

9:00 Exercise Class with Steven Ristow

10:00 Brain Puzzle Package Pick-up in the

site, walking distance) (VILL)

Country Kitchen! (CK)

and Hymn Sing (T)

1:00 Afternoon Movie Matinee (T)

9:30 Church Service - St. Paul's United Church

(Off-site, Walking Distance) (VILL)

9:30 Exercise Class with Steven Ristow from

10:30 Church Service-St. James Anglican (Off-

10:30 Non-Denominational TV Church Service

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

3:00 Meet me at the MoMA: Presentation and

3:30 Meet me at the MoMA: Painting Session

7:00 Sunday Night Classics: Nightfall (1957) (T)

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on Artist Alex Colville (ACW)

Happy Mothers Day!

9:00 Exercise Class with Steven Ristow from

9:30 Church Service - St. Paul's United Church

(Off-site, Walking Distance) (VILL)

9:30 Exercise Class with Steven Ristow from the

10:00 Brain Puzzle Package Pick-up in the Country

10:30 Church Service- St. James Anglican (Off-site,

10:30 Non-Denominational TV Church Service and

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

3:00 Mother's Day Macaroons & Mimosa's (PB)

7:00 Sunday Night Classics: First Comes Courage

3:00 Piano Sunday with Allan Ryan (MP)

the (LHIN) (CK)

(LHIN) (2AR)

Kitchen! (CK)

Hymn Sing (T)

walking distance) (VILL)

1:00 Afternoon Movie Matinee (T)

Discussion on Artist Alex Colville (T)

from the (LHIN) (CK)

the (LHIN) (2AR)

May 2025

ARP COMMONS

Carp Commons Retirement Village



Saturday

9:30 The most talked about DAILY

10:00 Brain Puzzle Package Pick-up in

the Country Kitchen! (CK)

10:00 Resident Run: Go 4 Life Walking

10:30 Weekend Virtual Exercise (T)

2:00 Performance with Yesteryear

6:30 Resident Run: Quiddler Game

1:30 Resident Run Bridge (T)

Variety Show! (MP)

7:00 Award Winning Movie:

Nomadland (2020) (T)

9:00 Late Breakfast with Life

Enrichment Oatmeal Bar!

9:30 The most talked about DAILY

10:00 Brain Puzzle Package Pick-up

10:30 Weekend Virtual Exercise (T)

10:00 Resident Run: Go 4 Life

Walking Club (LO)

1:30 Resident Run Bridge (T)

New York Times Wordle Game

in the Country Kitchen! (CK)

Enrichment Oatmeal Bar! (PB)

New York Times Wordle Game

9:00 Late Breakfast with Life

Club (LO)

Night (CK)

Sunday Monday **MONDAY** MAY Cinco De Mayo

Hair Salon with Kelly\$ (SS) Cinco De Mayo

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

- 10:30 Strength & Endurance Exercise Class with Steven (CK)
- 10:30 Exercise Class (Assisted Living) (2AR)
- 11:00 Fact or Fiction Cinco de Mayo (T)
- 2:00 CINCO DE B-I-N-G-O! (PB)
- 2:45 Hand and Foot Card Game: Learn to Play
- 3:00 Tequila Water and Nacho Mexican Happy Hour! (PB)
- 3:30 Cinco De Mayo Party with Live Music from Los Pisanos! (PB)
- 4:15 Tech Help with Life Enrichment (RSVP with LF) (STS)

10:00 Outing: Swimming at

- 6:30 Resident Run: Evening Bridge (CK)
- 6:30 Learn to Play Pool with Locks (PB)
- 7:00 Documentary Movie Night: The Jazz Singer

Richcraft Recreation Centre\$

Hair Salon with Kelly\$ (SS)

10:30 Strength & Endurance Exercise

11:00 Canadian Canuckle & Wordle (T)

Class with Steven (CK)

