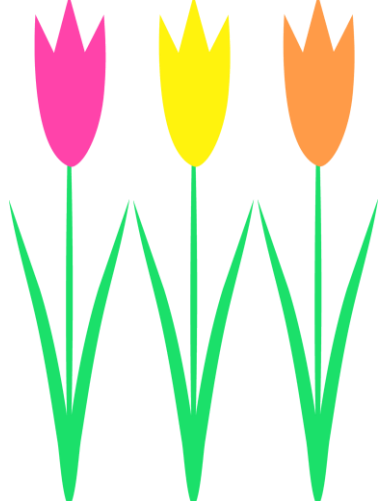



Sunday Giizhgaad	Monday Ntam Giizhgaad	Tuesday Niizhoo Giizhaad	Wednesday Nswi Giizhgaad	Thursday Niiwo Giizhgaad	Friday Naano Giizhgaad	Saturday Ngodwasso Giizhgaad	
<p>May 2021</p>  <p>SOUTHAMPTON Care Centre</p>		<p>Flower Moon Waawaaskone Giizis</p> <p>The fifth moon of creation is Flower Moon, where all plants display their Spirit sides for all the word to see. This life giving energy is one of the most powerful healing medicines on Mother Earth. During this moon we are encouraged to explore our Spiritual essences</p> <p>Join us as we Learn some Celebrate Indigenous Culture Nature Games and Activities</p> <p>May 3 - 8 Celebrate Nurses Week</p>			<p>We must follow Public Health and provincial guidelines so we may have to cancel group activities on a short notice -group activities are limited to 5 people at a time at this time</p> 		<p>1 Mallory W/E</p> <p>10:15 Exercise classes Planting pansies in the courtyard 2 pm Saturday Games 3:30 Active Games Evening Dementiability Activity</p>
<p>2 Mallory W/E</p> <p>10 am online church service 2 pm Tabletop games & puzzles Courtyard walks Dementiability Activity</p>	<p>3</p> <p>Chaplain visits 10:15 Art to Music 11 Exercise Class 2 pm REC- Bingo 4 pm Travelogue Tours-</p>	<p>4 Am Manicures 11 am Price is Right 2 Exercise Class 2:45 Crockinole Club Courtyard Walks 3:30 Comedy Movie Evening Dementiability Activity</p>	<p>5 Aquarium checks 10:15 Hymn Sing 11 am Exercise 11 am Price is Right 1:30 Dementiability Tidy 4 pm Readers Group Evening Dementiability Activity</p>	<p>6 Chaplain Visits 10:15 Art to Music 11 PT Exercise 11 TV Price is Right 1:30 Street Party - Trolley 4 REC-TV NG Animal club Dementiability Activity</p>	<p>7</p> <p>10:15 Big Balloon Games 11 am Exercise class Lunch Piper Steve 2 Guitar with Pauline 4 Carol Burnett show Evening Dementiability Activity</p>	<p>8 Pauline W/E</p> <p>10:15 Exercise classes Bean Bag Hoopla 2 pm Saturday Games 3:30 Active Games Evening Dementiability Activity</p>	
<p>9 Pauline W/E Happy Easter 10 am online church service 11 Active Game Facetime/Skype 2 Tabletop games & Puzzles 3:30 Movie Classic Dementiability Activity</p>	<p>10</p> <p>OT visits Chaplain visits 10:15 Art to Music 11 Exercise Class 2 pm REC- Bingo 3 pm Covid & Current Events 4 pm Travelogue Tours-</p>	<p>11</p> <p>Am Manicures 11 am Price is Right 2 Exercise Class 2:45 Crockinole Club Courtyard Walks 3:30 Comedy Movie Evening Dementiability Activity</p>	<p>12</p> <p>Aquarium checks 10:15 Hymn Sing 11 am Exercise 11 am Price is Right 1:30 Dementiability Tidy 4 pm Readers Group Evening Dementiability Activity</p>	<p>13 Chaplain visits 10:15 Art to Music 11 group exercise 11 TV Price is Right 1:30 Food Committee 2 pm Resident Council Meeting 4 pm REC- TV- NG Animal Club Evening Dementiability Activity</p>	<p>14</p> <p>10:15 Hoopla 11 am Exercise 11 am Price is Right Lunch Piper Steve 2 Guitar with Pauline 3:30 Comedy Movie</p>	<p>15 W/E</p> <p>Courtyard visits 2 pm Vintage Records Social Dementiability Activity</p>	

Welcome Spring We have 3 outdoor areas for your enjoyment.

