

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## Cedar Gorge Recreation Calendar

<b>May 2026</b> Cedar Gorge Recreation Calendar						<b>Leah Off</b> 10:30 – Group Exercises  <small>May Day</small>	<b>Leah 7:00 – 3:00</b> 8:30 – Breakfast Club  1:30 – Afternoon Movie on Channel 19
<b>Leah 8:00 – 4:00</b> 1:30 – Afternoon Movie on Channel 19 2:00 – Church Service (TV)	<b>Leah Off</b> 10:30 – Group Exercises  Tuck Cart	<b>Leah 11:00 – 7:00</b> 10:15 – Hymn Sing 2:00 – Manicures 5:00 – Meal Program: Tacos 6:30 – Prayers with Deacon Paul <small>Cinco de Mayo</small>	<b>Leah 8:00 – 4:00</b> 10:30 – Drumm Fit! 2:00 – Resident Council Meeting (Apple Valley)  Afternoon Visits	<b>Leah 8:00 – 4:00</b> 11:00 – Anglican Communion (Chapel) 2:00 – Circle of Song on Maple Ridge	<b>Leah 9:00 – 5:00</b> 10:30 – Group Exercises  <i>Leah Offsite Today</i>	<b>Leah Off</b> 1:30 – Afternoon Movie on Channel 19	
<b>Leah Off</b> 1:30 – Afternoon Movie on Channel 19 1:30 – Mother’s Day Ice Cream Social (Front Garden) <small>Mother’s Day National Skilled Nursing Care Week</small>	<b>Leah 11:00 – 7:00</b> 10:30 – Group Exercises  Tuck Cart 2:15 – Crafting Afternoon	<b>Leah 11:00 – 7:00</b> 10:30 – Jamboree in the Clearing! 2:00 – Manicures 5:00 – Meal Program: Fish n’ Chips 6:30 – Prayers with Deacon Paul	<b>Leah 8:00 – 4:00</b> 10:30 – Drumm Fit 10:30 – Catholic Mass (Chapel) Relax and Refresh: Afternoon Haircuts with Cindy	<b>Leah 8:00 – 4:00</b> 10:15 – Baking: Brown Butter Oatmeal Raisin Cookies 2:00 – Games with Maple Ridge	<b>Leah Off</b> 10:30 – Group Exercises  Relax and Refresh: Afternoon Haircuts with Cindy	<b>Leah 8:00 – 4:00</b> 10:15 – Cookie Social 1:30 – Afternoon Movie on Channel 19 <small>Armed Forces Day</small>	
<b>Leah 8:00 – 4:00</b> 1:30 – Afternoon Movie on Channel 19 2:00 – Church Service (TV)	<b>Leah Off</b>  <b>Victoria Day, No Formal Programming</b>  <b>Happy Victoria Day</b> <small>Victoria Day (Canada)</small>	<b>Leah 8:00 – 4:00</b> 9:45 – Artful Aging Art Class in Clearing 2:00 – Manicures 2:00 – Museum Presentation 6:30 – Prayers with Deacon Paul	<b>Leah 8:00 – 4:00</b> 10:15 – Outing with Maple Ridge  <i>Leah at LED Meeting 2:30pm – 4:00pm</i>	<b>Leah 8:00 – 4:00</b> 10:15 – Baking: Blueberry Muffins 2:00 – Ice Cream Social with Maple Ridge <small>Shavuot Begins</small>	<b>Makayla 8:00 – 4:00</b> <b>Leah Off</b> 10:30 – Group Exercises  Outdoor Visits in the Backyard Garden	<b>Leah Off</b> 1:30 – Afternoon Movie on Channel 19	
<b>Leah Off</b> 1:30 – Afternoon Movie on Channel 19	<b>Leah 11:00 – 7:00</b> 10:30 – Group Exercises  Tuck Cart 2:00 – Gardening <small>Memorial Day</small>	<b>Leah 11:00 – 7:00</b> 2:00 – Manicures 5:00 – Meal Program: BBQ 6:30 – Prayers with Deacon Paul	<b>Leah 8:00 – 4:00</b> 10:15 – Bike Rides  <i>Leah at LED Meeting 1:00pm – 4:00pm</i>	<b>Leah 12:00 – 8:00</b> 2:00 – May Birthday Celebration and Entertainment with Wally Maggs! (Maple Ridge) 6:30 – Cruise Night with Young Residents Group	<b>Leah Off</b> 10:30 – Group Exercises	<b>Makayla 8:00 – 4:00</b> <b>Leah Off</b> 10:15 – Outdoor Visits 1:30 – Afternoon Movie on Channel 19	
<b>Leah Off</b> 1:30 – Afternoon Movie on Channel 19 2:00 – Bethel Mennonite Church Service on Maple Ridge	<b>Leah Smith Cedar Gorge Recreation Therapist <a href="mailto:leahs@wellington.ca">leahs@wellington.ca</a> ext. 7102</b>						

**PROGRAMS ARE SUBJECT TO CHANGE – PLEASE CHECK DAILY RECREATION WHITEBOARD FOR UPDATES!**