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

- 10:30 Gentle Exercise Class (Low Impact) (CK)
- 11:15 Strength & Stretch (Assisted Living)
- 1:30 Resident Run Bridge (PB)
- 2:00 * B-I-N-G-O! * (PB) 2:45 Hand and Foot Card Game: Learn
- to Play (CK) 3:00 Happy Hour on the Life
- **Enrichment Team and Billiards (PB)** 4:15 Tech Help with Life Enrichment
- (RSVP with LE) (STS) 6:30 Resident Run: Evening Bridge (CK)
- 6:30 Learn to Play Pool with Locks (PB)
- 7:00 Documentary Movie Night: The Menendez Brothers (2024) (T)

Tuesday

Wednesday

Mother's Day

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

Thursday

10:00 Church Service(In-person) (T)

- 10:30 Strength & Endurance Exercise Class with Steven (CK)
- 10:30 Exercise Class (Assisted Living) (2AR)
- 12:00 Volunteer Appreciation Lunch with Special Guest! (PB)
- 2:00 P-O-K-E-N-O (Mix Between Bingo and Poker)
- 2:00 Fit Minds Stay Sharp (ACW)
- 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (PB)
- 3:00 Art Week Craft: Mosaic Coasters (ACW)
- 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano
- 4:00 Tech Help with Life Enrichment(RSVP with LE) (STS)
- 6:30 Resident Run Game Night: Wizard (CK)

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

- 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Cranium Crunches Word Anagrams (T)
- 1:00 Outing: Butterflies in Flight at the
- Nature Museum \$18.00 (RSVP) 2:00 P-O-K-E-N-O (Mix Between Bingo and Poker) (PB)
- 2:00 *Fitminds Stay Sharp Brain Health* (ACW)
- 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (PB)
- 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)
- 4:00 Tech Help with Life Enrichment(RSVP with LF) (STS)
- 6:30 Resident Run Game Night: Wizard (CK)
- 7:00 Romance Movie: The Railway Man (2013) (T)

9:30 Outing: Walmart Shopping,

- with Steven (CK)
- **Entertainment with Paul Weber (Well** Known Folk Singer) (CK)
- Flour Power Baking Club (PB)
- 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano (CK)
- with LE) (STS)
- 6:30 Resident Run Game Night: Wizard (CK)
- (2014) (T)

Friday 10:15 Memory Care Scenic Country 2

- Drive 10:15am-11:30am (RSVP)
- 10:30 Chair Yoga (CK)
- 10:30 Exercise Class (Assisted Living) (2AR)
- 1:15 Walking Group with Jill (Meet in the Lobby) (LO)
- 2:00 The Art of Crafts: Making Bracelets and Key Chains for the Alzheimer's Walk (CK)
- 2:00 Learn to Play Euchre! (PB) 3:00 Wine and Say Cheese Social (PB)
- 3:00 The Art of Instrumental Music: Digital Concert: Music of the Romantic period with Sebastian
- 7:00 Friday Night You Pick Movie Night! (T)

Weigle and Himari (T)

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

- 10:30 Chair Yoga (CK)
- 1:15 Walking Group with Steph (Meet in the Lobby) (LO)
- 2:00 The Princesses of Wales with Lianne Harris (T)
- 2:00 Making Mother's Day Tea Cup Flower Arrangements (ACW)
- 3:00 Learn to Play Euchre! (PB)
- 2:30 MUSICAL Bingo (PB) 3:00 Wine and Say Cheese Social
- 6:30 Resident Run: Quiddler Game Night (CK) 7:00 Friday Night You Pick Movie
 - 7:00 Award Winning Movie: The Big Lebowski (1998) (T)
 - 9:00 Late Breakfast with Life

Enrichment Oatmeal Bar!

- 9:30 The most talked about DAILY New York Times Wordle Game
- 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: Quiddler Game Night (CK)
- 7:00 Award Winning Movie Whiplash (2014) (T)

9:30 Outing: Walmart Shopping, Fernbank\$ (RSVP) 10:00 Carp Commons Men's Group! (B)

