

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

## ALPINE SUMMIT SENIORS LODGE

<h1>May 2026</h1> <h2>ALPINE SUMMIT SENIORS LODGE</h2>						<p><b>10:00 Joint Rotation</b> 1  <b>10:30 Music with Marie</b>  <b>1:30 BINGO</b>  <b>3:00 Happy Hour</b>  <small>May Day</small></p>	<p><b>10:00 Flexibility</b> 2  <b>11:00 Paper Airplanes Competition</b>  <b>1:30 Art Time</b>  <b>3:00 Mexican Bingo</b></p>
<p><b>9:30 Coffee Time</b> 3  <b>10:00 Anglican &amp; United Church</b>  <b>11:15 Maracas</b>  <b>2:00 Baileys &amp; Coffee Floats</b>  <b>3:45 Hand Stren</b></p>	<p>4  <b>10:00 Seniors Strength - Bands</b>  <b>11:00 Garden Meeting</b>  <b>1:30 Cribbage</b></p>	<p>5  <b>10:00 Standing Balance</b>  <b>1:30 Movie Presentation</b>  <small>Cinco de Mayo</small></p>	<p>6  <b>10:00 Seniors Strength - Weights</b>  <b>11:00 Catholic Church Service</b>  <b>Taste of Argentina Themed Lunch</b></p>	<p>7  <b>10:00 Stretching with Meghan</b>  <b>1:30 Reading at the Library</b>  <i>Silvia away</i></p>	<p>8  <b>10:00 Joint Rotation</b>  <b>1:30 BINGO</b>  <b>3:00 Happy Hour</b>  <i>Silvia away</i></p>	<p>9  <i>Silvia away</i></p>	
<p><b>10:00 Anglican &amp; United Church</b> 10  <b>2:00 Mothers Day Tea Party</b>  <i>Silvia away</i>  <small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>11  <b>10:00 Seniors Strength - Bands</b>  <b>1:30 Cribbage</b>  <i>Allan's Birthday</i></p>	<p>12  <b>10:00 Standing Balance</b>  <b>10:30 Harp in DAL</b>  <b>1:30 Movie Presentation</b></p>	<p>13  <b>Mamma Mia in Edmonton</b>  <b>11:00 Catholic Church Service</b>  <b>Taste of Taiwan Themed Lunch</b></p>	<p>14  <b>Mamma Mia in Edmonton</b>  <b>11:00 Scripture &amp; Song in DAL</b>  <i>Konnie's Birthday</i></p>	<p>15  <b>10:00 Rotation</b>  <b>10:45 Music with Marie</b>  <b>11:00 Telerehab</b>  <b>1:30 BINGO</b>  <b>3:00 Happy Hour</b>  <i>Garfield's Birthday</i></p>	<p>16  <b>10:00 Hay Lakes Band Concert</b>  <b>BBQ Lunch &amp; opening of the Gazebo with the Dowling Family</b>  <small>Armed Forces Day</small></p>	
<p><b>9:30 Coffee Time</b> 17  <b>10:00 Anglican &amp; United Church</b>  <b>11:15 Maracas</b>  <b>2:00 Migratory Birds Doc</b>  <b>3:45 Hand Stren</b></p>	<p>18  <b>1:30 Resident Run Cribbage</b>  <i>Managers Away</i>  <small>Victoria Day (Canada)</small></p>	<p>19  <b>10:00 Standing Balance</b>  <b>1:00 Women's Pelvic Floor</b>  <b>2:00 Museum Coffee Hour</b></p>	<p>20  <b>10:00 Weights</b>  <b>11:00 Catholic CH</b>  <b>Taste of Mauritius Islands Lunch</b>  <b>2:00 Walk to the Ice Cream Store</b></p>	<p>21  <b>10:00 Tai-Chi</b>  <b>10:00 Residents Meeting</b>  <b>1:30 Reading at the Library</b>  <small>Shavuot Begins</small></p>	<p>22  <b>10:00 Joint Rotation</b>  <b>1:30 BINGO</b>  <b>3:00 Happy Hour</b>  <i>Glenda's Birthday</i></p>	<p>23  <b>10:00 Flexibility</b>  <b>2:00 Glenda's 90th Birthday</b></p>	
<p><b>9:30 Coffee Time</b> 24  <b>10:00 Anglican &amp; United Church</b>  <b>11:15 Maracas</b>  <b>2:00 Ice Cream on the Patio</b>  <b>3:45 Hand Stren</b></p>	<p>25  <b>10:00 Seniors Strength - Bands</b>  <b>1:30 Cribbage</b>  <i>Della's Birthday</i>  <small>Memorial Day</small></p>	<p>26  <b>10:00 Standing Balance</b>  <b>10:30 Harp in DAL</b>  <b>1:00 Women's Pelvic Floor</b>  <b>2:00 Movie</b></p>	<p>27  <b>10:00 Weights</b>  <b>11:00 Catholic Church Service</b>  <b>Taste of Slovakia Lunch</b>  <b>2:00 Singalong</b></p>	<p>28  <b>10:00 Tai-Chi</b>  <b>1:00 Women's Pelvic Floor</b>  <b>2:00 Mountain Vistas Photo Presentation by ZO</b></p>	<p>29  <b>10:00 Joint Rotation</b>  <b>11:00 Telerehab</b>  <b>1:30 BINGO</b>  <b>3:00 Happy Hour</b></p>	<p>30  <b>10:00 Flexibility</b>  <b>11:00 Jenga in the Garden</b>  <b>1:30 Art Time</b>  <b>3:00 Mexican Bingo</b></p>	
<p><b>9:30 Coffee Time</b> 31  <b>10:00 Anglican &amp; United Church</b>  <b>11:15 Maracas</b>  <b>2:00 Armchair Travel to Taiwan</b>  <b>3:45 Hand Stren</b></p>							