


May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Listen to 100.9 Canoe FM Every Sunday And Listen to Our Resident Paul Cameron "Paul's Choice Show" 12pm-3pm</p> <p>In The Sam Slick</p>	<p>Activities With a * Require Sign Up At The Concierge Desk *****</p>	<p>For Hair Appointments Call Kristy 705-854-0905</p>	<p>9:45am Res. Band Exercises 10:30am Group Crossword 2:15pm * Audrey's Aqua Therapy 3:30pm Live Music ~ Gord Kidd & Friends 6:30pm Social Games</p>	<p>9:45am Air Ball Exercise 10am-2pm Kristin's Creations Shopping 10:30am Tim Hortons & Trivia 2:15pm Shopping- Hali 2:45pm Shuffle Board 6:45pm Movie Night "Mermaids"</p>	<p>9:45am Balance Exercise * Spa Time: Manicures, Foot Soaks, Hand Wax 2:30pm Live Music~Trina West 6:45pm Garden Bucks BINGO</p>	<p>May the Fourth Be With You! 9:45am Sit to Fit with Georgia 10:30am Making Body Scrubs with Amanda 3:15pm Susie Q Sing Along 6:45pm Movie Night "80 For Brady"</p>
<p>5</p> <p>Cinco de Mayo! 9:30am Minden United Church 10:30am Baptist Church 2:00pm Mexican Dance Show 3:30pm Margaritas & Mexican Memory Match 6:45pm Movie Night "Three Amigos"</p>	<p>6</p> <p>Happy Nurses Week! 9:45am Tai Chi Exercise 10:15am Presentation ~ Sleep & Mental Health 2:00pm Quilting Guild 2:45pm Wii Bowling 6:45pm * Euchre Club</p>	<p>7</p> <p>9:45am Chair Yoga 11:00am Calming Coloring 1:30pm * Tech Time 2:30pm Food & Health with Sophia & Natalie 2:30pm Knitting w Neighbors <i>6:00pm Dinner & Radio Bingo</i> 6:45pm Movie Night "Eminence Hill"</p>	<p>8</p> <p>9:45am Dumbbell Exercises 10:30am Residents General Meeting 2:30pm Indian Dancing with Jasmin 6:30pm Social Games</p>	<p>9</p> <p>9:45am Seated Boxing Exercise 10:30am Ministry with Melinda 2pm-4pm Gardens "Cheese" Open House 2:45pm Shuffle Board 6:45pm Movie Night "Ghost"</p>	<p>10</p> <p>9:45am Balance Exercise * Spa Time: Manicures, Foot Soaks, Hand Wax 2:30pm Live Music ~ Country Hot Flashes 6:45pm Garden Bucks BINGO</p>	<p>11</p> <p>9:45am Saturday Stretch Exercise 10:30am Wood Painting with Sherry 3:00pm Classical Music Show 6:45pm Movie Night "The Retirement Plan"</p>
<p>12</p> <p>Happy Mother's Day! 9:30am Minden United Church 10:30am Baptist Church 2:30pm Highland Breeze Harp & Flute Show with Marie and Karen 6:45pm Movie Night "Mother of the Bride"</p>	<p>13</p> <p>9:45am Seated Dance Exercise 10:30am Watch Party "Portrait Artist of the Year" 2:00pm Quilting Guild 2:15pm Horse Racing 6:45pm * Euchre Club</p>	<p>14</p> <p>9:45am Full Body Chair Exercise 11:00am Calming Coloring 1:30pm * Tech Time 2:15pm * Shopping ~Hali 2:30pm Knitting w Neighbors <i>6:00pm Dinner & Radio Bingo</i> 6:45pm Movie Night "Wild Faith"</p>	<p>15</p> <p>9:45am Res. Band Exercises 10:30am Group Crossword 2:15pm * Audrey's Aqua Therapy 2:30pm Music & Memories with Janice 6:30pm Social Games</p>	<p>16</p> <p>National Mimosa Day! 9:45am Air Ball Exercise 10:15am Church with Harry & Friends 12:15pm Chinese Lunch & Shopping 2:45pm Shuffle Board 6:45pm Movie Night "1968 The Thomas Crown Affair"</p>	<p>17</p> <p>9:45am Balance Exercise * Spa Time: Manicures, Foot Soaks, Hand Wax 2:30pm Live Music "Handy Andy & Squeaky John" 6:45pm Garden Bucks BINGO</p>	<p>18</p> <p>9:45am Sit to Fit with Georgia 10:30am Painting with Patti Lou 3:15pm Susie Q Sing Along 6:45pm Movie Night "Uncharted"</p>
<p>19</p> <p>9:30am Minden United Church 10:30am Baptist Church 2:30pm Wii Bowling 6:45pm Movie Night "The Davinci Code"</p>	<p>20</p> <p>Happy Victoria Day! 9:45am Tai Chi Exercise 10:20am Victoria Day Memory Match 2:00pm Quilting Guild 2:30pm Live Music "The Taylor Family" 6:45pm * Euchre Club</p>	<p>21</p> <p>9:45am Chair Yoga 11:00am Calming Coloring 2:00pm Book Club "Marie Gage" 2:30pm Knitting w Neighbors <i>6:00pm Dinner & Radio Bingo</i> 6:45pm Movie Night "Free State of Jones"</p>	<p>22</p> <p>9:45am Dumbbell Exercises 10:30am Group Crossword 12:00pm Men's Lunch 2:00pm Mid-Day Matinee "Being The Queen" 6:30pm Social Games</p>	<p>23</p> <p>Lucky Penny Day! 9:45am Seated Boxing Exercise 10:00am Casino Rama Trip 1:30pm * Tech Time 2:15pm Ministry with Melinda 2:45pm Shuffle Board 6:45pm Movie Night "Forest Gump"</p>	<p>24</p> <p>9:45am Balance Exercise * Spa Time: Manicures, Foot Soaks, Hand Wax 2:30pm Live Music ~ Mixed Bag 6:45pm Garden Bucks BINGO</p>	<p>25</p> <p>9:45am Saturday Stretch Exercise 10:30am Baking with Selena 3:00pm Classical Music Show 6:45pm Movie Night "Sully"</p>
<p>26</p> <p>9:30am Minden United Church 10:30am Baptist Church 2:30pm Wii Bowling 6:45pm Movie Night "The Boys in the Boat"</p>	<p>27</p> <p>9:45am Seated Dance Exercise 10:30am Watch Party "Portrait Artist of the Year" 2:00pm Quilting Guild 2:30pm Sing Along with Bill 6:45pm * Euchre Club</p>	<p>28</p> <p>9:45am Full Body Chair Exercise 11:00am Calming Coloring 1:30pm * Tech Time 2:15pm * Shopping ~Hali 2:30pm Knitting w Neighbors <i>6:00pm Dinner & Radio Bingo</i> 6:45pm Movie Night "Dances with Wolves"</p>	<p>29</p> <p>9:45am Res. Band Exercises 10:30am Group Crossword 2:00pm Mid-Day Matinee ~ "Expedition Amelia" 2:15pm * Audrey's Aqua Therapy 6:30pm Social Games</p>	<p>30</p> <p>9:45am Air Ball Exercise 10:30am Group Wordle 2:30pm Tea Party & Piano Show 2:45pm Shuffle Board 6:45pm Movie Night "High Road to China"</p>	<p>31</p> <p>9:45am Balance Exercise * Spa Time: Manicures, Foot Soaks, Hand Wax 2:30pm Live Music ~ Highlands Trio 6:45pm Garden Bucks BINGO</p>	<p>MAY</p>  <p>EMERALD</p>