshop Drop In (MS) 1:30 Excursion: Victoria Park Visit (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:30 Trivia Tuesday (PP) 6:45 Card Club (DK)	10 9:30 SMART Exercises (FC) 10:30 Speaker Series: Fire Safety Presentation (CH) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Active Game: Ladder Ball (PP) 2:30 Excursion: Zehrs (SU) 2:00-3:00 Marketplace (PP) 2:30 Anglican Church Service (CH) 3:30 Pickwick's Pub (PP) 6:45 Shuffleboard League Schedule Posted (PP)	11 Scrub in, it's Nurses Day! Wear your scrubs or Blue and White 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Barre (FC) 10:00 Nuts for Nutrition w/ Sierra (DK) 10:30 One on Ones w/ Audra 12:00 Nurses Appreciation Luncheon (DK) 1:45 Aquafit @ Waterloo Swimplex (SU) 2:00 Solo Card Club (UB) 2:00 The Westhill Community Garden Club Meeting (SU) (DK) 3:30 Wii Bowling (CH) 4:00 Pet Therapy Visits w/ Koda (SU) 6:45 Horse Races (PP)	12 9:30 SMART Exercises (FC) 10:00 Walking Group w/ Recreation (GB) 10:30 Handy Man Corner (BL) 10:30 Mothers & Others Celebration Tea (DK) 10:30 Presbyterian Church Service (CH) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick's Pub (PP) 6:45 Euchre Club (UB)	13 World Migratory Bird Day 9:30 Mindful Chair Yoga w/ Kaitlin (FC) 10:00 Cribbage (UB) 10:30 Morning Manicures (DK) 10:30 Shuffleboard League—Schedule Posted (PP) 2:00 Solo Card Club (UB) 2:00 Cinema Experience: Fly Away Home (CH) 2:30 Bird Watch Social (GB) 6:45 Card Night Drop In (All Welcome) (DK)
(AD) Weekly Hallway Walking Challenge 10:00 Brain Game Pick-up at Reception 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:30 Snooker Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB)	15 National Mimosa Day—Wear Orange 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 10:30 Culinary Meeting (CH) 2:00 Horse Races (PP) 3:30 Cocktail Hour (PP) 6:45 Euchre Club (DK)	16 9:00-12:00 Boardwalk Loop (SU) 10:15 Westhill FIT Strength (FC) 10:30 Newsletter Committee (DK) 10:30 Workshop Drop In (MS) 1:15 Excursion: Colour Paradise Greenhouses (SU) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:30 Trivia Tuesday (PP) 6:45 Card Club (DK)	17 National Museum Day 9:30 SMART Exercises (FC) 10:30 Cranium Crunches (DK) 11:00-3:00 Vendor: EZ Fit Shoes (PP) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Active Game: Bean Bag Toss (PP) 2:00-3:00 Marketplace (PP) 3:00 News & Views (BL) 6:45 Shuffleboard League Schedule Posted (PP)	18 Caesar Day—Wear Red 9:30 Excursion: Rise & Shine Country Drive Mennonite Greenhouse (SU) 9:30 Westhill FIT Balance (FC) 10:00 Nuts for Nutrition w/ Sierra (DK) 10:30 One on Ones w/ Kaitlin 1:45 Aquafit @ Waterloo Swimplex (SU) 2:00 Solo Card Club (UB) 2:00 Speaker Series: Laughter 101, Laughter is the Best Medicine (CH) 2:30 Westhill Caesar Bar (GB) 3:30 Wii Bowling (CH) 4:00 Pet Therapy Visits w/ Koda (SU) 6:30 Toonie Bingo (DK)	19 9:30 SMART Exercises (FC) 10:00 Walking Group w/ Recreation (GB) 10:30 Book Club (BL) 10:30 Handy Man Corner (DK) 11:45 Birthday Luncheon (Invite) (DK) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick's Pub (PP) 6:45 Euchre Club (UB)	20 9:30 Seated Yoga w/ Audra (FC) 10:00 Cribbage (UB) 10:30 Shuffleboard League—Schedule Posted (PP) 10:30 Morning Manicures (DK) 2:00 Solo Card Club (UB) 2:00 Cinema Experience: Parent Trap (CH) 2:30 A Virtual Walk in the Woods w/ Audra (PP) 6:45 Card Night Drop In (All Welcome) (DK)
