

# May 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>9 CRAFTERS' CORNER (CANDLE MAKING) 1</p> <p>10 LIBRARY HOUR</p> <p>11-3 CLOTHING SHOPPING VENDORS HERE</p> <p>NO SHOP N SNACK</p> <p>2 HAPPY HOUR</p> <p>630 CARD BINGO</p>	<p>9 COOKING WITH KALLAN 2</p> <p>10 COFFEE &amp; BUS ERRANDS</p> <p>130 TABLETOP CURLING</p> <p>2 BIRTHDAY CELEBRATION</p>	<p>9-1030 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 3</p> <p>1030 DRAMA CLUB</p> <p>130 ICE CREAM SOCIAL</p> <p>230 TRIVIA</p>
<p>130 CARD BINGO 4</p>	<p>10 RED DRESS DAY COFFEE &amp; CHAT WITH ALPHIA FROM BRIDGES IN ACTIVITY CENTER 5</p> <p>130 10 CENT BINGO</p> <p>2 SATIN HANDS &amp; GEL POLISH (SIGN UP REQUIRED)</p>	<p>9 HOT HAND WAX 6</p> <p>10-2 COVID SHOTS</p> <p>11 ROYAL GARDEN &amp; SCENIC DRIVE</p> <p>130 TRIVIA</p> <p>2 MOVIE MARATHON 1883</p> <p>630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 7</p> <p>1030 RESIDENT MEETING</p> <p>2 HAPPY HOUR</p> <p>630 CRIBBAGE TOURNAMENT</p>	<p>9 CRAFTERS CORNER ~ UNFINISHED CRAFTS 8</p> <p>9 ELECTRIC CAR RIDES</p> <p>1 MOSS &amp; SPARROW AND COFFEE</p> <p>NO SHOP N SNACK</p> <p>1 COFFEE WITH A COP</p> <p>630 CARD BINGO WITH HINTON YOUTH</p>	<p>930 NAILS &amp; TALES 9</p> <p>9 BAKING WITH KALLAN</p> <p>2 MOTHER'S DAY HIGH TEA</p>	<p>930 COFFEE TALK 10</p> <p>1030 DRAMA CLUB</p> <p>1 CRAFTERS' CORNER ~ STAINED GLASS WITH MARLYS</p>
<p>130 CARD BINGO 11</p>	<p>11 SIT &amp; SOAK AT THE POOL &amp; LUNCH OUTING 12</p> <p>130 10 CENT BINGO</p> <p>2 BILLIARDS</p>	<p>9 HOT HAND WAX 13</p> <p>1030 SCRABBLE</p> <p>130 FLOOR CURLING</p> <p>2 MOVIE MARATHON 1883</p> <p>630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 14</p> <p>10 PAPER BINGO</p> <p>2 HAPPY HOUR</p> <p>630 CRIBBAGE TOURNAMENT</p>	<p>10 MAYFIELD DINNER THEATRE "THE JERSEY BOYS" 15</p> <p>10 NORTHERN ROCKIES MUSEUM</p> <p>1 SHOP N SNACK</p> <p>630 CARD BINGO</p>	<p>9 CRAFTS WITH TYNA 16</p> <p>130 WALK TO THE SODA SHOP FOR ICE CREAM SOCIAL</p> <p>3 TRIVIA</p>	<p>9-1030 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 17 FLOOR</p> <p>1030 DRAMA CLUB</p> <p>1130 DANIELLE'S PIANO STUDENTS</p> <p>130 HEARING CLINIC</p> <p>130 SILVER HAIR TEA</p>
<p>130 CARD BINGO 18</p>	<p>130 10 CENT BINGO *STAT* 19</p>	<p>9 HOT HAND WAX 20</p> <p>130 ACUPUNCTURE &amp; CHIROPRESENTATION</p> <p>2 MOVIE MARATHON 1883</p> <p>630 CARD BINGO</p>	<p>9 CANADIAN TIRE FLOWER SHOPPING 21</p> <p>10 MORNING REFLECTIONS</p> <p>2 CINCO DE MAYO-THEMED HAPPY HOUR FEATURE DRINK TEQUILA SUNRISE &amp; 50/50 DRAW</p> <p>630 CRIBBAGE TOURNAMENT</p>	<p>10 PLANTING FLOWERS 22</p> <p>1130 WHISPERING PINE RESIDENTS FOR LUNCH &amp; TRIVIA</p> <p>1 SHOP N SNACK</p> <p>130 CRAFTERS' CORNER</p> <p>630 CARD BINGO WITH HINTON YOUTH</p>	<p>9 WALK BY CANADIAN TIRE &amp; BREAKFAST AT A&amp;W (DAD) 23</p> <p>930 MUSIC AND MOVEMENT</p> <p>2 MOVIE "THE LIFE LIST" &amp; POPCORN</p> <p>2 DOCTORS PRESENTATION</p>	<p>930 COFFEE TALK 24</p> <p>1030 DRAMA CLUB</p> <p>130 CRAFTERS' CORNER ~ GETTING READY FOR THE CRAFT SALE</p> <p>3 ICE CREAM SOCIAL</p>
<p>130 CARD BINGO 25</p>	<p>930 FIBER ARTS WITH TYNA 26</p> <p>10 BAKING (EDNA)</p> <p>130 10 CENT BINGO</p> <p>2 SATIN HANDS &amp; GEL POLISH (SIGN UP REQUIRED)</p>	<p>NO HOT WAX 27</p> <p>11 DAIRY QUEEN LUNCH OUTING &amp; SCENIC DRIVE</p> <p>130 LINKAGES</p> <p>2 MOVIE MARATHON 1883</p> <p>630 CARD BINGO</p>	<p>10 MORNING REFLECTIONS 28</p> <p>10 PAPER BINGO</p> <p>1130 PARKLAND RESIDENTS COMING FOR LUNCH &amp; TRIVIA</p> <p>HAPPY HOUR CANCELLED</p> <p>630 CRIBBAGE TOURNAMENT</p>	<p>9 ELECTRIC CAR RIDES 29</p> <p>1030 JASPER LUNCH &amp; TRIVIA AT ALPINE SUMMIT</p> <p>1 SHOP N SNACK</p> <p>630 CARD BINGO</p>	<p>9 COOKING WITH KALLAN 30</p> <p>9 COFFEE WITH THE MAYOR</p> <p>2 MINUTE TO WIN IT GAMES IN ACTIVITY CENTER</p>	<p>8:45 EXOTIC PLANT SHOW AT THE OLD GRIND 31</p> <p>11-4 CRAFTERS' CORNER ~ GETTING READY FOR THE CRAFT SALE</p> <p>130 ICE CREAM SOCIAL</p>