1) Courtyard Garden 2) Raised Garden area off small dining room 3) Trellis Garden Area at end of Team 1 hallw

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Giizhgaad	Ntam Giizhgaad	Niizhoo Giizhaad	Nswi Giizhgaad	Niwo Giizhgaad	Naano Giizhgaad	Ngodwasso Giizhgaad
<p>16</p> <p>10 am online church service</p> <p>Courtyard visits</p> <p>Dementiability Activity</p>	<p>17</p> <p>OT visits</p> <p>Chaplain visits</p> <p>10 :15 Art to Music-</p> <p>11 PT Exercise</p> <p>2 pm - REC Bingo</p> <p>3 pm PT Exercise</p> <p>4 pm Travelogue</p> <p>Dementiability Activity</p>	<p>18</p> <p>Am Manicures</p> <p>11 am Price is Right</p> <p>2 Exercise Class</p> <p>2:45 Crockinole Club</p> <p>Courtyard Walks</p> <p>3:30 Comedy Movie</p> <p>Evening</p> <p>Dementiability Activity</p>	<p>19 Celebrate Indigenous Culture</p> <p>Aquarium Checks</p> <p>10:15 Hymn Sing</p> <p>11 Price is Right</p> <p>11 PT Exercise</p> <p>1:30 Crafty Hands</p> <p>Sucker Moon Activities</p> <p>4 pm Readers Group</p> <p>Dementiability Activity</p>	<p>20 Chaplain visits</p> <p>10:15 Art to Music</p> <p>11 PT Exercise</p> <p>11 TV Price is Right</p> <p>2 pm Spa afternoon : handsoaks & footsoaks</p> <p>4 REC-TV NG</p> <p>Animal club</p> <p>Evening Dementiability Activity</p>	<p>21</p> <p>10:15 Big Balloon</p> <p>11 am PT Exercise</p> <p>11 Price is Right</p> <p>2 pm Guitar with Pauline</p> <p>3:30 Comedy Movie</p> <p>Dementiability Activity</p>	<p>22 Pauline W/E</p> <p>10:15 Exercise classes</p> <p>Bean Bag Hoopla</p> <p>2 pm Happiness Art</p> <p>3:30 Active Games</p> <p>Dementiability Activity</p>
<p>23 Pauline W/E</p> <p>10 am online church service</p> <p>11 Active Game</p> <p>2 Tabletop games & Puzzles</p> <p>3:30 Movie Classic</p> <p>Dementiability Activity</p>	<p>24</p> <p>Chaplain visits</p> <p>10:15 Art to Music</p> <p>11 PT Exercise</p> <p>2 pm Bingo</p> <p>3 pm Covid & Current Events</p> <p>4 pm Travelogue Tours</p>	<p>25</p> <p>Am Manicures</p> <p>11 am Price is Right</p> <p>2 Exercise Class</p> <p>2:45 Crockinole Club</p> <p>Courtyard Walks</p> <p>3:30 Comedy Movie</p> <p>Evening</p> <p>Dementiability Activity</p>	<p>26</p> <p>Aquarium Checks</p> <p>10:15 Hymn Sing</p> <p>11 PT Exercise</p> <p>1:30 Afternoon in the Courtyard</p> <p>4 pm Readers Group</p> <p>Dementiability Activity</p>	<p>27</p> <p>Chaplain visits</p> <p>10:15 Art to Music</p> <p>11 PT Exercise</p> <p>11 TV Price is Right</p> <p>1:30 REC Quilters</p> <p>Make a Baby Tie Quilt</p> <p>4 pm Readers Group</p> <p>Dementiability Activity</p>	<p>28</p> <p>10:15 Big Balloon</p> <p>11 am PT Exercise</p> <p>11 Price is Right</p> <p>2 pm Guitar with Pauline</p> <p>3:30 Comedy Movie</p> <p>Dementiability Activity</p>	<p>29</p> <p>Courtyard visits</p> <p>2 pm Vintage Records Social</p> <p>Dementiability Activity</p>
<p>30</p> <p>10 am online church service</p> <p>Courtyard visits</p> <p>Dementiability Activity</p>	<p>31 OT visits</p> <p>Chaplain visits</p> <p>10:15 Art to Music-</p> <p>2 pm - REC Bingo</p> <p>3 pm PT Exercise</p> <p>4 pm Travelogue</p> <p>Dementiability Activity</p>		<p>BE A COVID CRUSHER</p> <p>Please practice physical distancing</p> <p>Keep 6 feet or 2 metres apart and do not huddle in groups</p> <p>Wash your hands</p> <p>Wear your mask</p> <p>If you are feeling unwell please advise the nurse and stay in your room</p>		<p>We must follow Public Health and provincial guidelines so we may have to cancel group activities on a short notice - group activities are limited to 5 people at a time at this time</p>	<p>May 2021</p>  <p>SOUTHAMPTON Care Centre</p>

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