(AD) Weekly Hallway Walking Challenge 10:00 Brain Game Pick-up at Reception 10:30 Bakers Club (DK) 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB)	22 Victoria Day 9:30 Westhill FIT Aerobics (FC) 10:30 Brain Games PU (Reception) 2:00 Horse Races (PP) 3:30 Cocktail Hour (PP) 6:45 Euchre Club (DK)	23 10:00 Excursion: Bank & LCBO (SU) 10:15 Westhill FIT Strength (FC) 10:30 Newsletter Committee (DK) 10:30 Workshop Drop In (MS) 1:30 Excursion: Waterloo Park Visit 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:30 Trivia Tuesday (PP) 6:45 Card Club (DK)	24 Wear Lilac Day 9:30 SMART Exercises (FC) 10:30 Cranium Crunches (DK) 10:30 Parkinson's Support Group (CH) 11:00-3:00 Vendor: Mobile Senior Shop (PP) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Active Game: Ladder Ball (PP) 2:00-3:00 Marketplace (PP) 3:00 Excursion: Food Basics (SU) 3:00 News & Views (CH) 5:00 Dinner Club: Old Heidelberg Restaurant (SU)	25 National Wine Day 9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Barre (FC) 10:00 Nuts for Nutrition w/ Sierra (DK) 10:30 One on Ones w/ Audra 1:45 Aquafit @ Waterloo Swimplex (SU) 2:00 Solo Card Club (UB) 3:00 The Westhill Karaoke and Wine Bar (PP) 3:30 Wii Bowling (CH) 6:45 Horse Races (PP)	26 9:30 SMART Exercises (FC) 10:00 Walking Group w/ Recreation (GB) 10:30 Ladies Social Club (DK) 10:30 Handy Man Corner (BL) 11:45 Newcomers Luncheon (Invite) 2:00 Bocce Ball (FC) 3:00 Drop In Art Station (BL) 3:30 Pickwick's Pub with Martin Wall (PP) 6:45 Euchre Club (UB)	27 9:30 Mindful Chair Yoga w/ Kaitlin 10:00 Cribbage (UB) 10:30 Shuffleboard League—Schedule Posted (PP) 2:00 Solo Card Club (UB) 2:00 Cinema Experience: The Founder (CH) 2:30 50's Milkshake Sizzler and Patio Tunes (WC)(GB) 6:45 Card Night Drop In (All Welcome) (DK)
(AD) Weekly Hallway Walking Challenge 10:00 Brain Game Pick-up at Reception 2:00 Homemade Card Makers Club (BL) 2:00-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL) 2:00-4:00 Meet a friend for Coffee or Tea (FL, WC, UB,)	29 9:30 Westhill FIT Aerobics (FC) 9:30 Excursion: Elora Casino (SU) 10:30 Brain Games PU (Reception) 10:30 Town Hall Meeting (CH) 2:00 Horse Races (PP) 3:30 Cocktail Hour (PP) 6:45 Euchre Club (DK)	30 9:30 Excursion: MCC New Hamburg Thrift Store (SU) 10:15 Westhill FIT Strength (FC) 10:30 Newsletter Committee (DK) 10:30 Workshop Drop In (MS) 1:30 Toonie Bingo (DK) 2:00 Solo Card Club (UB) 3:30 Trivia Tuesday (PP) 6:45 Card Club (DK)				"Gifts from Nature"

BL: Breakers Lounge  
PP: Pickwick's Pub  
UB: Upper Balcony

CH: Century Hall  
WC: Westhill Cafe  
AD: All Day

DK: Demo Kitchen  
GB: Gazebo  
MS: Men's Shed Workshop

FC: The Fit Club Fitness Centre  
RC: Rosecourt  
Events in Purple: Sign Up

FL: Fireplace Lounge  
PT: Physiotherapy Room  
Events in Red

TE: The Empress Dining Room  
SU: Sign-up at Reception  
NS: Nursing Station