











SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 6:30 Chapel Services with Colin (M)	10:00 Pila-Chi Exercises (U) 1 10:30 Music with Kelly(M) 2:00 Seniors Activity Expo(M) 5:00 Special Seniors Week Hors d' oeuvres Supper 6:30 The Wildrose Duo to KICKOFF SENIORS WEEK(M) SENIORS WEEK >>>>>>>>>>	10:00 Seated Yoga-lates(U) 2 10:30 PIN Bowling (U) <u>Resident Facilitated</u> 2:00 Seniors Showcase (M) Red Carpet Photo Shoot!!! SENIORS WEEK >>>>>>>>>>	10:00 EXERCISE With Kalleigh (L) 3 10:30 Bible Study with Rosanne (M) 2:00 BINGO (D) Special Mystery Prizes & Popsicles SENIORS WEEK >>>>>>>>>>	10:00 EXERCISE With Kalleigh (L) 4 10:30 Shuffleboard (U) 2:00 Fraud Seminar with the RCMP (D) Learn how to better protect yourself from scams SENIORS WEEK >>>>>>>>>>	Happy Birthday Max 5 10:00 Knox United Church Coffee & Treats (B) NOON STEAK FRY for SENIORS WEEK 2:30 Country Friends Entertainment (M) SENIORS WEEK >>>>>>>>>>	 6	
10:00 Church TV with Diane (M) 7 	10:00 Pila-Chi Exercises (U) 8 10:30 Music with Kelly(M) 2:00 Yard DARTS (L)	10:00 Seated Yoga-lates(U) 9 10:30 PIN Bowling (U) 2:00 Puppy Yoga on the Patio (P) Samoyed Puppies Weather permitting of course for (P) patio outdoor activities otherwise moved to (M)	10:00 Pila-Chi Exercises(U)10 10:30 Bible Study with Rosanne (M) 2:00 BINGO (D)	10:00 Seated Yoga-lates(U)11 10:30 Shuffleboard (U) 2:30 Barry Lloyd Keyboard Entertainment (M)	10:00 Coffee Chat (B) 12 <u>Resident Facilitated</u> 2:00 Corn hole (L) <u>Resident Facilitated</u>	 13	
 6:30 Chapel Services with Pastor Paul (M) 14	10:00 Pila-Chi Exercises(U)15 10:30 Music with Kelly(M) 2:00 YARDZEE (L)	10:00 OUT & ABOUT with Carstairs Chinook Winds Lodge to Early Dawn Farm for Goat Yoga & Cheese tasting. Bag lunch at the "Cheese Kitchen" sign up fast only 5 spots on bus!! 16 10:30 PIN Bowling (U) <u>Resident Facilitated</u>	10:00 Pila-Chi Exercises(U)17 10:30 Bible Study with Rosanne (M) 2:00 BINGO (D)	10:00 Seated Yoga-lates(U)18 10:30 Shuffleboard (U) 2:00 Mocktails & Mustangs with our car guy Gordon (P)	10:00 Coffee Chat (B) 19 <u>Resident Facilitated</u> 2:00 Colors & Card Art with Patricia (L)	2:00 Ice Cream Cart with Brooke (B) 20 	
10:00 Church TV with Diane (M) 21 Happy Father's Day	10:00 Pila-Chi Exercises(U)22 10:30 Music with Kelly(M) 2:00 WASHER Tossin' (L)	10:00 Seated Yoga-lates(U)23 10:30 PIN Bowling (U) 2:00 TIC TAC Dice Game (B)	10:00 Pila-Chi Exercises(U)24 10:30 Bible Study with Rosanne (M) 2:00 BINGO (D)	10:00 Seated Yoga-lates(U)25 10:30 Shuffleboard (U) 2:30 Cyndi Wallace Music Entertainment (M)	10:00 Coffee Chat (B) 26 <u>Resident Facilitated</u> 2:00 Corn hole (L) <u>Resident Facilitated</u>	2:00 Ice Cream Cart with Carol (B) 27 	
10:00 Church TV with Diane (M) 28 	10:00 Pila-Chi Exercises(U)29 10:30 Music with Kelly(M) 2:00 Centennial Celebration & Carnival with Entertainment by Kelly Kalden (D)	10:00 Walk & Talk walking group to meet at reception for the bus to local walking path. 30 10:30 PIN Bowling (U) <u>Resident Facilitated</u> 2:30 Marcelo Soria FLUTIST & Other instruments (M)				<h1>JUNE</h1> 	

The Aspen Ridge Lodge Calendar is subject to change. Should you have any inquiries or suggestions please email the Activity Coordinator, michelle.maschke@mvsh.ca. Have fun, thank you and enjoy.