# MAY BIRTHDAYS!

1<sup>ST</sup>- DONALD SHAND &  
OREST ZAHARIA

5<sup>TH</sup>- MOIRA RAWLINGS

6<sup>TH</sup>- LUCILLE BENNETT

16<sup>TH</sup>- GRETA BRYANT

18<sup>TH</sup>- DORA CIESLIKOWSKI

23<sup>RD</sup>- JOE WILLYCK

29<sup>TH</sup>- KATHY REES

&

31<sup>ST</sup>- JOYCE BROWN

# HAPPY BIRTHDAY EVERYONE!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2025

## Health & Wellness

**Dimensions of Wellness Physical**

**Mental/Emotional**

**Spiritual Social**

**Intellectual Environmental**

9 Senior's Strength 5  
10 Senior's Strength  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance  
230 Hand Massage  
\*\*\*Rai Away, Lisa In\*\*\*  
Cinco de Mayo

9 Senior's Strength 12  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
11 Parkinson's Program  
130 Standing Balance  
230 Hand Massage in the Garden Room

**STAT** 19  
Victoria Day (Canada)

9 Senior's Strength 26  
10 Pelvic Floor Exercise  
11 Silver Sneakers  
11 Parkinson's Program  
130 Reiki  
230 Hand Massage in the Garden Room  
Memorial Day

9 Flexibility 6  
10 Flexibility  
11 Silver Sneakers  
130 Standing Balance  
230 One on Ones  
\*\*\*Rai Away, Lisa In\*\*\*

9 Flexibility 13  
11 Silver Sneakers  
130 Standing Balance  
230 One on Ones

9 Flexibility 20  
11 Silver Sneakers  
130 Acupuncture & Chiropractic Presentation  
3 One on Ones

9 Flexibility 27  
11 Silver Sneakers  
130 Standing Balance  
230 One on Ones

9 Senior's Strength 7  
1030 Resident Meeting  
1-3 Tele Rehab (sign up REQ.)

9 Senior's Strength 14  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
1-3 Tele Rehab (sign up REQ.)

9 Senior's Strength 21  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
1-3 Tele Rehab (sign up REQ.)

9 Senior's Strength 28  
10 Pelvic Floor Exercise Program (sign up REQ.)  
11 Silver Sneakers  
11 Parkinson's Program  
1-3 Tele Rehab (sign up REQ.)

9 Flexibility 1  
10 Tele-rehab One on Ones  
11 Silver Sneakers  
130 Standing Balance  
230 Hand massage in the Garden Room  
May Day

9 Flexibility 8  
10 Tele-rehab One on Ones  
11 Silver Sneakers  
1 Shop & Snack- Moss and Sparrow

9 Flexibility 15  
10 Tele-rehab One on Ones  
11 Silver Sneakers  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Flexibility 22  
10 One on Ones  
11 Silver Sneakers  
130 Standing Balance  
230 Hand massage  
230 Eyeglasses Cleaning & Minor Repairs

9 Flexibility 29  
10 Tele-rehab One on Ones  
11 Silver Sneakers  
130 Standing Balance  
230 Hand massage in the Garden Room

9 Senior's Pilates 2  
10 Daycare Visit  
130 Standing Balance  
230 One on Ones & Tele-rehab One on Ones

9 Senior's Strength 9  
10 Senior's Strength  
11 Silver Sneakers  
130 Standing Balance  
230 One on Ones  
\*\*\*Rai Away, Lisa In\*\*\*

9 Senior's Pilates 16  
10 Daycare Visit  
130 Standing Balance  
230 One on Ones & Tele-rehab One on Ones

9 Senior's Pilates 23  
10 Senior's Pilates  
130 Standing Balance  
11 Silver Sneakers  
230 One on Ones & Tele-rehab One on Ones

9 Senior's Pilates 30  
10 Seniors Pilates  
11 Silver Sneakers  
130 Standing Balance  
230 One on Ones & Tele-rehab One on Ones

"The longer I live, the more beautiful life becomes."

**Lymphatic Massage with Geca. See Raileigh to book your appointment!**

"You are never too old to set another goal or to dream a new dream."  
Armed Forces Day

"Grow old along with me! The best is yet to be."

**Exotic Plant Show at The Old Grind**

\*\*\* Calendar is subject to change\*\*\*