

## May 2026 Poplar Heights Activities with Lynsey

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Exercise calendars are posted in the resident home area.	One to One visit happens when recreation therapist is present.	Programs are subject to change	Recreation Therapist is Lynsey Sendrowski		1	2
3	4 10:00 Seed Planting 2:00 Bingo	5 10:00 Crokinole 10:00 Bible Study 1:15 Tulip Field Bus Trip	6 10:00 History with Angela 10:00 Active Games 2:00 Trivia	7 10:00 Craft 2:00 Birthday Party	8 10:00 Table Games 2:00 Bell Choir	9
10	11 9:30 Piano Music 10:00 Trivia 2:00 Bingo	12 9:30 Country Drive 2:00 United Church	13 2:00 Mother's Day Tea 6:15 Pub Night	14 10:00 Sing-along 1:15 Bowling Alley Bus Trip	15 9:15 Euchre 10:00 Card Making 2:00 Trivia	16
17	18	19 10:00 Maker's Club 2:00 Bingo	20	21 10:00 Reading Group 10:30 Mass 2:00 Hymn Sing	22 2:00 Shake Loose a Memory 2:00 Choir Practice	23 8:00 Breakfast 1:30 Gardening
24 10:00 Hymn Sing 2:00 Euchre	25 10:00 Piano Gather	26 9:15 Sing-along 12:00 Luncheon 2:00 Church	27 10:00 Painting 2:00 Music with Heart and Soul	28 9:00-11:00 Norview Café 1:30 Drive	29 10:00 Bell Choir 2:00 Bingo	30
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