SUNDAY

MAY

- 10:30 Gentle Exercise Class (Low Impact) (CK) 11:00 Vendor: Roz Jewelry Design (GF)
- 11:15 Strength & Stretch (Assisted Living) (2AR) 11:30 Outing: Lunch and Hike at West Carleton
- (Please RSVP at reception) (RSVP) 12:15 Read between the Wines Book Club Lunch
- and Movie (T)
- 1:30 Resident Run Bridge (PB) 2:00 Learn to play: Auction 45 Card Game (PB)
- 2:00 Perisan Eggs Session 2 with Rev Sheryl! (ACW)
- 3:00 Living, Loving, Local Strawberry Rhubarb Afternoon Social with Treat and Strawberry Rhubarb Cocktail (PB)
- 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Resident Run: Go 4 Life Walking Club (LO)
- 7:00 Drama Movie Night: Gran Torino (2008) (T)
- 10:00 Outing: Ottawa Tulip Festival and Lunch at the Mandarin (RSVP)
- (2AR)
- 2:00 Craft Workshop: Painting Rocks for the
- Gardens (ACW) 2:00 Learn to play: Auction 45 Card Game
- 3:00 Townhall Meeting with Darren and
- Managers (CK) 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Resident Run: Go 4 Life Walking Club
- 7:00 Drama Movie Night: Jersey Girl (2004) (T)

6:30 Resident Run: Evening Euchre (CK) 7:00 Movie Night: Your Pick! (T) 9:15 The most talked about DAILY 44 New York Times Wordle

9:15 The most talked about DAILY 7

9:45 Guided Meditation w/Susan (T)

10:30 The Knotty Knitters and

the Lobby) (LO)

Jimmy! (CK)

Margaritas! (PB)

2:00 Drumfit Exercise Class! (T)

10:30 The Flour Power Baking Club (CK)

1:15 Walking Group with Jill (Meet in

3:00 Live Entertainment with Jumpin

4:00 Half Price Happy Hour Social and

Billiards: Signature Drink

Crocheting Coffee Social Group

New York Times Wordle Game

- Game (T) 9:45 Guided Meditation w/Susan (T)
- 10:30 The Flour Power Baking Club (CK) 10:30 The Knotty Knitters and
- Crocheting Coffee Social Group
- 1:15 Walking Group with Sabrina (Meet in the Lobby) (LO)
- 2:00 Drumfit Exercise Class! (T) 3:00 Live Entertainment with the Blue

Swing Duo (CK)

- 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Margaritas! (PB)
- 6:30 Resident Run: Evening Euchre (CK) 7:00 Movie Night: Your Pick! (T)

Fernbank\$ (RSVP) 10:00 Church Service(In-person) (T)

- 10:30 Strength & Endurance Exercise Class
- 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Word in a Word Game! (T)
- 2:00 Carp Historical Society Presents: Live
- 3:00 Afternoon Baked Goods Social by the
- 4:00 Tech Help with Life Enrichment(RSVP
- 7:00 Comedy Movie: The Grand Seduction

- 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)
- 10:30 Chair Yoga (CK) 1:15 Walking Group with Sabrina

Night! (T)

2:00 In-Person Guest Speaker: Frank Hitchens "Target Earth"

(Meet in the Lobby) (LO)

- 3:00 Learn to Play Euchre! (PB)
- 3:00 Wine and Say Cheese Social
- 7:00 Friday Night You Pick Movie Night! (T)



May 2025

Carp Commons Retirement Village





Sunday

- 9:00 Exercise Class with Steven Ristow from the (LHIN) (CK) 9:30 Church Service - St. Paul's United Church
- (Off-site, Walking Distance) (VILL) 9:30 Exercise Class with Steven Ristow from the (I HIN) (2AR)
- 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 Meet me at the MoMA: Presentation and Discussion on Artist Faith Ringgold (T)
- 3:30 Meet me at the MoMA: Painting Session on Artist Faith Ringgold (ACW)
- 7:00 Sunday Night Classics: You Can't Take It With
- 9:00 Exercise Class with Steven Ristow 25 from the (LHIN) (CK)
- 9:30 Church Service St. Paul's United Church (Off-site, Walking Distance) (VILL)
- 9:30 Exercise Class with Steven Ristow from the (LHIN) (2AR)
- 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!
- 3:00 Piano Sunday with Allan Ryan (MP)
- 7:00 Sunday Night Classics: Road to Rio (1947) (T)

