



INSPIRED SENIOR LIVING

May 2026



INSPIRED SENIOR LIVING WITH

Carp Commons Retirement Village

Sunday



Cinco De Mayo

10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) **3**

10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)

10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)

10:30 Non- Denominational TV Church Service and Hymn Sing (T)

1:00 Afternoon Movie Matinee (T)

2:00 Resident Run: Rummikub in the Bar! (PB)

3:00 Piano Music with Ilene (MP)

7:00 Sunday Classic Movie: Casablanca (1942) (T)

Monday

10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 4

10:30 **Strength & Endurance Exercise Class with Steve (CK)**

11:00 Canadian Canuckle & Wordle (T)

1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)

2:00 * B-I-N-G-O! * (PB)

2:45 Hand and Foot Card Game (CK)

3:00 Happy Hour on the Life Enrichment Team (PB)

4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)

6:30 Resident Run: Games Night: Quiddler Game Night (CK)

7:00 Documentary Movie Night: The Last Days (1998) (T)

Tuesday

Bird Day!

Cinco De Mayo! (PB) 5

9:30 **Outing: Walmart Shopping, Fernbank\$ (RSVP)**

10:00 Carp Commons Men's Group! (B)

10:30 **Gentle Exercise Class (Low Impact) (CK)**

11:00 **Vendor: Maggie's Designs (GF)**

11:00 Name the Bird and Trivia (T)

1:30 Resident Run: Bridge (PB)

2:00 **Making or Painting Bird Houses/Bird Feeders! (ACW)**

3:00 **National Bird Day Visit: Parrot Partner Canada Visit- The premiere parrot rehabilitation, training, and adoption centre – educating the public on the nature and needs of parrots (CK)**

3:45 Zumba Exercise Class (CK)

4:00 Resident Run: Go 4 Life Walking Club (LO)

4:00 **Before Dinner Apps: Chips, Salsa and Guac with Corona and Margaritas! (PB)**

6:30 Learn to Play Pool with Locks (PB)

7:00 Documentary Movie Night: Dancing with the Birds (T)

Wednesday

Hair Salon with Kelly\$ (SS) 6

9:45 The most talked about DAILY New York Times Wordle Game (T)

10:00 Resident Run: Go 4 Life Walking Club (LO)

10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats for The Ottawa Hospital (PB)

10:30 The Flour Power Baking Club (CK)

2:00 **Drumfit Exercise Class! (T)**

3:00 Live Entertainment with Jumpin Jimmy! (CK)

4:00 Half Price Happy Hour Social: Signature Drink - Rhubarb Sour (PB)

6:30 Resident Run: 6 Hand Euchre (CK)

7:00 Movie Night: Your Pick! (T)

Thursday

10:00 Anglican Church Service with Rector Bob Albert (In-person) with support dog Chloe (T) **7**

10:00 **Outing: Lunch and Shopping in Merrickville (RSVP)**

10:30 **Strength & Endurance Exercise Class with Steve (CK)**

10:30 **Exercise Class (Assisted Living) (2AR)**

11:00 That's "MAN"-iacal! Guess the Secret Word (T)

2:00 *Fitminds Stay Sharp Brain Health* (ACW)

3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)

3:00 Stuart Mclean, host of CBC Radio Vinyl Cafe Program in the Theatre (T)

3:30 **Spring Performance: Residents Singing Group (CK)**

4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)

6:30 Resident Run Game Night: Wizard (CK)

7:00 Comedy Movie Night: Postcards from the Edge (1990) (T)

Friday

10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 8

10:30 Chair Yoga with Penny (CK)

10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)

2:00 Euchre Fridays! (PB)

2:00 **Presentation: Mother's Day Inspired Artfull Talks (T)**

3:00 Wine and Cheese Social (PB)

7:00 Friday Night You Pick Movie Night! (T)

Saturday

9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) **9**

9:30 The most talked about DAILY New York Times Wordle Game (T)

10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)

10:00 Resident Run: Go 4 Life Walking Club (LO)

10:30 **Weekend Virtual Exercise (T)**

1:30 Resident Run Bridge (T)

2:30 Musical Bingo (PB)

6:30 Resident Run: Five Crowns Card Game (PB)

7:00 Award Winning Movie Night: The Social Network (2010) (T)

Calendar Legend

- Outing**
- Special Program**
- Vendor**
- Living, Loving, Local**
- Signature Program**
- Highlight**

Happy Mother's Day! 10

10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL)

