

Sunday

Monday







Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
 <h1 style="text-align: center;">May 2024</h1>													
						1		2		3		4	
						10:30 Pranayama(Meditation)** 11:00 Church Service(TVR) 2:30 Travel Videos(MPR) 3:30 Card Games(ACR) May Day		10:30 Gardening(Garden) 11:00 Volleyball(Garden/TVR) 2:30 Movie Matinee(MPR) 3:30 Arts & Crafts(ACR)		10:30 Garden Strolls(Garden) 11:00 Social Club(ACR-2E) 2:30 Movie Matinee(TVR)			
5		6		7		8		9		10		11	
 Cinco de Mayo		10:30 Pass the Parcel(TVR) 11:00 Sit and Stretch(TVR) 2:30 		10:30 Antakshari* (TVR) 11:00 Balloon Badminton(TVR) 2:30 Visual Arts(TVR) 3:30 Dice Games(TVR)		10:30 Pranayama(Meditation) 11:00 Church Service(TVR) 		10:30 Gardening(Garden) 11:00 Volleyball(Garden/TVR) 2:30 Group Games(MPR) 		10:30 Garden Strolls(Garden) 11:15 Music Therapy with Sarah & Josh (MPR) 2:30 Movie Matinee(TVR)			
12		13		14		15		16		17		18	
 Mother's Day		10:30 Pass the Parcel(TVR) 11:00 Sit and Stretch(TVR) 2:30 		10:30 Antakshari* (TVR) 11:00 Balloon Badminton(TVR) 2:00 Mother's Day Celebration with Emilio(MPR)		10:30 Pranayama(Meditation) 11:00 Church Service(TVR) 3:00 Catholic Mass(Chapel)		10:30 Gardening(Garden) 11:00 Volleyball(Garden/TVR) 2:30 Dominoes(ACR) 3:30 Garden Strolls(Outdoor) (Calendar Meeting)		10:30 Garden Strolls(Garden) 11:00 Social Club(ACR-2E) 2:30 Movie Matinee(TVR)		 Armed Forces Day	
19		20		21		22		23		24		25	
		 Victoria Day (Canada)		10:30 Antakshari* (TVR) 10:45 Christian Service(MPR) 2:30 Visual Arts(TVR) 3:30 Dice Games(TVR)		10:30 Pranayama(Meditation) 11:00 Church Service(TVR) 2:30 Travel Videos(MPR) 3:30 Charades(ACR)		10:30 Gardening(Garden) 11:00 Volleyball(Garden/TVR) 2:30 Dominoes(ACR) 3:30 Arts & Crafts(ACR)		10:30 Garden Strolls(Garden) 11:00 Social Club(ACR-2E) 2:00 Resident Council (MPR) TBD: Jewish Shabbat			
26		27		28		29		30		31			
		10:30 Pass the Parcel(TVR) 11:00 Sit and Stretch(TVR) 2:30 2:30 Birthday Party With Fortunato(MPR) Memorial Day		10:30 Antakshari* (TVR) 11:00 Balloon Badminton(TVR) 2:30 Visual Arts(TVR) 3:30 Dice Games(TVR)		10:30 Pranayama(Meditation) 11:00 Ball Games(TVR) 2:30 Travel Videos(MPR) 3:30 Card Games(ACR)		10:30 Gardening(Garden) 11:00 Volleyball(Garden/TVR) 2:30 Super Bingo(MPR) 		10:30 Garden Strolls(Garden) 11:15 Music Therapy with Sarah & Josh (MPR) 2:30 Movie Matinee(TVR)			

Programs might be cancelled at short notice. Please contact Gayatri at garya@kensingtonhealth.org for any questions !

Antakshari* spoken word parlor game (Musical)!

Pranayama(Meditation)** will be conducted in the Garden only if Weather permits!