

# Chedoke Falls

# May 2026

## Dundurn Place Care Centre



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Program Facilitators:**  
Aferdita, Anna,  
Makenna, Jasmine  
& Ohnaisha



9:30 Restore & Move! (1st) **1**  
10:00 Daycare Children Visits (LOUN)  
11:30 Meal Prep (LOUN)  
1:00 Pet Therapy w Brisket (2nd)  
2:00 Laughter Yoga with Katheryn (LOUN)  
3:30 Word Games (2nd)  
4:30 Meal Prep (LOUN)  
6:15 Friendly Visits (Room)  
6:30 Cue Masters (LOUN)

8:30 Friendly Visits (2nd) **2**  
10:00 Exercise Class (LOUN)  
10:30 Beauty Club (2nd)  
11:30 Meal Prep (LOUN)  
2:00 Bingo (1st)  
3:30 Card Game UNO (2nd)  
4:30 Meal Prep (LOUN)  
6:15 Bean Bag Toss (LOUN)



8:30 Friendly Visits (2nd) **3**  
9:45 Hymn Sing (LOUN)  
10:15 Church Service (2nd)  
11:30 Meal Prep (LOUN)  
2:00 Entertainment with Tom&Friends (MAIN)  
4:00 Hang-Man (2nd)  
4:30 Meal Prep (LOUN)  
6:15 Cue Masters (LOUN)  
7:00 Busy Hands (Room)

8:30 Friendly Visits (2nd) **4**  
9:30 Restore & Move! (1st)  
9:45 Chair Exercise (LOUN)  
10:30 Pet Visits with Brisket (2nd)  
11:30 Meal Prep (LOUN)  
12:45 Outing- Walmart (out)  
2:00 DeMazenod Farm (OUTS)  
4:30 Meal Prep (LOUN)  
6:15 Bean Bag Toss (LOUN)  
6:45 Cleaning Crew (LOUN)

8:30 Friendly Visits (2nd) **5**  
9:00 Busy Hands (LOUN)  
9:30 Restore & Move! (1st)  
10:00 Bible Study with Hobbe (LOUN)  
11:30 Meal Prep (LOUN)  
12:30 Friendly Visits (Room)  
2:00 Bingo (1st)  
3:45 Beauty Club (LOUN)  
4:30 Meal Prep (LOUN)  
6:15 Exercise/Centrecise (LOUN)  
6:45 Word Games (LOUN)

*Cinco de Mayo: red, white, green, magenta* **6**  
8:30 Friendly Visits (2nd)  
9:30 Restore & Move! (1st)  
9:45 Exercise (LOUN)  
10:30 Hot Chocolate Social (LOUN)  
11:30 Meal Prep (LOUN)  
1:30 Community Social Walks (OUTS)  
3:45 Joyful Tunes (2nd)  
4:30 Meal Prep (LOUN)  
6:30 Cinco De Mayo Karokoe (LOUN)

8:00 Birthday Breakfast (BAR) **7**  
9:30 Restore & Move! (1st)  
10:30 Pet Visits with Brisket (2nd)  
11:30 Meal Prep (LOUN)  
12:00 Guitar w Aidan  
1:15 Music Therapy w Jon (2nd)  
2:00 Crock-a-Doodle (LOUN)  
3:30 Word Games (LOUN)  
4:30 Meal Prep (LOUN)  
6:30 Bingo (1st)

8:00 Friendly Visits (2nd) **8**  
8:45 Plant Patrol (2nd)  
9:30 Restore & Move! (1st)  
9:30 Exercise (LOUN)  
10:30 Welcoming Committee (1st)  
11:30 Meal Prep (LOUN)  
1:30 Baking for Bake Sale (BAR)  
3:30 Sing-a-long (LOUN)  
4:30 Meal Prep (LOUN)  
6:00 Circle of Friends (LOUN)  
7:00 Cleaning Crew (LOUN)

8:30 Friendly Visits (2nd) **9**  
10:00 Baking for Bake Sale (BAR)  
2:00 Bingo (1st)  
3:45 Neighbourhood Visits (Hall)



*Mothers Day* **10**  
8:30 Friendly Visits (2nd)  
9:00 Mother's Day Nail Manicures (BAR)  
11:30 Meal Prep (LOUN)  
2:00 Mothers Day Entertainment w Jeff (MAIN)

9:00 Baking Bread (2nd) **11**  
9:30 Restore & Move! (1st)  
9:45 Chair Exercise (LOUN)  
10:30 Tea/Coffee Social (2nd)  
1:30 Bake Sale (CAF)  
4:00 Karaoke (2nd)  
6:00 Card Games (LOUN)  
6:45 Trivia (LOUN)



8:15 Friendly Visits (2nd) **12**  
9:00 Walk & Talk (2nd)  
10:00 Bible Study with Hobbe (LOUN)  
11:30 Meal Prep (LOUN)  
2:00 Bingo (1st)  
3:45 Beauty Club (LOUN)  
4:30 Meal Prep (LOUN)  
6:15 Exercise/Centrecise (LOUN)  
6:45 Musical Moments (LOUN)



*Pink Day* **13**  
8:30 Friendly Visits (2nd)  
9:00 Exercise (LOUN)  
10:00 Resident Council (1st)  
11:30 Meal Prep (LOUN)  
1:00 Pet Visits with Brisket (2nd)  
2:00 Guitar with Alyssa (MAIN)  
4:00 Outdoor Walks (LOUN)  
4:30 Meal Prep (LOUN)  
6:30 Pearl Societv (MAIN)



8:30 Friendly Visits (2nd) **14**  
9:45 Exercise (LOUN)  
10:30 Dundurn Choir (LOUN)  
11:30 Meal Prep (LOUN)  
1:15 Music Therapy w Jon (2nd)  
2:15 Resident Program Planning (2nd)  
3:30 Drum Circle (LOUN)  
4:30 Meal Prep (LOUN)  
6:30 Bingo (1st)