10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)

10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)

10:30 Non- Denominational TV Church Service and Hymn Sing (T)

1:00 Afternoon Movie Matinee (T)

2:00 Resident Run: Rummikub in the Bar! (PB)

3:00 Mother's Day Mimosas and Treats with Classical & Contemporary Piano Music with Ilene (T)

7:00 Mother's Day Movie: Anywhere But Here (1999) (T)

10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 11

10:30 **Strength & Endurance Exercise Class with Steve (CK)**

11:00 Canadian Canuckle & Wordle (T)

1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)

2:00 * B-I-N-G-O! * (PB)

2:45 Hand and Foot Card Game (CK)

3:00 Happy Hour on the Life Enrichment Team (PB)

4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)

6:30 Resident Run: Games Night: Quiddler Game Night (CK)

7:00 Drama Movie Night: The Two Popes (2019) (T)

National Apple Pie Day! 12

9:30 **Outing: Carlingwood Mall Shopping\$ (RSVP)**

10:00 Carp Commons Men's Group! (B)

10:30 **Gentle Exercise Class (Low Impact) (CK)**

11:15 **Strength & Stretch (Assisted Living) (2AR)**

1:30 Resident Run: Bridge (PB)

2:00 Manicure and Hand Massages (Sign up with Life Enrichment) (SS)

2:00 **Art Workshop: Floral Series: Field of Daisies Painting (ACW)**

3:00 **Apple Pie Social with Apple Cider Mocktails and Cocktails (PB)**

3:45 Zumba Exercise Class (CK)

4:00 Resident Run: Go 4 Life Walking Club (LO)

6:30 Learn to Play Pool with Locks (PB)

7:00 Action Movie Night: Never Say Never Again (1983) (T)

Hair Salon with Kelly\$ (SS) 13

9:45 The most talked about DAILY New York Times Wordle Game (T)

10:00 Resident Run: Go 4 Life Walking Club (LO)

10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats for The Ottawa Hospital (PB)

10:30 The Flour Power Baking Club (CK)

2:00 **Drumfit Exercise Class! (T)**

3:00 Live Entertainment with Peter Foret! (CK)

4:00 Half Price Happy Hour Social: Signature Drink - Rhubarb Sour (PB)

6:30 Resident Run: 6 Hand Euchre (CK)

7:00 Movie Night: Your Pick! (T)

9:30 **Outing: Walmart Shopping, Fernbank\$ (RSVP) 14**

10:30 **Strength & Endurance Exercise Class with Steve (CK)**

10:30 **Exercise Class (Assisted Living) (2AR)**

11:00 Picture Puzzler: TV Shows (T)

2:00 **In-Person Guest Speaker: Alex from Carleton Place Pharmacy Topic: Accidental drug discovery (T)**

3:00 **Quarterly Town Hall Meeting with Darren and Managers (CK)**

3:45 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)

4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)

6:30 Resident Run Game Night: Wizard (CK)

7:00 Romance Movie Night: William Shakespeare's Romeo + Juliet (1996) (T)

10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 15

10:30 Chair Yoga with Penny (CK)

10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)

2:30 **Lianne Harris History Presentation: The Story of London (In Honor of Victoria Day Holiday) (T)**

3:00 Wine and Cheese Social (PB)

3:00 Euchre Fridays! (PB)

7:00 Friday Night You Pick Movie Night! (T)

9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) **16**

9:30 The most talked about DAILY New York Times Wordle Game (T)

10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)

10:00 Resident Run: Go 4 Life Walking Club (LO)

10:30 **Weekend Virtual Exercise (T)**

1:30 Resident Run Bridge (T)

2:30 Musical Bingo (PB)

6:30 Resident Run: Five Crowns Card Game (PB)

7:00 Award Winning Movie Night: No Time to Die (2021) (T)



