

May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 CARD BINGO	9 SATIN HANDS & GEL POLISH 130 10 CENT BINGO 3 ICE CREAM SOCIAL	HONOR "RED DRESS DAY" BY WEARING RED 1030 LEFT RIGHT & CENTER 130 TRIVIA 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	9 HOT HAND WAX 10 BALDERDASH 10 MORNING REFLECTIONS 1030 RESIDENT MEETING 2 SOCIAL HOUR 630 CRIBBAGE	930 WII BOWLING 10 LIBRARY HOUR 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO HINTON YOUTH GROUP	930 PRETTY NAILS & LOTION ON 3 RD FLOOR 2 BIRTHDAY CELEBRATION WITH KARAOKE	9-11 PET THERAPY 1 ST & 3 RD FLOOR 130 PAPER BINGO
2 CARD BINGO	9 COFFEE AT GABBY'S & BEAVER BOARDWALK 130 10 CENT BINGO 3 ICE CREAM SOCIAL	1030 YAHTZEE 130 SCRABBLE 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	930 Q & A WITH THE FIRE CHIEF 10 MORNING REFLECTIONS 11 HOT HAND WAX 2 SOCIAL HOUR DRAW FOR SPRING RAFFLE 630 CRIBBAGE	930 CRAFTERS CORNER 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	9 BAKING WITH KALLAN 930 CRAFTERS' CORNER ON THE 3 RD FLOOR 130 FASHION SHOW BY "PIECES BY SHARON" 2 MOTHER'S DAY TEA	9 HOT DRINKS & HOT TOPICS 1030 REMEMBER WHEN IN THE LEGION SEATING AREA 130 TRIVIA 3 ICE CREAM FLOATS 6 BREAK-A-LEG PERFORMANCE AT THE PATH: THE FOX ON THE FAIRWAY
2 CARD BINGO	130 10 CENT BINGO (JANE) 245 ICE CREAM SOCIAL (JANE)	1030 PENNY PLUNKER 2 MOVIE & POPCORN "YELLOWSTONE." 630 CARD BINGO	9 HOT HAND WAX 10 BALDERDASH 10 MORNING REFLECTIONS 2 SOCIAL HOUR 630 CRIBBAGE	10 NORTHERN ROCKIES MUSEUM 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO HINTON YOUTH GROUP	930 PAPER BINGO ON 3 RD FLOOR 130 CRAFTERS CORNER	9-11 PET THERAPY 1 ST & 3 RD FLOOR 130 PAPER BINGO
2 CARD BINGO	9 SATIN HANDS & GEL POLISH 130 10 CENT BINGO 3 ICE CREAM SOCIAL	11 LUNCH OUTING TO CADOMIN 130 LINKAGES 130 HEARING CLINIC 630 CARD BINGO	9 HOT HAND WAX 10 BALDERDASH 10 MORNING REFLECTIONS 2 THEMED SOCIAL HOUR - JAPAN DRESS FOR IT! 630 CRIBBAGE	930 SORTING FOR CRAFT SALE 1 SHOP N SNACK 130 HORSE RACE GAME 630 CARD BINGO	9 BAKING WITH KALLAN 930 BALLOON TOSS ON 3 RD FLOOR 130 COLD CASE FILES MURDER AT "THE MOVIE THEATRE" 3 APPETIZERS AND MOCKTAILS IN THE TAVERN	9 HOT DRINKS & HOT TOPICS 1030 REMEMBER WHEN IN THE LEGION SEATING AREA 1 DRAMA CLUB CHIT CHAT 2 KARAOKE IN THE ACTIVITY CENTER
2 CARD BINGO					930 MAR-WEST GREEN HOUSE EDSON TRIP 3 GAMES IN THE RECREATION AREA	9 PLANTING FLOWERS 9-2 CRAFT SALE
2 CARD BINGO						

MAY BIRTHDAYS!

01-DONALD SHAND

5-MOIRA RAWLINGS

6-LUCILLE BENNETT

16-GRETA BRYANT

18-DORA CIESLIKOWSKI

23- JOE WILICK

29-KATHY REES

30-CORY HILDEBRANDT

HAPPY BIRTHDAY EVERYONE!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2026

Dimensions of Wellness
Physical



Mental/Emotional

Spiritual



Social



Intellectual



Environmental

						9 Hand Massage 1030 Horseshoes 130 Silver Sneakers 230 Billiards/ Putting Green Tyna In <small>May Day</small>	1	We do not stop exercising because we grow old – we grow old because we stop exercising. 	2		
9 Senior's Strength 10 Pelvic Floor Exercise 11 Parkinsons Class (sign up REQ.) Rylee In	4	9 Hand Massage 1030 Floor Curling 130 Silver Sneakers 230 Floor Curling 3 rd Floor Tyna In <small>Cinco de Mayo</small>	5	9 Senior's Strength 1030 Resident Meeting 11 Parkinsons Class (sign up REQ.) Rylee In	6	9 Hand Massage 1030 Bocci Ball 130 Silver Sneakers 230 Frisbee Game Tyna In	7	9 Hand Massage 1015 Daycare Visit 130 Silver Sneakers 230 Billiards/ Putting Green Tyna In	8	You're never so old that it's OK to be weak. 	9
9 Senior's Strength 11 Parkinsons Class (sign up REQ.) Rylee In	11	9 Flexibility 10 Flexibility 11 Standing Balance 130 Silver Sneakers 230 Flexibility on the 3 rd floor Amy In	12	9 Hand Massage 1030 Ladder Ball 130 Silver Sneakers 230 Billiards Tyna In	13	9 One on Ones 1030 Bocci Ball 130 Silver Sneakers 230 Frisbee Game Tyna In	14	Have an AMAZING Day 	15	Age is no barrier. It's a limitation you put on your mind. <small>Armed Forces Day</small>	16
STAT <small>Victoria Day (Canada)</small>	18	9 Hand Massage 1030 Floor Curling 130 Silver Sneakers 230 Floor Curling 3 rd Floor Tyna In	19	9 Senior's Strength 11 Silver Sneakers Rylee In	20	9 One on Ones 1030 Corn Hole 130 Silver Sneakers 230 Frisbee Game Tyna In <small>Shavuot Begins</small>	21	9 Hand Massage 130 Silver Sneakers 230 Billiards/ Putting Green Tyna In	22	To resist the frigidity of old age, one must combine the body, the mind and the heart. 	23
9 Senior's Strength 11 Parkinsons Class (sign up REQ.) 130 Reiki Rylee In <small>Memorial Day</small>	25	9 Hand Massage 1030 Floor Curling 130 Silver Sneakers 230 Horseshoes Tyna In	26	9 Senior's Strength 11 Silver Sneakers Rylee In	27	9 One on Ones 1030 Bocci Ball 130 Silver Sneakers 230 Frisbee Game Tyna In	28	9 Strength 1015 Daycare Visit 130 Silver Sneakers 230 Billiards/ Putting Green Amy In	29	Keep your face to the sunshine and you cannot see a shadow. 	30

Health & Wellness