

May 2019 Fitness Center Calendar

Classes:

May 9th

Chair Yoga - YouTube

Tuesdays

10:30 Sit and Fit with Cheryl

Tuesdays & Thursdays

Walking program with Cheryl 

Mondays & Wednesdays

Music & Movement During Coffee Club



Celebrating This Month:

Kathleen McIver May 2

Mary Nason May 3

Ivan Foss May 10

May 2019



PLANETREE

White Rapids Manor is continuing on its Planetree journey of person-centered care. One key component of this is caring for residents, and their families, in ways that are meaningful and valuable to them. This includes encompassing the 7 dimensions of wellness in the Activity program, which are listed below. Symbols on the calendar indicate specific dimensions of wellness.



Environmental Wellness: Feeling safe, and taking action to protect the world around you



Physical Wellness: Engaging in activity that encourages flexibility, strength, and fitness



Intellectual Wellness: Engaging in creative, stimulating activities



Vocational Wellness: Finding enrichment in meaningful activity



Emotional Wellness: Remaining positive about oneself and life



Social Wellness: Contributing to the common welfare of one's community



Spiritual Wellness: Seeking meaning and purpose in human existence

May 2019

Weekly Events:

Sundays:

2:30 Church Service in Activity Room

Mondays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Tuesdays:

9:00 Newspaper and Books by Mail Delivery
Bird Care and Fish Care
9:30 Coffee Club
10:00 Pet Therapy - Stephanie & Max the dog

Wednesdays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Thursdays:






























9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club

Fridays:

9:00 Newspaper Delivery
Bird Care and Fish Care
9:30 Coffee Club
2:00 Bible Reading

Saturdays:

9:00 Newspaper Delivery

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 11:15 YouTube Videos 2:00 Volunteer Appreciation Party 	2 11:15 Name That Tune 1:30 Manicures 3:00 Board Games	3  2:00 Bible reading	4
5 2:30 Sunday Church Service Chapel of the Living Water 	6 	7 11:15 Games 2:00  3:00 Senior Arts 	8 11:15 Ring Toss 1:30 Making Treats for the Birdfeeders  3:00 Chats & Snacks Outside on the Deck	9 10:00 Chair Yoga  1:30 Brag Circle: share family pictures 3:00 Balloon Games	10 11:30 Lunch at Wetmore's & Fredericton Quilters' Guild Show – New Maryland Centre 2:00 Bible reading	11 11:15 Parachute Games 1:00 – 4:00 Junior Volunteer Program 2:00 Mother's Day Tea 
12 2:30 Sunday Church Service Truth Made Simple 	13 10:30 Bus Outing – Coffee Break Sunbury Diner 2:00 Karaoke with Donna 3:00 Chats & Snacks Outside on the Deck	14 11:15 Price Is Right 2:00  3:00 Home Educator's Student Visits – pets 	15 11:30 Burgers on the Grill & Ice Cream Sundaes 3:00 Letter Writing 6:30 Music with Charlie and Friends	16 11:30 Bus Outing – Club 65  3:00 Beach Ball Games Registration for May 30 Sip and Paint Due. Families encouraged to attend!	17 2:00 Bible reading 6:00 Special 	18
19 2:30 Sunday Church Service Rusagonis Baptist 	20 	21 11:15 Trivia  2:00  3:00 Chats & Snacks Outside on the Deck	22 11:15 Aromatherapy – Hand Massages 1:30 – Bowling at The Tri-County Complex  6:00 Dance in the Activity Room	23 10:00 Knitting Nana's Nook Operation  1:30 Bus Outing – Dairy Queen 	24 10:00 Baking Cookies & Muffins  1:30 Alzheimer Afternoon Tea & Treats (Donations Accepted for Alzheimer NB)	25 1:00 – 4:00 Junior Volunteer Program 
26 2:30 Sunday Church Service Wirral Baptist  3:15 'Rapid Readers' Book Club 6:00 Pet Therapy with Mary and Merci	27 10:30 You have 'goat' to be kidding me! Guest Speaker Rachel 1:30 Bus Outing – Odell Park	28 11:15 Price Is Right 2:00  3:00 Aromatherapy 	29 11:15 Mind Benders 1:30 Bus Outing - Scott's Nursery	30 11:15 Current Events 1:30 Sip and Paint Please register by May 16 3:00 Short Stories	31 11:15 The History of Peterson's Rock  1:30 Puzzles 2:00 Bible reading 3:00 Bus Outing – Peterson's Rock	Pastoral Care: Pastor Jim Harrison visits every week. Any Calendar changes will be posted on the bulletin board. For more information contact Jenn activity@whiterapidsmanor.nb.ca or 368-6509