

May is recognized as “Older Adult’s Awareness Month” as well as Mental Health Awareness and Physical Fitness month. Did you know that all these three things tie in together? Older adults often suffer from depression and lack of physical fitness. As we age physical fitness is even more important. The benefit of exercise is proven to have positive effects on mental health, cardiovascular, respiratory health, as well as building/maintaining muscle mass, relieving joint pain and treating osteoporosis.

Simple exercises such as walking for 30 minutes a day (which can be broken down into 5–10-minute intervals throughout the day) five days a week will provide many health benefits for the body systems mentioned above. Even the frailest individuals can benefit from exercise with some modifications.

Exercises like Tai Chi and Yoga also help build balance and help to prevent falls. If you are worried about starting an exercise program, please talk to your primary care provider. If you need help with this or are unsure of the benefits of exercise, I am happy to assist.

But with the nice weather coming I encourage you to get out for a walk and enjoy the nice weather and flowers. Your body and mind will thank you!

Susan, NP

May Birthdays *Residents*

- Cecil May 6th
- Rita May 10th
- Jim B. May 13th
- Ross May 13th
- Don S. May 14th
- Don W. May 16th
- Glen May 20th
- Margaret Mann May 31st

Staff

- Diesel May 4th
- Maria May 10th
- Dan May 24th
- Nancy J. May 25th



We all want to wish Ron the best on his retirement!!

We will miss you Ron, thank you for all you have done for us over the past 13+ years!!

We enjoyed listening to your hunting and fishing stories, and you always had a smile and a laugh for us!
All the Best Ron!!



Happy Mother's Day to all the Mother and Mother figures at Goderich Place!! We appreciate each and every one of you!!!

Calendar & Newsletter

Goderich Place | Melanie Nurse, Activity Manager | 519-524-4243 ext. 221 | activationgp@hurontel.on.ca



Welcome to May!!

April brought us lots of showers, now we have May flowers!! The gardens are starting to bloom in the front and back, go outside and take a look! Speaking of gardens, as I mentioned at the resident meeting, Howes Landscaping will be taking care of the front gardens for us this year. Please do not dig, plant or pull any plants in this area. We will be having a meeting to discuss gardening etc. in May, please check your calendar.

Activities and events for May include; celebrating Mother's Day, and Nurse's week! We will have music with The Irish Cowboys, The MacKay Choristers, and Randy Satchell. Sandra will be back in to give manicures for those who wish to have one. Our Wacky Wednesdays are moving to Tuesday!! We will be celebrating Cinco De Mayo by making a few Mexican treats. Sundays will be spent with The Jays!! Come on down to the TV Room to cheer on The Toronto Blue Jays! Of course, keep an eye out for regular games through the week as well!

For our Education Sessions this month, Tanya from 'Red Roof Recovery' will be chatting with us on managing stress and anxiety and strengthening our mental wellness. Local author David Yates will be returning to tell us about his newest book, "Huron at the Crossroads". Guests are more than welcome to attend both sessions.

We will be doing our own Alzheimer's Walk, which we do through the park, on May 28th.

Just a reminder of the services that are available at Goderich Place! We have Susan, who is our lovely Nurse Practitioner; Charlene, who takes care of your toes; Nancy, who does you 'do; Sound Therapy who makes sure you can hear my announcements; and shopping Tuesdays to either The Square, or Walmart. All sign-up sheets are on the activation desk! Cycling without Age is also returning in May!!!

Make sure to welcome our new friends to Goderich Place, including – Lionel, Jean, Margaret, Jack and Nancy, Réal, Helen, Lilian, and Elaine! For those who are new to us, please join us at activities. Including, book club, knitting, music, bingo, our food tastings, men's and ladies' group, and our various brain/word/trivia programs, plus so much more.

I hope you have a marvelous May!!