INSPIRED SENIOR LIVING

May 2026



INSPIRED SENIOR LIVING WITH

Carp Commons Retirement Village

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 17</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Piano Music with Ilene (MP)</p> <p>7:00 Sunday Classic Movie: Midway (1976) (T)</p>	<p>Victoria Day Holiday! 18</p> <p>10:30 Strength & Endurance Exercise Class (CK)</p> <p>11:00 Victoria Day Trivia! (T)</p> <p>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</p> <p>2:00 * B-I-N-G-O! * (PB)</p> <p>2:45 Hand and Foot Card Game (CK)</p> <p>3:00 Happy Hour on the Life Enrichment Team (PB)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</p> <p>7:00 Documentary Movie Night: Apollo 13: Survival (2024) (T)</p>	<p>10:00 Carp Commons Men's Group! (B) 19</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>10:30 Outing: Lunch at Millers Oven and Shopping in Manotick (RSVP)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>12:30 Walk around Carp with West Carleton Students (Please RSVP at reception) (RSVP)</p> <p>1:30 Resident Run: Bridge (PB)</p> <p>2:00 Food for Thought Meeting with Rob, Tyler and Hayley (T)</p> <p>2:00 Art Workshop: Floral Series: Daffodil Painting (ACW)</p> <p>3:00 Spring Scenic Drive (Weather Permitting) (RSVP)</p> <p>3:00 Monthly Educational Ted Talk Discussion and Learning: Compassion Fatigue (T)</p> <p>3:45 Zumba Exercise Class (CK)</p> <p>4:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Mystery Movie Night: In the Heart of the Sea (2015) (T)</p>	<p>Hair Salon with Kelly\$ (SS) 20</p> <p>9:45 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats for The Ottawa Hospital (PB)</p> <p>10:30 The Flour Power Baking Club (CK)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Live Entertainment with Bluesy Swing Duo! (CK)</p> <p>4:00 Half Price Happy Hour Social: Signature Drink - Rhubarb Sour (PB)</p> <p>6:30 Resident Run: 6 Hand Euchre (CK)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>Alzheimer's Walk Bake Sale * Proceeds go to the Alzheimer's Walk* (LO) 21</p> <p>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP)</p> <p>10:30 Strength & Endurance Exercise Class with Steve (CK)</p> <p>10:30 Exercise Class (Assisted Living) (2AR)</p> <p>11:00 May Cranium Crunches (T)</p> <p>12:00 Read between the Wines Book Club Lunch and MOVIE: Remarkably Bright Creatures (T)</p> <p>2:00 *Fitminds Stay Sharp Brain Health* (ACW)</p> <p>2:30 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)</p> <p>3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)</p> <p>3:15 Carol Burnett Comedy Show in the Theatre with Fresh Popcorn (T)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>6:30 Resident Run Game Night: Wizard (CK)</p> <p>7:00 Comedy Movie Night: Chaplin (1992) (T)</p>	<p>10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 22</p> <p>10:30 Chair Yoga with Penny (CK)</p> <p>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</p> <p>2:00 Euchre Fridays! (PB)</p> <p>2:00 Digital Musical: Bonnie & Clyde: The Musical (T)</p> <p>3:00 Wine and Cheese Social (PB)</p> <p>5:00 Outing: Maggie's Getting Married at Rural Roots Theatre in Constance Bay with Dinner Tickets * (RSVP)</p> <p>7:00 Friday Night You Pick Movie Night! (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 23</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>10:30 Weekend Virtual Exercise (T)</p> <p>1:30 Resident Run Bridge (T)</p> <p>2:30 Musical Bingo (PB)</p> <p>6:30 Resident Run: Five Crowns Card Game (PB)</p> <p>7:00 Award Winning Movie Night: Lethal Weapon (1987) (T)</p>