Monday

Victoria Day Holiday! 10:30 Strength & Endurance **Exercise Class with Steven** 19

26

- 11:00 Canadian Canuckle & Wordle (T)
- 2:00 * B-I-N-G-O! * (PB)
- 2:45 Hand and Foot Card Game: Learn to Play (CK)
- 3:00 Happy Hour on the Life **Enrichment Team and Billiards**
- 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)
- 6:30 Resident Run: Evening Bridge (CK)
- 6:30 Learn to Play Pool with Locks (PB)
- 7:00 Documentary Movie Night Rolling Thunder Revue: A Bob Dylan Story (2019) (T)

Hair Salon with Kelly\$ (SS) 10:00 Outing: Swimming at Richcraft

- Recreation Centre\$ (RSVP) 10:30 Strength & Endurance Exercise Class with Steven (CK)
- 11:00 Canadian Canuckle & Wordle (T)
- 1:30 Afternoon Walking with Jill (Meet in the Lobby) (LO)
- 2:00 * B-I-N-G-O! * (PB)
- 2:45 Hand and Foot Card Game: Learn to Play (CK)
- 3:00 Happy Hour on the Life Enrichment Team and Billiards (PB)
- 4:15 Tech Help with Life Enrichment (RSVP with LE) (STS)
- 6:30 Resident Run: Evening Bridge (CK)
- 6:30 Learn to Play Pool with Locks (PB)
- 7:00 Documentary Movie Night The Twister: Caught in the Storm (2025) (T)

Tuesday

20

- World BEE Day! Dress in Yellow and Black!
- 9:30 Outing: Walmart Shopping Fernbank\$
- 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 Artful Workshop: Celebrate World Bee
- Day with a Bee Bookmark (ACW) 2:00 Food for Thought Meeting with Rob, Darren and Kim (T)
- 3:00 Learn to play: Auction 45 Card Game (PB)
- 3:00 Bee's Knees Cocktail and Honey Tasting Social (PB)
- 3:45 Let's Dance with a Zumba Class! (CK)
- 4:00 Resident Run: Go 4 Life Walking Club
- 7:00 Drama Movie Night: Mr. Smith Goes to Washington (1939) (T)
- 10:00 Carp Commons Men's Group! (B) 10:00 Outing: Garden Centre for Flower
- Beds or Your Own Garden! (RSVP) 10:30 Gentle Exercise Class (Low Impact) (CK)
- 11:15 Strength & Stretch (Assisted Living) (2AR)
- 1:30 Resident Run Bridge (PB)
- 2:00 In-Person Speaker: Catherine Grove Carp Author of the Book "Never Far". (T)
- 3:00 Learn to play: Auction 45 Card Game
- 3:00 Art Painting Workshop: Cactus Oasis (ACW)
- 3:45 Let's Dance with a Zumba Class! (CK) 4:00 Resident Run: Go 4 Life Walking Club
- 7:00 Drama Movie Night: The Good House (2021) (T)

Wednesday

- Hair Salon with Kelly\$ (SS)
- 9:15 The most talked about DAILY New York Times Wordle Game
- 9:45 Guided Meditation w/Susan (T)
- 10:30 The Flour Power Baking Club (CK)
- 10:30 The Knotty Knitters and Crocheting Coffee Social Group
- 1:15 Walking Group with Jill (Meet in the Lobby) (LO)
- 2:00 Drumfit Exercise Class! (T)

3:00 Live Entertainment with Mike Rvan (CK)

- 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Margaritas! (PB)
- 6:30 Resident Run: Evening Euchre (CK)
- 7:00 Movie Night: Your Pick! (T)
- 9:45 The most talked about DAILY 28 New York Times Wordle Game (T)
- 10:30 The Flour Power Baking Club (CK)
- 10:30 The Knotty Knitters and Crocheting Coffee Social Group
- 1:15 Walking Group with Sabrina (Meet in the Lobby) (LO)
- 2:00 Drumfit Exercise Class! (T)

3:00 Live Entertainment with The Classics (Dave and Joe) (CK)