Melanie

Celebrating May

Manicures with Sandra
May 4th

Music with The Irish Cowboys
May 4th

MacKay Choristers
May 7th

Mother's Day
May 10th

Celebrating Nurse's!
May 11th

Music with Randy Satchell
May 13th

Victoria Day
May 18th

Education Session – Tanya from
Red Roof Recovery
May 20th

Chat with David Yates
May 27th

Goderich Place Alzheimer's Walk
May 28th

Sunday

Monday

Tuesday

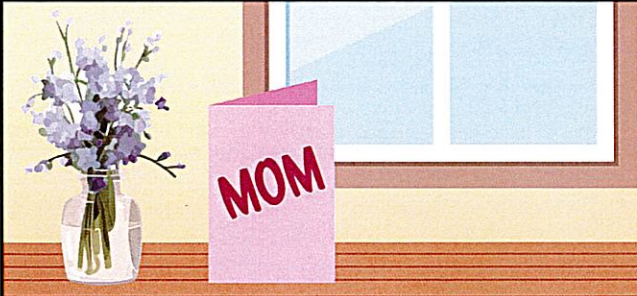
Wednesday

Thursday

Friday

Saturday

May 2026



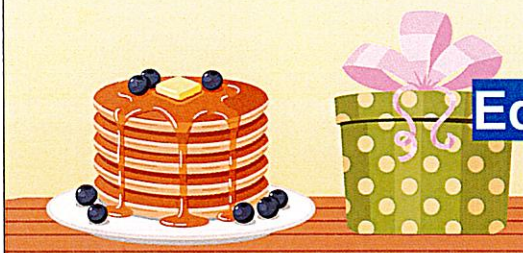
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<p>10:00 Mind Joggers 10:30 St. Peter's Church Ch. 2 (Hurontel) 12:45 Toronto Blue Jays vs Detroit in TV Room 1:00 Lake Shore United Church Service Ch. 1 (Hurontel) 6:30 Tea Time in the TV Room</p> <p>3</p>	<p>9:00 Exercises 9:30 Exercises 9:30 Manicures with Sandra 10:00 Knitting Group in TV Room 10:30 Book Club in the Activity Room 2:00 Sing and Dance with the Irish Cowboys! 6:30 Tea Time in the TV Room</p> <p>4</p>	<p>9:00 Chair Yoga with Pam 10:00 Shopping – The Square 10:00 Indoor Walking Group 2:00 Cinco de Mayo Food Tasting 6:00 Scrabble/Cribbage 6:30 Tea Time in the TV Room</p> <p>5</p> <p>Cinco de Mayo</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Communion Service 10:00 Tuck Shop 2:00 Summer Hat Craft 6:00 Cards 6:30 Tea Time in the TV Room 7:00 Quarter Bingo</p> <p>6</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Music with The Mackay Choristers 1:30 Mother's Day Party!! 6:30 Tea Time in the TV Room</p> <p>7</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Free Bingo in the TV Room 2:00 Garden Meeting 6:30 Tea Time in the TV Room 6:30 Colouring in the Card Room</p> <p>8</p> <p>May Day</p>	<p>10:00 Coffee Group in the TV Room 10:30 Exercises 1:00 Afternoon Movie in the TV Room 2:00 Monthly Chronicles and Trivia 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada</p> <p>9</p>
<p>10:00 Mind Joggers 10:30 St. Peter's Church Ch. 2 (Hurontel) 1:00 Lake Shore United Church Service Ch. 1 (Hurontel) 1:37 Toronto Blue Jays vs Los Angeles Angels in TV Room 6:30 Tea Time in the TV Room</p> <p>10</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Knitting Group in TV Room 10:30 Book Club in the Activity Room 2:00 Celebrating Nurse's Week 6:30 Tea Time in the TV Room</p> <p>11</p>	<p>9:00 Chair Yoga with Pam 10:00 Shopping – Walmart 10:00 Indoor Walking Group 2:00 Tipple Tuesday and Food Tasting 6:00 Scrabble/Cribbage 6:30 Tea Time in the TV Room</p> <p>12</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Communion Service 10:00 Tuck Shop 2:00 Sing and Dance with Randy Satchell 6:00 Cards 6:30 Tea Time in the TV Room</p> <p>13</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Ladies Group in the TV Room 10:00 Men's Group in the Front Lobby 2:00 Remote Control Car Racing 6:30 Tea Time in the TV Room</p> <p>14</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Free Bingo in the TV Room 2:00 Cranium Crunches 6:30 Tea Time in the TV Room 6:30 Colouring in the Card Room</p> <p>15</p>	<p>10:00 Coffee Group in the TV Room 10:30 Exercises 1:00 Afternoon Movie in the TV Room 2:00 Matching Game 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada</p> <p>16</p> <p>Armed Forces Day</p>
