

Calendar & Newsletter

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

May Birthdays

Residents

- Cecil May 6th
- Rita May 10th
- Mae F. May 11th
- Don S. May 14th
- Edna May 20th
- Glen May 20th
- Bob P. May 21st
- Sam May 24th
- Mildred May 29th

Staff

- Sarah May 7th
- Maria May 10th
- Lynn C. May 13th
- Susie May 15th

Sound Choices

Hearing loss is the number one disability in the world, affecting 1.5 billion people, both young and old. Hearing decreases as we age, and more people living longer means more people experience hearing loss. However, the main culprit of hearing loss is too much noise. This May 31, Save Your Hearing Day, follow these tips to give your ears a rest.

In many cases, our ears' worst enemies are everyday appliances that make our lives easier: hair dryers, lawn mowers, and portable music players. Work-related noise is also a culprit. So how do we fight hearing loss? Search out peace and quiet for one. And don't be afraid to protect your ears with earplugs or other types of ear protection. Other methods to save hearing may surprise you. Some doctors stress a diet rich in nutrients that slow the aging process. Exercise is just as important. It stimulates circulation, which is greatly beneficial to a healthy auditory system. Now that's advice worth listening to!



Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

It is celebrated on different days in many parts of the world, most commonly in the months of March or May. Thank you!



Sunday, May 5th is World Hygiene Day!! Make sure you wash your hands!!

Celebrating May

Cinco de Mayo Party!!

May 3rd

Jimmy's Old Time Radio Show

May 7th

Mother's Day Party

May 8th

Line Dancing with Norma

May 9th

Don's Amazing African Adventures

May 15th

Mother's Day

May 12th

Craft with Sarah

May 21st

Music with the Snell Family

May 22nd

Music with Katherine and Bob

May 23rd

Covid Booster Clinic

May 28th

Marvelous May!!

Here we are at a new month already!! April flew by as fast as the wind we've been having.

We will be having a quilt raffle, of a beautiful quilt made and donated by Audrey Fenton's daughter Gail. Proceeds will go towards our quilting group. The draw will be held before Mother's Day!

Our very own Don, who is a cook here, will be telling us about his amazing mother and her work in Africa!

Speaking of Mothers, and to all of the women of Goderich Place; we will be hosting a Mother's Day party, making summer hats, doing manicures and the "Boutique" is making a return the end of the month!

We will be going on a shopping trip to Greyhaven Gardens for those who wish to purchase garden items as well as just go for the drive! Sign-up sheet will be on my desk shortly.

The weather is (hopefully) getting nicer, please utilize the back garden area that Susie and Ron have worked so hard on. If going for a walk outside or will be away from the building, please remember to sign out and take your fob for when you return.

Cycling without Age will be resuming this month. For new residents, this is a program provided by volunteers- a bike ride around town!! Sign-up sheet will be posted soon.

We have a lot of musical entertainment in May, please refer to calendar. When and if program schedule is altered, changes will be posted.

Thank you to all of the Mother figures that we have here at Goderich Place, we appreciate each and every one of you!!

Have a happy May!

