

MON

TUES

WED

THURS

FRI



MAY 2026



1
9AM Morning Connection Hour
10AM Fun Fitness
11AM Coffee & Conversation Time
11:30AM Road Sign Bingo
1PM Movie Matinee & Popcorn
2PM Afternoon Spiritual Club



4
9AM Morning Connection Hour
10AM Gentle Seated Exercise
11AM Coffee & Conversation Time
11:30AM Axe Throwing/ Beachball
1PM Coloring/ Word Search
2PM Music & Memories



5
9AM Morning Connection Hour
10AM Seated Tai-Chi
11AM Coffee & Conversation Time
11:30AM Ladder Golf/ Sing Along
1PM Nail Painting/ Puzzles
2PM Games Time Social

6
9AM Morning Connection Hour
10AM Fitness Circle
11AM Coffee & Conversation Time
11:30AM Galaxy Bingo
1PM Mother's Day Coloring
2PM Aqua Painting/ Guess Animals by Emoji



7
9AM Morning Connection Hour
10AM Seated Chair Yoga
11AM Coffee & Conversation Time
11:30AM Pass the Ball/ Brain Teasers
1PM Kitchen Korner/ Board Games
2PM Tunes & Togetherness
2PM Workshop: Senior Helpers

8 **Mother's Day (May 10)**
9AM Morning Connection Hour
10AM Fun Fitness
11AM Coffee & Conversation Time
11:30AM Crafters Cove: Mother's Day
1PM Movie Matinee & Popcorn
2PM Mental Aerobics



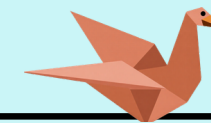
11
9AM Morning Connection Hour
10AM Gentle Seated Exercise
11AM Coffee & Conversation Time
11:30AM Bingo
1PM Craft: Nurses Week
2PM Watch & Relax Hour

12 **International Nurses Day**
9AM Morning Connection Hour
10AM Seated Tai-Chi
11AM Coffee & Conversation Time
11:30AM Mini Appreciation Ceremony for Nurses & PSWs
1PM Scented Creations: Candles
2PM Tunes & Togetherness



13
9AM Morning Connection Hour
10AM Fitness Circle
11AM Coffee & Conversation Time
11:30AM Basketball/ Coloring
1PM Mental Aerobics/ Board Games
2PM Games Time Social

14
9AM Morning Connection Hour
10AM Seated Chair Yoga
11AM Coffee & Conversation Time
11:30AM Galaxy Bingo
1PM Crafters Cove
2PM Spot the Difference/ Guess the Tune



15
9AM Morning Connection Hour
10AM Fun Fitness
11AM Coffee & Conversation Time
11:30AM Victoria Day Trivia/ Craft
1PM Movie Matinee & Popcorn
2PM Patriotic Sing-Along

May 18 Victoria Day

CLOSED



19 **Personal Support Worker Day**
9AM Morning Connection Hour
10AM Seated Tai-Chi
11AM Coffee & Conversation Time
11:30AM Beachball Challenge
1PM Word Search/ Coloring
2PM Afternoon Spiritual Club

20
9AM Morning Connection Hour
10AM Fitness Circle
11AM Coffee & Conversation Time
11:30AM Axe Throwing/ Bean Bag Toss
1PM Craft: Excellence Spring Tree
2PM Music & Memories

21
9AM Morning Connection Hour
10AM Seated Chair Yoga
11AM Coffee & Conversation Time
11:30AM Ladder Golf
1PM Puzzles/ Board Games
2PM Tunes & Togetherness

22
9AM Morning Connection Hour
10AM Fun Fitness
11AM Coffee & Conversation Time
11:30AM Galaxy Bingo
1PM Movie Matinee & Popcorn
2PM Games Time Social
2PM Workshop: Afro Cognitive Health

25
9AM Morning Connection Hour
10AM Gentle Seated Exercise
11AM Coffee & Conversation Time
11:30AM Galaxy Bingo
1PM Nail Painting/ Creative Coloring
2PM Sing Along with Susie Q
10AM-2PM Service Canada Day

26
9AM Morning Connection Hour
10AM Seated Tai-Chi
11AM Coffee & Conversation Time
11:30AM Road Sign Bingo
1PM Pass the Ball/ Basketball
2PM Tunes & Togetherness



27 **Red Shirt Day "Wear Red & Share Kindness"**
9AM Morning Connection Hour
10AM Fitness Circle
11AM Coffee & Conversation Time
11:30AM Craft: Art in Red
1PM Red Word Games/ Puzzles
2PM Watch & Relax Hour



28
9AM Morning Connection Hour
10AM Seated Chair Yoga
11AM Coffee & Conversation Time
11:30AM Sports Bingo
1PM Word Search/ Coloring
2PM Music & Memories

29 **DRESS FOR SPRING**
9AM Morning Connection Hour
10AM Fun Fitness
11AM Coffee & Conversation Time
11:30AM Springtime Fun Social
1PM **Spring Finale: Live Music**
2PM Afternoon Comfort Club



Did you know your loved one in Mississauga can be supported for their care needs through Partners Community Health? mississaugaseniorsnavigation.ca for more information email: navigation@partnerscommunityhealth.ca

**LET'S MAKE
MAY
AMAZING TOGETHER!**

Spend the Day With Us

**WHERE: 2180 Speakman Dr
Mississauga
(Erin Mills/QEW)**

**WHEN: Monday to Friday
9AM to 4PM**

**Our program space is fully
accessible.**

Our staff are certified PSWs.

Attendance is flexible.

Belonging@PCH Theme this Month: **Excellence**

For this theme, PCH celebrates our value of excellence and our commitment to providing high quality care with an optional experience in a learning environment.

ACTIVITY HIGHLIGHTS

Mother's Day – Creative activities such as art projects and card-making celebrate and honor mothers while encouraging self-expression, creativity, and meaningful social connection among clients.

International Nurses Day & PSW Day – Appreciation ceremonies and recognition activities highlight the dedication of healthcare staff while fostering gratitude, emotional connection, and a strong sense of community.

Spring Finale: Live Music Social – A live music event aims to promote joy, connection, and emotional well-being through shared musical experience.

Red Shirt Day – Wearing red and participating in kindness-focused activities and themed crafts promote inclusivity, awareness, and compassion while encouraging creativity and positive social interaction.

SERVICE CANADA

**May 25, 2026
10AM - 2PM**

A more convenient and comfortable way to get Service Canada help for your loved one! Do you qualify for caregiver benefits? Do you need help with your CPP or OAP?

Service Canada is here to help! We offer free parking and almost no waiting

**Call: 905-369-2442 and ask for the
Seniors Hub (ext: *11124)**

OR EMAIL:

SeniorsHub@partnerscommunityhealth.ca

PCH Partners
Community
Health