<p>10:00 Mind Joggers 10:30 St. Peter's Church Ch. 2 (Hurontel) 1:00 Lake Shore United Church Service Ch. 1 (Hurontel) 1:40 Toronto Blue Jays vs Detroit in TV Room 6:30 Tea Time in the TV Room</p> <p>17</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Knitting Group in TV Room 10:30 Book Club in the Activity Room 2:00 Show and Tell 6:30 Tea Time in the TV Room</p> <p>18</p> <p>Victoria Day (Canada)</p>	<p>9:00 Chair Yoga with Pam 10:00 Shopping – The Square 10:00 Indoor Walking Group 1:30 Lakeshore United Church Service 2:00 Tipple Tuesday and Food Tasting 6:00 Scrabble/Cribbage 6:30 Tea Time in the TV Room</p> <p>19</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Communion Service 10:00 Tuck Shop 2:00 Education Session with Tanya MacIntyre 6:00 Cards 6:30 Tea Time in the TV Room</p> <p>20</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Ladies Group in the TV Room 10:00 Men's Group in the Front Lobby 2:00 Resident Meeting 6:30 Tea Time in the TV Room</p> <p>21</p> <p>Shavuot Begins</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Free Bingo in the TV Room 1:30 Lutheran Church Service 2:00 Junkdrawer Detective 6:30 Tea Time in the TV Room 6:30 Colouring in the Card Room</p> <p>22</p>	<p>10:00 Coffee Group in the TV Room 10:30 Exercises 1:00 Afternoon Movie in the TV Room 2:00 No Bake Cooking 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada</p> <p>23</p>
<p>10:00 Mind Joggers 10:30 St. Peter's Church Ch. 2 (Hurontel) 1:00 Lake Shore United Church Service Ch. 1 (Hurontel) 6:30 Tea Time in the TV Room</p> <p>24</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Knitting Group in TV Room 10:30 Book Club in the Activity Room 2:00 Cardmaking with Harriet 6:30 Tea Time in the TV Room</p> <p>25</p> <p>Memorial Day</p>	<p>9:00 Chair Yoga with Pam 10:00 Shopping – Walmart 10:00 Indoor Walking Group 2:00 Tipple Tuesday and Food Tasting 6:00 Scrabble/Cribbage 6:30 Tea Time in the TV Room</p> <p>26</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Communion Service 10:00 Tuck Shop 2:00 Talk with David Yates 6:00 Cards 6:30 Tea Time in the TV Room</p> <p>27</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Ladies Group in the TV Room 10:00 Men's Group in the Front Lobby 1:30 Alzheimer's Walk through The Park 6:30 Tea Time in the TV Room</p> <p>28</p>	<p>9:00 Exercises 9:30 Exercises 10:00 Free Bingo in the TV Room 2:00 Armchair Travel to Ontario? 6:30 Tea Time in the TV Room 6:30 Colouring in the Card Room</p> <p>29</p>	<p>10:00 Coffee Group in the TV Room 10:30 Exercises 1:00 Afternoon Movie in the TV Room 2:00 Walk to McDonald's for Ice Cream 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada</p> <p>30</p>

