

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

2:00



May 2025

9:30 **STANDING BALANCE EXERCISES** 1

10:30 **ARM CHAIR TRAVEL - MONTREAUX SWITZERLAND**

2:00 **LAUGHING FOR WELLBEING**

May Day

9:30 **STRENGTH EXERCISES (DUMBELLS)** 2

10:00 **SHOPPING - DV & 1:30 TEA AND VISIT AT SEASONS RETIREMENT CENTRE**

3

8:45 **SMOOTHIE SATURDAY**
10:30 **PO KE NO**
2:00 **BEAN BAG TOSS**

4

2:00 **CHURCH SERVICE W/SANDIE & ELSIE**

9:30 **RESISTANCE BANDS EXERCISES** 5

10:30 **BIBLE STUDIES**

2:00 **BINGO**

RONI BIRTHDAY

Cinco de Mayo

9:30 **FLEXIBILITY EXERCISES** 6

10:00 **BARRHEAD THRIFT STORE - DEHERDTS**

10:30 **FUN WITH WORDS**

2:00 **MUSIC - BRIAN HOPWOOD**

9:30 **STRENGTH EXERCISES (JOINT ROTATION)** 7

10:30 **CURRENT EVENTS**

2:00 **TV HORSE RACES**

9:30 **HAND STRENGTH EXERCISES** 8

10:30 **MANICURE**

2:00 **LAUGHING FOR WELLBEING**

9:30 **STANDING BALANCE EXERCISES** 9

10:30 **COFFEE IN THE COURTYARD**

2:00 **SPRING TEA EDITH'S BIRTHDAY**

10

9:30 **WALKING**

10:30 **COURTYARD GAMES**

2:00 **DICE HORSE RACES**

11

6:30 **TIPPLE BAPTIST SERVICE W/ PASTOR DWAYNE**

Mother's Day
National Skilled Nursing Care Week

9:30 **STRENGTH EXERCISES (DUMBELLS)** 12

10:30 **BIBLE STUDIES**

2:00 **CARDS - PENNIES/BLACK QUEENS OR CRIB**

9:30 **RESISTANCE BANDS EXERCISES** 13

10:30 **FOOD CLUB**

2:00 **FISH SCALE ART**

2:00 **FLOOR CURLING**

9:30 **FLEXIBILITY EXERCISES** 14

10:00 **MAYFIELD INN - JERSEY BOYS**

2:00 **MUSIC - GLEN & SYLVIA**

4:00 **CATHOLIC SERVICE**

9:30 **STRENGTH EXERCISES (JOINT ROTATION)** 15

10:30 **RESIDENT FAMILY COUNCIL MEETING**

2:00 **LAUGHING FOR WELLBEING**

2:00 **AXE THROWING & CONNECT FOUR**

9:30 **HAND STRENGTH EXERCISES** 16

10:15 **WALKING OUTSIDE**

2:00 **BLIND SPRING AUCTION**

17

9:30 **DRUM BALL EXERCISES**

10:30 **ACE OF SPADES**

2:00 **CARD BINGO**

Armed Forces Day

18

2:00 **ENTWISTLE CHURCH SERVICE W/ PASTOR ERICH**

9:30 **STANDING BALANCE EXERCISES** 19

10:30 **BIBLE STUDIES**

2:00 **LADDER BALL**

Victoria Day (Canada)

9:30 **STRENGTH EXERCISES (DUMBELLS)** 20

10:30 **CURRENT EVENTS**

1:30 **POPOVICH VARIETY SHOW**

9:30 **RESISTANCE BANDS EXERCISES** 21

10:00 **GREENHOUSE SHOPPING**

2:00 **YARD GAMES AND ICE CREAM SOCIAL**

9:30 **FLEXIBILITY EXERCISES** 22

10:30 **RESIDENT MEETING**

2:00 **LAUGHING FOR WELLBEING**

2:00 **FLOOR CURLING**

9:30 **STRENGTH EXERCISES (JOINT ROTATION)** 23

10:30 **TIPPLE PARK MUSEUM & LUNCH @ POPPY GRILL ???**

2:00 **BINGO**

4:30 **SENIOR SUPPER AT THE ENTWISTLE CHURCH**

24

8:45 **SMOOTHIE SATURDAY**

10:30 **COURTYARD GAMES**

2:00 **PUTT PUTT GOLF**

25

6:30 **HYMN SING W/ SANDIE**

9:30 **HAND STRENGTH EXERCISES** 26

10:30 **BIBLE STUDIES**

2:00 **RED ROSE DANCERS**

Memorial Day

9:30 **STANDING BALANCE EXERCISES** 27

10:30 **FUN WITH WORDS**

2:00 **MUSIC - ELMER RIEHL - BIRTHDAY SOCIAL**

SHAMEN FOOT CARE

9:30 **STRENGTH EXERCISES (DUMBELLS)** 28

10:00 **RCMP FRAUD**

12:30 **GRADE NINE TEA & ACTIVITY JUDGING @ SCHOOL**

4:00 **CATHOLIC SERVICE**

SHAMEN FOOT CARE

8:00 **JASPER TRIP - Cheer on Trivia players at Alpine Lodge** 29

9:30 **RESISTANCE BANDS EXERCISES**

10:30 **BEAN BAG TOSS**

2:00 **BINGO**

SHAMEN FOOT CARE

9:30 **FLEXIBILITY EXERCISES** 30

10:30 **COFFEE/TEA & CONVERSATION IN THE COURTYARD**

2:00 **CARD BINGO**

31

9:30 **WALKING**

10:30 **ACE OF SPADES**

2:00 **DICE HORSE RACES**

CALENDAR SUBJECT TO CHANGE

HAPPY BIRTHDAY

RONI PFLUG MAY 5

EDITH COPELAND MAY 9