- 4:00 Half Price Happy Hour Social and Billiards: Signature Drink Margaritas! (PB)
- 6:30 Resident Run: Evening Euchre
- 7:00 Movie Night: Your Pick! (T)

Thursday

- 9:30 Outing: Carlingwood Mall Shopping 22 (RSVP)
- 10:30 Strength & Endurance Exercise Class with Steven (CK)
- 10:30 Exercise Class (Assisted Living) (2AR) 11:00 Vendor: Seasons of Westport (GF)
- 11:00 Name that Tune! (T)
- 1:30 Blood Pressue Clinic with Jen and Liz (PB) 2:00 P-O-K-E-N-O (Mix Between Bingo and Poker)
- 2:00 *Fitminds Stay Sharp Brain Health* (ACW)
- 3:00 Afternoon Baked Goods Social by the Flour Power Baking Club (PB)
- 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano
- 4:00 Tech Help with Life Enrichment(RSVP with LE)
- 4:00 Alzheimer's Walk Bake Sale * Proceeds go to the Alzheimer's Walk* (LO)
- 6:30 Resident Run Game Night: Wizard (CK) 7:00 Romance Movie: The French Lieutenant's Woman (1981) (T)
- Full Evacuation Day! 10:30 Full Evacuation (GF) 2:00 Gardening at the Gazebo *All
- Hands on Deck* (G3F) 3:00 Lemonade and Lemon Squares
- Social at the Gazebo (G3F) 3:30 Resident Singing Group: Music Organizer: Joanne, Choir Leader: Locks and Mary: Piano
- 4:00 Tech Help with Life Enrichment(RSVP with LE)
- 6:30 Resident Run Game Night: Wizard (CK)
- 7:00 Comedy Movie: Kiss Me, Stupid (1964) (T)

Friday

- Special Event: Alzheimer's Walk with Staff and Residents *Everyone is Welcomed!* Come Pick Up your Registration Bag* (CK)
- 10:15 Memory Care Scenic Country Drive 10:15am-11:30am (RSVP)
- 10:30 Chair Yoga (CK)
- 1:30 Come Pick up vour Walker Registration Bag (LO)
- 2:00 Special Event: Carp Commons Alzheimer's Walk - (Meet at the front doors) (GF)
- 2:30 Alzheimer's Walk Entertainment with Jock River Jazz Band (CK)
- 5:30 Outing: A Mystery Comedy at Rural Roots Theatre "Out of Sight, Out of Murder" \$55 Dinner and Show (RSVP)
- 7:00 Friday Night You Pick Movie Night! (T)

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

10:30 Chair Yoga (CK)

Night! (T)

- 1:30 Monthly Euchre TOURNAMENT 1:30pm-3:30PM (PB)
- 2:00 Digital Concert: André Rieu The Second Waltz (T)
- 2:00 Afternoon Walking with Jill (Meet in the Lobby) (LO)
- 3:00 Wine and Say Cheese Social 7:00 Friday Night You Pick Movie

- **Saturday** 9:00 Late Breakfast with Life 24
- **Enrichment Oatmeal Bar!** 9:30 The most talked about DAILY
- New York Times Wordle Game 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: Quiddler Game
- Night (CK) 7:00 Award Winning Movie: The Bourne Ultimatum (2007) (T)
- 9:00 Late Breakfast with Life
- **Enrichment Oatmeal Bar!** 9:30 The most talked about DAILY

New York Times Wordle Game

- 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)

Suite-to-Suite (STS)

Night (CK) 7:00 Award Winning Movie: It

6:30 Resident Run: Quiddler Game

Happened One Night (1934) (T)

Calendar Legend

Week **Outing**

Special Program Vendor

Artful Enrichment

Living, Loving, Local Signature Program

Highlight





Locations Legend

Theatre (T) Country Kitchen (CK) Pub/Bistro (PB) Meet in the Lobby (LO) Outing (RSVP) 2nd Floor Activity Room

Art and Craft Workshop

IN THE VILLAGE (VILL) Salon/Spa (SS) Boardroom (B) Ground Floor (GF) Library/Lounge (LL) Multipurpose Room

Gazebo(3rd Floor) (G3F)