8:30 Friendly Visits (2nd) **15**  
9:00 Plant Patrol (2nd)  
9:45 Exercise (LOUN)  
10:30 Fruit/Veggies/Smoothie Prep (LOUN)  
11:30 Meal Prep (LOUN)  
1:00 Pet Therapy w Brisket (2nd)  
2:00 Celebration Of Life (MAIN)  
4:00 Sing-a-long (LOUN)  
4:30 Meal Prep (LOUN)  
6:30 Courtyard visits (LOUN)



9:00 Friendly Visits (2nd) **16**  
9:30 Spiritual Eldercare (2nd)  
10:30 Smoothie Making (2nd)  
11:30 Meal Prep (LOUN)  
2:00 Bingo (1st)











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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:00 Friendly Visits (2nd) <b>17</b></p> <p>10:00 Church Service - Immanuel Christian Reformed (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Busy Hands (LOUN)</p> <p>2:30 Family Feud (2nd)</p> <p>3:30 Word Games (2nd)</p> <p>4:30 Meal Prep (LOUN)</p>	<p><i>Victoria Day: bright colours</i> <b>18</b></p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Victoria Day History (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Western Day Party w Dan Dyer (MAIN)</p> 	<p>8:30 Friendly Visits (2nd) <b>19</b></p> <p>9:00 You Tube (2nd)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:45 Friendly Visits (2nd)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:15 Exercise/Centrecise (LOUN)</p> <p>6:30 UNO (LOUN)</p>	<p>8:30 Friendly Visits (2nd) <b>20</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Hot Chocolate Social (LOUN)</p> <p>1:15 Pet Visits with Brisket (2nd)</p> <p>2:00 Boomers Club (MAIN)</p> <p>3:45 Joyful Tunes (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>5:00 Take-Out Night (LOUN)</p> <p>6:30 Cue Masters (LOUN)</p> 	<p>8:30 Friendly Visits (2nd) <b>21</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Coffee/Tea Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd)</p> <p>2:00 Gardening Outside (OUTS)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:30 Bingo (1st)</p>	<p>8:30 Friendly Visits (2nd) <b>22</b></p> <p>9:00 Plant Patrol (2nd)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Centrecise (LOUN)</p> <p>10:30 Fruit/Veggies/Smoothie Prep (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Pet Therapy w Brisket (2nd)</p> <p>2:00 Survivor Games (LOUN)</p> <p>4:00 Musical Moments (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:00 Friendly Visits (Room)</p>	<p>8:30 Friendly Visits (2nd) <b>23</b></p> <p>9:30 Spiritual Eldercare (2nd)</p> <p>10:30 Busy Hands (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> 
<p>8:30 Friendly Visits (2nd) <b>24</b></p> <p>10:00 Exercise Class (LOUN)</p> <p>10:30 Smoothie Making (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Zumba with Rainier</p> 	<p>8:30 Friendly Visits (2nd) <b>25</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 Busy Hands Club (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:00 Outing Hutches (out)</p> <p>1:30 Singing &amp; Dancing with Mike &amp; Penny (LOUN)</p> <p>2:30 Outdoor strolls (OUTS)</p> <p>6:30 Board Games (LOUN)</p>	<p>8:30 Friendly Visits (2nd) <b>26</b></p> <p>9:00 Busy Hands (LOUN)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:15 Exercise/Centrecise (LOUN)</p> <p>6:30 Karaoke</p> 	<p><i>Culture Day</i> <b>27</b></p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Hot Chocolate Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:00 Violinist (DR)</p> <p>2:00 Birthday Party w Paula (MAIN)</p> <p>4:00 Joyful Tunes (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:00 Big Screen Movie Night (MAIN)</p>	<p>8:30 Friendly Visits (2nd) <b>28</b></p> <p>9:30 Restore &amp; Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Pet Visits with Brisket (2nd)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd)</p> <p>2:30 Word Games (LOUN)</p> <p>6:30 Bingo (1st)</p>	<p>8:15 Friendly Visits (2nd) <b>29</b></p> <p>9:00 You Tube (2nd)</p> <p>9:30 Restore &amp; Move! (1st)</p> <p>10:00 Horticultural Therapy (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Sing-a-long (LOUN)</p> <p>3:00 Busy Hands (LOUN)</p> 	<p>8:30 Friendly Visits (2nd) <b>30</b></p> <p>9:45 Exercise Class (LOUN)</p> <p>10:30 Busy Hands (2nd)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:30 Word Games (2nd)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:15 Cue Masters (LOUN)</p>
<p>8:30 Friendly Visits (2nd) <b>31</b></p> <p>9:45 Church Service (2nd)</p> <p>10:30 Bible Trivia (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Card Games UNO (LOUN)</p> <p>3:00 Jewelry Making (LOUN)</p> <p>4:30 Meal Prep (LOUN)</p> <p>6:00 Exercise Class (LOUN)</p> <p>6:45 Name That Face (LOUN)</p>	<p><b>Victoria Day</b></p>  					<p><b>Locations Legend</b></p> <p>Activity Lounge (LOUN)</p> <p>2nd floor (2nd)</p> <p>Lounge (LOUN)</p> <p>1st Floor (1st)</p> <p>Main Dining Room (MAIN)</p> <p>Resident Room (Room)</p> <p>outside (OUTS)</p> <p>Basement Activity Room (BAR)</p> <p>Outings in the community (out)</p> <p>Hallway (Hall)</p> <p>Cafe (CAF)</p> <p>Courtyard (COUR)</p> <p>Dining Room (DR)</p>

**Programs and Times are subject to change**