Melanie

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

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|--|---|--|--|---|--|---|
| <p>10:00 Mind Joggers 5 10:30 St Peter's Church Ch 1 (Hurontel) 1:00 Lake Shore United Church Service Ch 1 (Hurontel) World Hand Hygiene Day <small>Cinco de Mayo</small></p> | <p>9:15 Exercises 6 9:45 Knitting Group 10:30 Book Club 1:30 Magnificent Manicures 6:30 Tea Time in Dining Room</p> | <p>9:15 Exercises 7 10:00 Shopping - The Square 2:00 Jimmy's Old Time Radio Show 6:30 Scrabble/Cribbage SOUND THERAPY 9-1130</p> | <p>9:15 Exercises 1 10:00 Tuck Shop 2:00 Monthly Chronicles and May Day 6:00 Cards <small>May Day</small></p> | <p>9:15 Exercises 2 9:00 Quilting Group 2:00 Cranium Crunches 6:30 Tea Time in the Dining Room</p> | <p>9:15 Exercises 3 10:00 Men's Group 10:00 Free Bingo 1:30 Cinco de Mayo Party  6:30 Adult Colouring</p> | <p>10:00 Coffee Group 4 10:30 Exercises 1:00 Afternoon Movie </p> |
| <p>10:00 Mind Joggers 12 10:30 St Peter's Church Ch 1 (Hurontel) 1:00 Lake Shore United Church Service Ch 1 (Hurontel)  <small>National Skilled Nursing Care Week</small></p> | <p>9:15 Exercises 13 9:45 Knitting Group 10:30 Book Club 2:00 Music with The Irish Cowboys 6:30 Tea Time in Dining Room</p> | <p>9:15 Exercises 14 10:00 Shopping - Walmart 2:00 Summer Hat Craft  6:30 Scrabble/Cribbage</p> | <p>9:15 Exercises 8 10:00 Communion Service 10:00 Tuck Shop 1:30 Mother's Day Party 6:00 Cards</p> | <p>9:15 Exercises 9 9:45 Trip to Greyhaven Gardens 1:30 Anglican Church Service 2:00 Line Dancing with Norma 6:30 Bingo with Sarah</p> | <p>9:15 Exercises 10 10:00 Men's Group 10:00 Free Bingo 2:00 Music with Gladys and Friends 6:30 Adult Colouring</p> | <p>10:00 Coffee Group 11 10:30 Susan McVicker and Piano Players  1:00 Afternoon Movie</p> |
| <p>10:00 Mind Joggers 19 10:30 St Peter's Church Ch 1 (Hurontel) 1:00 Lake Shore United Church Service Ch 1 (Hurontel)  <small>Victoria Day (Canada)</small></p> | <p>9:15 Exercises 20 9:45 Knitting Group 10:30 Book Club 2:00 Victoria Day Word Games 6:30 Tea Time in Dining Room</p> | <p>9:15 Exercises 21 10:00 Shopping - The Square 1:30 Craft with Sarah! 6:30 Scrabble/Cribbage</p> | <p>9:15 Exercises 15 10:00 Communion Service 10:00 Tuck Shop 2:00 Don's Amazing African Adventures 6:00 Cards</p> | <p>9:15 Exercises 16 9:45 Ladies Group 2:00 Music with Steve Cook 6:30 Tea Time in the Dining Room</p> | <p>9:15 Exercises 17 10:00 Men's Group 10:00 Free Bingo 1:30 Lutheran Church Service 2:00 Junkdrawer Detective 6:30 Adult Colouring</p> | <p>10:00 Coffee Group 18  10:30 Exercises 1:00 Afternoon Movie <small>Armed Forces Day</small></p> |
| <p>10:00 Mind Joggers 26 10:30 St Peter's Church Ch 1 (Hurontel) 10:00 Communion Service 1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p> | <p>9:15 Exercises 27 9:45 Knitting Group 10:30 Book Club 2:00 Cardmaking with Harriet 6:30 Tea Time in Dining Room</p> | <p>9:15 Exercises 28 10:00 Shopping - Walmart 2:00 Mackay Choristers 6:30 Scrabble/Cribbage COVID BOOSTER - time to be determined</p> | <p>9:15 Exercises 29 10:00 Tuck Shop 2:00 Birthday Party and Welcome Tea  6:00 Cards</p> | <p>9:00 "The Boutique" Clothing Sale (9-4) 30 9:15 Exercises 2:00 This was the Year... 6:30 Tea Time in the Dining Room</p> | <p>9:15 Exercises 24 10:00 Men's Group 10:00 Free Bingo 2:00 Herb Tasting 6:30 Adult Colouring</p> | <p>10:00 Coffee Group 25 10:30 Exercises 1:00 Afternoon Movie </p> |
