

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

<p>1</p> <p>10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Games</p> <p><small>May Day</small></p>	<p>2</p> <p>10:00 Tai-Chi 11:00 Scripture and Song 1:30 Reading at Library 3:30 Hand Strengthening</p>	<p>3</p> <p>10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour</p>	<p>4</p> <p>10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Cinco De Mayo Bingo</p>			
<p>5</p> <p>10:00 AM Social 11:00 Maracas Movement Mariachi 2:30 Cinco De Mayo Party</p> <p><small>Cinco de Mayo</small></p>	<p>6</p> <p>10:00 Seniors Strength - Bands 1:30 Cribbage</p>	<p>7</p> <p>10:00 Standing Balance 10:45 Garden Meeting 1:30 Movie Presentation</p>	<p>8</p> <p>10:00 Seniors Strength - Weights 11:00 Catholic Church Service 1:30 Anxiety & Wildfires Discussion with Ryan Verge</p>	<p>9</p> <p>10:00 Tai-Chi 1:00 Bus Outing to Beckers Bungalows 4:00 Hand Strengthening</p>	<p>10</p> <p>10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour</p>	<p>11</p> <p>10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo <i>Allen's Birthday</i></p>
<p>12</p> <p>10:00 AM Social 11:00 Maracas Movement 2:00 Mothers Day Tea Party</p> <p><small>Mother's Day National Skilled Nursing Care Week</small></p>	<p>13</p> <p>10:00 Seniors Strength - Bands 10:45 Harp in the DAL 1:30 Cribbage</p>	<p>14</p> <p>10:00 Standing Balance 1:30 Movie Presentation</p> <p><i>Konnie's Birthday</i></p>	<p>15</p> <p>10:00 Seniors Strength - Weights 11:00 Catholic Church Service 11:45 Lunch L&W 6:30 Norman Rice Concert</p>	<p>16</p> <p>10:00 Tai-Chi 11:00 United Church Service 1:30 Reading at Library 3:30 Hand Strengthening</p>	<p>17</p> <p>10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour</p>	<p>18</p> <p>10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo</p> <p><small>Armed Forces Day</small></p>
<p>19</p> <p>10:00 AM Social 11:00 Maracas Movement 1:30 Golf 3:30 Hand Strengthening</p>	<p>20</p> <p>10:00 Seniors Strength - Bands 1:30 Cribbage</p> <p><small>Victoria Day (Canada)</small></p>	<p>21</p> <p>10:00 Standing Balance 1:30 Movie Presentation</p>	<p>22</p> <p>10:00 Seniors Strength - Weights 11:00 Catholic Church Service 1:30 Death Café at the Library</p>	<p>23</p> <p>10:00 Tai-Chi 11:00 Pentecostal Church Service 1:30 Singalong</p>	<p>24</p> <p>10:00 Seniors Strength Rotation 10:45 Marie Music 11:00 Lunch & a Show in Hinton <i>NO BINGO or Happy Hour</i></p>	<p>25</p> <p>10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo</p>
<p>26</p> <p><i>Silvia away</i></p>	<p>27</p> <p>10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage</p> <p><small>Memorial Day</small></p>	<p>28</p> <p>10:00 Standing Balance 1:30 Movie Presentation</p>	<p>29</p> <p>10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Ice Cream & Popsicles on the Patio</p>	<p>30</p> <p>10:00 Tai-Chi 10:45 Residents Meeting 1:30 3:30 Hand Strengthening</p>	<p>31</p> <p>10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour</p>	