

May 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p>	<p>2</p> <p>9:15 Exercises 2:00 How it's Made</p>	<p>3</p> <p>9:15 Exercises 10:30 Word games in Auditorium 2:00 Connect Four</p>	<p>4</p> <p>9:15 Exercises: Weights 10:30 Shuffleboard 2:00 BINGO</p>	<p>5</p> <p>9:15 Exercises: Balance & Sit/stand 10:00 -11:00 Seniors Outreach Presentation 2:00 Ring Toss</p>	<p>6</p> <p>9:15 Music Workout 10:00 Crokinole 11:00 Reading with June 2:00 National Beverage Day</p>	<p>7</p> <p>10:00 Charles Price Ephesians Study</p>
<p>8</p> <p>10:30 Church Service 4:00 Three Hills Ministerial Service</p>	<p>9</p> <p>9:15 Exercises 10:30 Quiddler 2:00 Mother's Day Tea</p>	<p>10</p> <p>9:15 Exercises: Balance & Sit/Stand 10:30-11:30 IDA TUCK SHOP 2:00 Manicures</p>	<p>11</p> <p>9:15 Exercises: Weights 10:30 Shuffleboard 2:00 Campfire sing-a-long</p>	<p>12</p> <p>9:00 Nimble Fingers 9:15 Exercises: Balance & Sit/Stand 10:30-11:30 Library in the Bird Room 11:00 ATB FINANCIAL 2:00 Resident Meeting</p>	<p>13</p> <p>9:15 Exercises 10:00 Crokinole 11:00 Reading with June 2:00 Planet Earth</p>	<p>14</p> <p>10:00 Charles Price Ephesians Study</p>
<p>15</p> <p>10:30 Church Service 4:00 Three Hills Ministerial Service</p>	<p>16</p> <p>9:15 Exercises 10:30 Scrabble 2:00 BUS TRIP: Sightseeing in the Country (please sign up)</p>	<p>17</p> <p>9:15 Exercises: Balance & Sit/Stand 10:00 Skip Bo 11:00 Gardening 2:00 Learn how to use the Exercise Machines</p>	<p>18</p> <p>9:15 Exercises: Weights 10:30 Shuffleboard 2:00 Coffee and Coloring Club</p>	<p>19</p> <p>9:15 Exercises: Balance & Sit/Stand 10:00 Swipe 11:00 Gardening 2:00 Ice Cream Bar</p>	<p>20</p> <p>9:15 Music Workout 10:00 Crokinole 11:00 Reading with June 2:00 Elliot Fleck: Pianist</p>	<p>21</p> <p>10:00 Charles Price Ephesians Study</p>
<p>22</p> <p>10:30 Church Service 4:00 Three Hills Ministerial Service</p>	<p>23</p> <p style="text-align: center;">Victoria Day No Activities</p>	<p>24</p> <p>9:15 Exercises: Balance & Sit/Stand 10:00 Uno 11:00 Gardening 2:00 How It's Made</p>	<p>25</p> <p>9:15 Exercises: Weights 10:30 Shuffleboard 2:00 Birthday Tea</p>	<p>26</p> <p>9:15 Bird Walk 10:00 Skip Bo 11:00 Gardening 2:00 GHL Bowling</p>	<p>27</p> <p>9:15 Exercises 10:00 Crokinole 11:00 Reading with June 2:00 Bingo!</p>	<p>28</p> <p>10:00 Charles Price Ephesians Study</p>
<p>29</p> <p>10:30 Church Service 4:00 Three Hills Ministerial Service</p>	<p>30</p> <p>9:15 Exercises 10:30 Up Words 2:00 History of BMW: Documentary</p>	<p>31</p> <p>9:15 Exercises: Balance & Sit/Stand 10:00 5-Crowns 11:00 Gardening 2:00 Armchair Travel to Italy</p>				