| <p>10:00 Mind Joggers 26 10:30 St Peter's Church Ch 1 (Hurontel) 10:00 Communion Service 1:00 Lake Shore United Church Service Ch 1 (Hurontel)</p> | <p>9:15 Exercises 27 9:45 Knitting Group 10:30 Book Club 2:00 Cardmaking with Harriet 6:30 Tea Time in Dining Room</p> | <p>9:15 Exercises 28 10:00 Shopping - Walmart 2:00 Mackay Choristers 6:30 Scrabble/Cribbage COVID BOOSTER - time to be determined</p> | <p>9:15 Exercises 29 10:00 Tuck Shop 2:00 Birthday Party and Welcome Tea  6:00 Cards</p> | <p>9:00 "The Boutique" Clothing Sale (9-4) 30 9:15 Exercises 2:00 This was the Year... 6:30 Tea Time in the Dining Room</p> | <p>9:15 Exercises 31 10:00 Men's Group 10:00 Free Bingo 2:00 Show and Tell 6:30 Adult Colouring</p> | <p>10:00 Coffee Group 10:30 Exercises  1:00 Afternoon Movie</p> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|---|---|---|--|
| <p style="text-align: center;">MAY 2024</p> <p style="text-align: center;"><i>Memory Care Unit</i></p> | | | <p>9:30 Daily Chronicles 1</p> <p>10:15 Wacky Wednesday</p> <p>2:00 Monthly Chronicles and May Day</p> <p>5:30 Foot Soaks</p> <p style="text-align: center;"><small>May Day</small></p> | <p>9:30 Daily Chronicles 2</p> <p>10:15 Exercises</p> <p>2:00 Music with Steve Cook</p> <p style="text-align: center;"></p> <p>6:30 Trivia</p> | <p>9:30 Daily Chronicles 3</p> <p>10:00 Bingo</p> <p>1:30 Cinco de Mayo Party</p> <p style="text-align: center;"></p> <p>5:30 Movie Night</p> | <p>9:30 Coffee Social 4</p> <p style="text-align: center;"></p> <p>3:00 Drawing</p> <p>5:30 Stories</p> |
| <p>9:15 Church Service 5</p> <p style="text-align: center;"></p> <p>3:00 Afternoon Walks</p> <p>5:30 Sort the Stuff</p> <p style="text-align: center;"><small>Cinco de Mayo</small></p> | <p>9:30 Daily Chronicles 6</p> <p>10:15 Move-it Monday</p> <p>3:00 Mind Joggers</p> <p>5:30 Manicures</p> <p style="text-align: center;"></p> | <p>9:30 Daily Chronicles 7</p> <p>10:15 Roll and Stroll</p> <p>2:00 Jimmy's Old Time Radio Show</p> <p style="text-align: center;"></p> <p>5:30 Cards (Scrabble/ Euchre/ Uno)</p> | <p>9:30 Daily Chronicles 8</p> <p>10:15 Wacky Wednesday</p> <p>1:30 Mother's Day Party</p> <p style="text-align: center;"></p> <p>5:30 Foot Soaks</p> | <p>9:30 Daily Chronicles 9</p> <p>10:15 Exercises</p> <p>2:00 Line Dancing with Norma</p> <p style="text-align: center;"></p> <p>6:30 Trivia</p> | <p>9:30 Daily Chronicles 10</p> <p>10:00 Bingo</p> <p>2:00 Music with Gladys and Friends</p> <p>5:30 Movie Night</p> <p style="text-align: center;"></p> | <p>9:30 Coffee Social 11</p> <p>3:00 Drawing</p> <p>5:30 Stories</p> <p style="text-align: center;"></p> |
