

# MAY 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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**Legend:**  
 Outings  
 Physical Programs  
 Spiritual Programs  
 Music  
 New/Important  
 CC =Continuing Care  
 \*Calendar Subject to Change\*



9:30 Joint Rotation 1 Exercise 10:30 Wildwood Interdenominational Service 2:00 Popovich's Country Tour 3:30 Cribbage	2 9:30 Resistance Bands Exercise 10:30 Armchair Travel: Chile 2:00 Dice Horse Races 3:30 Walking Club
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3 2:00 Church Service with Sandi and Elsie
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4 9:30 Standing Exercise 10:30 Bible Study 11:00 Library 2:00 BINGO 3:30 Walking Club
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5 9:30 Dumbbell Exercise 10:30 Cinco de Mayo Trivia 2:00 Margarita Social w/ Steven T. 3:30 Ladder Ball
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6 9:30 Flexibility Exercise 10:30 Manicures 2:00 Goddess Photo Shoot 3:30 Walking Club
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7 9:30 Exercise and Hand Strengthening w/ Ray 10:30 Teacup Floral Centerpieces 1:30 Balance w/ Ray 2:00 Laughter Club 2:00 Floor Curling
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8 9:30 Joint Rotation 8 Exercise 10:30 WORDLE 1:00 Wildwood Jamboree 2:00 SKIP - CC 3:30 Cribbage
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9 9:30 Exercise 10:30 Mother's Day Jeopardy Trivia 2:00 Mother's Day Tea Party 3:30 Walking Club *Edith's Birthday*
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10 Happy Mother's Day 2:00 Tipple Baptist Church with Pastor Dwayne
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11 9:30 Standing Exercise 10:30 Bible Study 2:00 FCSS 'Assistance for Seniors' Information Session 3:30 Walking Club
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12 9:30 Dumbbell Exercise 10:30 Resident Meeting 2:00 Grade 7 Visit: Collaborative Project 3:30 Connect 4
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13 9:30 Flexibility Exercise 10:15 Bakery Walk 2:00 TV Horse Races 3:30 Walking Club 4:00 Catholic Service
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14 9:30 Exercise w/ Ray 10:00 Hand Strengthening 10:30 Parlor Games 1:00 Hearing Clinic 1:30 Balance w/ Ray 2:00 Laughter Club 2:00 Bean Bag Toss
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15 9:30 Joint Rotation Exercise 10:30 Wildwood Interdenominational Service 2:00 Norman Rice Kitchen Party 2:00 SKIP - CC 3:30 Cribbage *Liz's Birthday*
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16 9:30 Resistance Bands Exercise 10:15 Greenthumb Greenhouse & Lunch Outing 4:00 Walking Club
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<p>17</p> <p>2:00 Entwistle Community Church with Don Congo</p>	<p>18</p> <p><b>Victoria Day</b></p> 	<p>19</p> <p>9:30 Dumbbell Exercise</p> <p>10:30 Victoria Day Fun Facts and Trivia</p> <p>2:00 Victorian BINGO</p> <p>3:30 Putt-Putt Golf</p>	<p>20</p> <p>9:30 Flexibility Exercise</p> <p>10:30 Courtyard &amp; Coffee</p> <p>2:00 Glen and Sylvia</p> <p>2:00 Seba Jammers - CC</p> <p>3:30 Walking Club</p>	<p>21</p> <p>9:30 Exercise w/ Ray</p> <p>10:00 Hand Strengthening</p> <p>10:30 Explore Google Earth</p> <p>1:30 Balance w/ Ray</p> <p>2:00 Laughter Club</p> <p>2:00 Mural Unveiling w/ Ice Cream Floats</p>	<p>22</p> <p>9:30 Joint Rotation Exercise</p> <p>10:30 Words that Start with....</p> <p>2:00 Spring Signs</p> <p>2:00 SKIP - CC</p> <p>3:30 Cribbage</p>	<p>23</p> <p>9:30 Resistance Bands Exercise</p> <p>10:30 Aggravation</p> <p>2:00 CARD BINGO</p> <p>3:30 Walking Club</p>
<p>24</p> <p>2pm Hymn Sing with Sandie</p>	<p>25</p> <p>9:30 Standing Exercise</p> <p>10:30 Bible Study</p> <p>2:00 Food Club: Birthday Cake Pops</p> <p>3:30 Walking Club</p>	<p>26</p> <p>9:30 Dumbbell Exercise</p> <p>10:30 Bakery Walk</p> <p>2:00 Birthday Party with Elmer Riehl</p> <p>3:30 Axe Throwing</p>	<p>27</p> <p>9:30 Flexibility Exercise</p> <p>10:30 Rummy-O</p> <p>10:00 Drayton Valley Lunch, Wal-Mart &amp; Shangri-la Lodge Visit</p> <p>2:00 UNO</p> <p>3:30 Walking Club</p> <p>4:00 Catholic Service</p>	<p>28</p> <p>9:30 Exercise w/ Ray</p> <p>10:00 Hand Strengthening</p> <p>10:30 Scrabble</p> <p>1:30 Balance w/ Ray</p> <p>2:00 Laughter Club</p> <p>2:00 Trevor Baker Canadian Tour</p>	<p>29</p> <p>9:30 Joint Rotation Exercise</p> <p>10:30 Fun with Words</p> <p>2:00 BINGO</p> <p>2:00 SKIP - CC</p> <p>3:30 Cribbage</p>	<p>30</p> <p>9:30 Resistance Bands Exercise</p> <p>10:30 Manicures</p> <p>2:00 Dice Horse Races</p> <p>3:30 Walking Club</p>
<p>31</p> <p>1:30 Parkland Ukrainian Dancers Society Performance</p> <p style="text-align: center;"> <b>Happiest of Birthday's to Edith C, and Liz L.</b> </p> <div style="float: right; border: 1px solid black; padding: 5px; width: 150px;"> <p><b>Legend:</b></p> <p><span style="color: yellow;">Outings</span></p> <p><span style="color: green;">Physical Programs</span></p> <p><span style="color: blue;">Spiritual Programs</span></p> <p><span style="color: red;">Music</span></p> <p><span style="color: blue;">New/Important</span></p> <p>CC =Continuing Care</p> <p><span style="color: red;">*Calendar Subject to Change*</span></p> </div>						