SPECIAL EVENTS FOR MAY

Education Session with Tanya MacIntyre- WEDNESDAY, MAY 20TH

Talk with David Yates – WEDNESDAY, MAY 27TH



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Memory Care Unit

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>May 2026</h1> <h2>Memory Care Unit</h2>					9:30 Daily Chronicles 10:00 Free Bingo in the TV Room 2:00 Cranium Crunches 6:30 Tea Time in the TV Room 6:30 Movie Night May Day	9:30 Daily Chronicles 9:30 Exercises 10:00 Coffee Social 1:00 Afternoon Movie in the TV Room 3:00 Drawing 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada
9:30 Daily Chronicles 10:00 Bean Bag Toss 10:30 Exercises 2:00 Monthly Chronicles and Trivia 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:30 Exercises 2:00 Sing and Dance with the Irish Cowboys! 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Indoor Walking Group 10:30 Montessori 2:00 Cinco de Mayo Food Tasting 6:30 Tea Time in the TV Room Cinco de Mayo	9:30 Daily Chronicles 10:00 Montessori 10:00 Communion Service 10:00 Tuck Shop 2:00 Outdoor Garden Clean Up 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Quilt Tying 10:00 Men's Group 10:30 Exercises 1:30 Mother's Day Party!! 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Free Bingo in the TV Room 2:00 Summer Hat Craft 6:30 Tea Time in the TV Room 6:30 Movie Night	9:30 Daily Chronicles 9:30 Exercises 10:00 Coffee Social 1:00 Afternoon Movie in the TV Room 3:00 Drawing 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada
9:30 Daily Chronicles 10:00 Bean Bag Toss 10:30 Exercises 2:00 Succulent Craft 6:30 Tea Time in the TV Room 	9:30 Daily Chronicles 10:00 Montessori 10:30 Exercises 2:00 Celebrating Nurse's Week 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Indoor Walking Group 10:30 Montessori 2:00 Tipple Tuesday and Food Tasting 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Communion Service 10:00 Tuck Shop 2:00 Sing and Dance with Randy Satchell 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Quilt Tying 10:00 Men's Group 10:30 Exercises 2:00 Cranium Crunches 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Free Bingo in the TV Room 2:00 Remote Control Car Racing 6:30 Tea Time in the TV Room 6:30 Movie Night	9:30 Daily Chronicles 9:30 Exercises 10:00 Coffee Social 1:00 Afternoon Movie in the TV Room 3:00 Drawing 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada Armed Forces Day
9:30 Daily Chronicles 10:00 Bean Bag Toss 10:30 Exercises 2:00 Matching Game 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:30 Exercises 2:00 Show and Tell 6:30 Tea Time in the TV Room Victoria Day (Canada)	9:30 Daily Chronicles 10:00 Indoor Walking Group 10:30 Montessori 2:00 Tipple Tuesday and Food Tasting 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Communion Service 10:00 Tuck Shop 2:00 Education Session with Tanya MacIntyre 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Quilt Tying 10:00 Men's Group 10:30 Exercises 2:00 Monthly Chronicles and Trivia! 6:30 Tea Time in the TV Room Shavuot Begins	9:30 Daily Chronicles 10:00 Free Bingo in the TV Room 2:00 Junkdrawer Detective 6:30 Tea Time in the TV Room 6:30 Movie Night	9:30 Daily Chronicles 9:30 Exercises 10:00 Coffee Social 1:00 Afternoon Movie in the TV Room 3:00 Drawing 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada
9:30 Daily Chronicles 10:00 Bean Bag Toss 10:30 Exercises 2:00 No Bake Cooking 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:30 Exercises 2:00 Cardmaking with Harriet 6:30 Tea Time in the TV Room Memorial Day	9:30 Daily Chronicles 10:00 Indoor Walking Group 10:30 Montessori 2:00 Tipple Tuesday and Food Tasting 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Communion Service 10:00 Tuck Shop 2:00 Talk with David Yates 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Montessori 10:00 Quilt Tying 10:00 Men's Group 10:30 Exercises 1:30 Alzheimer's Walk through The Park 6:30 Tea Time in the TV Room	9:30 Daily Chronicles 10:00 Free Bingo in the TV Room 2:00 Armchair Travel to Ontario! 6:30 Tea Time in the TV Room 6:30 Movie Night	9:30 Daily Chronicles 9:30 Exercises 10:00 Coffee Social 1:00 Afternoon Movie in the TV Room 3:00 Drawing 6:30 Tea Time in the TV Room 7:00 Hockey Night in Canada
9:30 Daily Chronicles 10:00 Bean Bag Toss 10:30 Exercises 2:00 Time Slips 6:30 Tea Time in the TV Room	SPECIAL EVENTS FOR MAY					
Education Session with Tanya MacIntyre- WEDNESDAY, MAY 20TH						
Talk with David Yates – WEDNESDAY, MAY 27TH						