| <p>9:15 Church Service 12</p> <p>3:00 Afternoon Walks</p> <p>5:30 Sort the Stuff</p> <p style="text-align: center;"></p> <p style="text-align: center;"><small>Mother's Day National Skilled Nursing Care Week</small></p> | <p>9:30 Daily Chronicles 13</p> <p>10:15 Move-it Monday</p> <p>2:00 Music with The Irish Cowboys</p> <p style="text-align: center;"></p> <p>5:30 Manicures</p> | <p>9:30 Daily Chronicles 14</p> <p>10:15 Roll and Stroll</p> <p>3:00 Colouring</p> <p>5:30 Cards (Scrabble/ Euchre/ Uno)</p> <p style="text-align: center;"></p> | <p>9:30 Daily Chronicles 15</p> <p>10:15 Wacky Wednesday</p> <p>2:00 Word Searches</p> <p>5:30 Foot Soaks</p> <p style="text-align: center;"></p> | <p>9:30 Daily Chronicles 16</p> <p>10:15 Exercises</p> <p>2:00 Music with Steve Cook</p> <p style="text-align: center;"></p> <p>6:30 Trivia</p> | <p>9:30 Daily Chronicles 17</p> <p style="text-align: center;"></p> <p>10:00 Bingo</p> <p>2:00 Jigsaw Puzzles</p> <p>5:30 Movie Night</p> | <p>9:30 Coffee Social 18</p> <p style="text-align: center;"></p> <p>3:00 Drawing</p> <p>5:30 Stories</p> <p style="text-align: center;"><small>Armed Forces Day</small></p> |
| <p>9:15 Church Service 19</p> <p>3:00 Afternoon Walks</p> <p style="text-align: center;"></p> <p>5:30 Sort the Stuff</p> | <p>9:30 Daily Chronicles 20</p> <p>10:15 Move-it Monday</p> <p>3:00 Mind Joggers</p> <p>5:30 Manicures</p> <p style="text-align: center;"></p> <p style="text-align: center;"><small>Victoria Day (Canada)</small></p> | <p>9:30 Daily Chronicles 21</p> <p>10:15 Roll and Stroll</p> <p>3:00 Colouring</p> <p>5:30 Cards (Scrabble/ Euchre/ Uno)</p> | <p>9:30 Daily Chronicles 22</p> <p>10:15 Wacky Wednesday</p> <p>2:00 Music with the Snell Family</p> <p>5:30 Foot Soaks</p> | <p>9:30 Daily Chronicles 23</p> <p>10:15 Exercises</p> <p>2:00 Music with Katherine and Bob</p> <p style="text-align: center;"></p> <p>6:30 Trivia</p> | <p>9:30 Daily Chronicles 24</p> <p>10:00 Bingo</p> <p>2:00 Jigsaw Puzzles</p> <p style="text-align: center;"></p> <p>5:30 Movie Night</p> | <p>9:30 Coffee Social 25</p> <p>3:00 Drawing</p> <p style="text-align: center;"></p> <p>5:30 Stories</p> |
| <p>9:15 Church Service 26</p> <p>3:00 Afternoon Walks</p> <p>5:30 Sort the Stuff</p> <p style="text-align: center;"></p> | <p>9:30 Daily Chronicles 27</p> <p>10:15 Move-it Monday</p> <p>3:00 Mind Joggers</p> <p style="text-align: center;"></p> <p>5:30 Manicures</p> <p style="text-align: center;"><small>Memorial Day</small></p> | <p>9:30 Daily Chronicles 28</p> <p>10:15 Roll and Stroll</p> <p>2:00 Mackay Choristers</p> <p>5:30 Cards (Scrabble/ Euchre/ Uno)</p> <p style="text-align: center;">COVID BOOSTER – time to be determined</p> | <p>9:30 Daily Chronicles 29</p> <p>10:15 Wacky Wednesday</p> <p>2:00 Birthday Party and Welcome Tea</p> <p style="text-align: center;"></p> <p>5:30 Foot Soaks</p> | <p>9:00 "The Boutique" Clothing Sale (9-4) 30</p> <p>9:30 Daily Chronicles</p> <p>10:15 Exercises</p> <p>2:00 Junkdrawer Detective</p> <p>6:30 Trivia</p> | <p>9:30 Daily Chronicles 31</p> <p>10:00 Bingo</p> <p style="text-align: center;"></p> <p>2:00 Jigsaw Puzzles</p> <p>5:30 Movie Night</p> | <p style="text-align: center;"></p> |