<p>10:00 Church Service - St. Paul's United Church (Off-site, Walking Distance) (VILL) 24</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:30 Church Service- St. James Anglican (Off-site, walking distance) (VILL)</p> <p>10:30 Non- Denominational TV Church Service and Hymn Sing (T)</p> <p>1:00 Afternoon Movie Matinee (T)</p> <p>2:00 Resident Run: Rummikub in the Bar! (PB)</p> <p>3:00 Afternoon Games on the Smart Board (T)</p> <p>7:00 Sunday Classic Movie: An Officer and a Gentleman (1982) (T)</p>	<p>10:00 Outing: Swimming at Richcraft Recreation Centre\$ (RSVP) 25</p> <p>10:30 Strength & Endurance Exercise Class with Steve (CK)</p> <p>11:00 Canadian Canuckle & Wordle (T)</p> <p>1:30 St. John's Dog Therapy Visit with Susan Reid and Kira (Library) (LL)</p> <p>2:00 * B-I-N-G-O! * (PB)</p> <p>2:45 Hand and Foot Card Game (CK)</p> <p>3:00 Happy Hour on the Life Enrichment Team (PB)</p> <p>4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)</p> <p>6:30 Resident Run: Games Night: Quiddler Game Night (CK)</p> <p>7:00 Drama Movie Night: The Boy Who Harnessed the Wind (2019) (T)</p>	<p>10:00 Carp Commons Men's Group! (B) 26</p> <p>10:30 Gentle Exercise Class (Low Impact) (CK)</p> <p>10:30 Outing: Plant Shopping (RSVP)</p> <p>11:15 Strength & Stretch (Assisted Living) (2AR)</p> <p>1:30 Resident Run: Bridge (PB)</p> <p>1:30 Planting in the Garden (G3F)</p> <p>2:00 Manicure and Hand Massages (Sign up with Life Enrichment) (SS)</p> <p>2:00 Art Workshop: Floral Series: Peony Painting (ACW)</p> <p>3:00 LIVE PRICE IS RIGHT GAME: Then vs Now "Back in the Day" (T)</p> <p>3:45 Zumba Exercise Class (CK)</p> <p>4:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>6:30 Learn to Play Pool with Locks (PB)</p> <p>7:00 Action Movie Night: The Amazing Spider Man (2012) (T)</p>	<p>Hair Salon with Kelly\$ (SS) 27</p> <p>9:45 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>10:30 The Knotty Knitters and Crocheting Coffee Social Group: Making Newborn Hats for The Ottawa Hospital (PB)</p> <p>10:30 The Flour Power Baking Club (CK)</p> <p>2:00 Drumfit Exercise Class! (T)</p> <p>3:00 Live Entertainment with Bob & Don! (CK)</p> <p>4:00 Half Price Happy Hour Social: Signature Drink - Rhubarb Sour (PB)</p> <p>6:30 Resident Run: 6 Hand Euchre (CK)</p> <p>7:00 Movie Night: Your Pick! (T)</p>	<p>Alzheimer's Walk! (LO) 28</p> <p>9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP)</p> <p>10:30 Strength & Endurance Exercise Class with Steve (CK)</p> <p>10:30 Exercise Class (Assisted Living) (2AR)</p> <p>11:00 Living, Loving Local Trivia Session *30 Min* (T)</p> <p>1:30 Pick up your Walking Kit: T- Shirt, Noise Makers, Hat and Sunglasses! (LO)</p> <p>2:00 Special Event: Carp Commons Alzheimer's Walk - (Meet at the front doors) (LO)</p> <p>3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (CK)</p> <p>3:00 Live Entertainment to celebrate our Walk! (GF)</p> <p>3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)</p> <p>4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)</p> <p>6:30 Resident Run Game Night: Wizard (CK)</p> <p>7:00 Romance Movie Night: Sophie's Choice (1982) (T)</p>	<p>10:00 Resident Run: Wake and Walk - Get your body moving- (LO) 29</p> <p>10:30 Chair Yoga with Penny (CK)</p> <p>10:30 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)</p> <p>2:00 In-Person Guest Speaker: Elisha (Ottawa Provincial Police) on Fraud Prevention (T)</p> <p>3:00 Wine and Cheese Social (PB)</p> <p>3:00 Euchre Fridays! (PB)</p> <p>7:00 Friday Night You Pick Movie Night! (T)</p>	<p>9:00 Late Breakfast with Life Enrichment Oatmeal Bar! (CK) 30</p> <p>9:30 The most talked about DAILY New York Times Wordle Game (T)</p> <p>10:00 Brain Puzzle Package Pick-up in the Country Kitchen! (CK)</p> <p>10:00 Resident Run: Go 4 Life Walking Club (LO)</p> <p>10:30 Weekend Virtual Exercise (T)</p> <p>1:30 Resident Run Bridge (T)</p> <p>2:30 Musical Bingo (PB)</p> <p>6:30 Resident Run: Five Crowns Card Game (PB)</p> <p>7:00 Award Winning Movie Night: Da Vinci Code (2006) (T)</p>

Calendar Legend

- Outing
- Special Program
- Vendor
- Living, Loving,
- Local
- Signature Program
- Highlight

Locations Legend

- Theatre (T)
- Country Kitchen (CK)
- Pub/Bistro (PB)
- Meet in the Lobby (LO)
- Outing (RSVP)
- IN THE VILLAGE (VILL)
- Suite-to-Suite (STS)
- 2nd Floor Activity Room (2AR)
- Art and Craft Workshop (ACW)
- Salon/Spa (SS)
- Library/Lounge (LL)
- Boardroom (B)
- Multipurpose Room (MP)
- Ground Floor (GF)
- Gazebo(3rd Floor) (G3F)