Sunday

Monday

Tuesday

Wednesday










Thursday

Friday

Saturday



May 2026

<p>10:00 Memory Care Unit Scenic Drive ³</p> <p>2:00 Outdoor Walking Club</p>	<p>10:00 Canadian Tire ⁴</p> <p>12:45 YMCA Walking Track</p>	<p> ⁵</p> <p>April Off</p> <p><small>Cinco de Mayo</small></p>	<p>12:45 YMCA Walking Track ⁶</p> <p>3:00 Clinton Casino and Dinner</p>	<p>9:30 Trip to Greyhaven Gardens ⁷</p> <p>2:00 Memory Care Unit Beach Drive</p>	<p> ⁸</p> <p>April Off</p> <p><small>May Day</small></p>	<p>9:30 Beach Drive ²</p> <p>12:00 Lunch at Cowbell Brewery followed by a Tour of Cowbell</p> <p>10:00 Memory Care Unit Country Drive ⁹</p> <p>12:45 2nd Street Light Spring Pop-Up</p>
<p>Law Enforcement Torch Run Talk with Officer Russell ¹⁰</p> <p>12:45 Walking Track</p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p> ¹¹</p> <p>April Off</p>	<p>10:00 Walmart ¹²</p> <p>12:45 Memory Care Unit Mystery Ice Cream Trip</p>	<p>11:30 Lunch Club at Harvey's ¹³</p> <p>2:00 Memory Care Unit Scenic Drive</p>	<p> ¹⁴</p> <p>April Off</p>	<p>10:00 Memory Care Unit Country Drive ¹⁵</p> <p>1:30 Mystery Ice Cream Outing</p>	<p> ¹⁶</p> <p>April Off</p> <p><small>Armed Forces Day</small></p>
<p> ¹⁷</p> <p>April Off</p>	<p> ¹⁸</p> <p>April Off</p> <p><small>Victoria Day (Canada)</small></p>	<p> ¹⁹</p> <p>April Off</p>	<p>9:30 Papple Aviation Flights ²⁰</p>	<p>1:00 Memory Care Unit Scenic Drive ²¹</p> <p>4:00 Dinner at The Old Saltie</p> <p><small>Shavuot Begins</small></p>	<p>10:00 Memory Care Unit Country Drive ²²</p> <p>1:00 Ice Cream & Farmer's Market</p>	<p>10:00 Northern Reflections Shopping Trip ²³</p> <p>1:30 Memory Care Unit Road Trip to Seaforth</p>
<p>10:00 Memory Care Unit Road Trip to Point Clark ²⁴</p> <p>2:00 Outdoor Walking Club</p>	<p> ²⁵</p> <p>April Off</p> <p><small>Memorial Day</small></p>	<p>April Half-Day PM ²⁶</p> <p>12:45 Walking Track at YMCA</p>	<p>9:30 Kincardine Day Trip with Picnic ²⁷</p>	<p>1:30 Memory Care Unit Scenic Drive ²⁸</p> <p>6:45 Goderich Thursday Concert Series</p>	<p>April Half-Day AM ²⁹</p> <p>9:30 Memory Care Unit Road Trip to Brussels</p>	<p>9:30 Farmer's Market ³⁰</p> <p>1:30 Bad Apple Brewery Music with Leavin' Tracks</p>

10:00 Memory Care Unit Country Drive ³¹

12:30 Clinton Raceway Opening Day

Outings Calendar



This colour is for Retirement Home

This colour is for Memory Care Unit

This colour is for all of Goderich Place Residents