

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# MAY



1:00 PM NAZARENE **3**



8:45 PM ARMCHAIR YOGA **4**  
 9:00 AM EXERCISE  
 10:00 AM COFFEE TIME WITH A SPECIAL SURPRISE GUEST (DINING RM MULTI-PURPOSE RM)  
 11:30 AM LUNCH @ SUNDRE HOTEL

**SANDI NOT HERE IN AM** **5**  
 8:45 AM EXERCISE  
 9:00 AM YOGA PAIN MANAGEMENT  
 10:00 AM FLOOR CURLING  
 2:00 PM RESIDENT/FAMILY MEETING

**FOB CHECK DAY** **6**  
 8:45 AM EXERCISE  
 10:00 AM ATB BANK DAY  
 10:00 AM COVER THE #  
 2:00 PM DUTCH SHUFFLEBOARD

**HAPPY BIRTHDAY THELMA B.** **7**  
 8:45 AM EXERCISE  
 10:00 AM FLOOR CURLING  
 TUCK SHOP OPEN 1:00 PM - 2:00 PM  
 2:00 PM PET VISIT  
 2:00 PM MOTHERS DAY HIGH TEA (LADIES ONLY)

8:45 AM EXERCISE **1**  
 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)

8:45 AM EXERCISE **2**  
 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE  
 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM BERGEN **10**



8:45 PM ARMCHAIR YOGA **11**  
 9:00 AM EXERCISE  
 10:00 AM SPRING CRAFT  
 2:00 PM ICE CREAM

8:45 AM EXERCISE **12**  
 9:00 AM YOGA PAIN MANAGEMENT  
 10:00 AM FLOOR CURLING  
 11:00 AM LIBRARY SERVICE  
 2:00 PM JEOPARDY

8:45 AM EXERCISE **13**  
 9:15 AM OLDS WALMART LUNCH @ GROUCHY DADDY'S  
 2:30 PM FRIENDLY VISITS

8:45 PM ARMCHAIR YOGA **14**  
 9:00 AM EXERCISE  
 10:00 AM FLOOR CURLING  
 11:00 AM SENIOR TECH HELP  
 TUCK SHOP OPEN 1:00 PM - 2:00 PM  
 2:00 PM BINGO  
 2:00 PM PET VISIT

8:45 AM EXERCISE **15**  
 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)

8:45 AM EXERCISE **16**  
 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE  
 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM ANGLICAN **17**



**HAPPY Victoria DAY**



8:45 AM EXERCISE **19**  
 9:00 AM YOGA PAIN MANAGEMENT  
 10:00 AM FLOOR CURLING  
 12:00 - 3:00 PM PLANT ONE ON US GARDEN CREW (INC. LUNCH/MUST SIGN UP)


8:45 AM EXERCISE **20**  
 9:00 AM STANDING BALANCE  
 10:00 AM COFFEE W/ OUR HONOURABLE MAYOR  
 2:00 PM DUTCH SHUFFLEBOARD

**HAPPY BIRTHDAY PATRICK C.** **21**  
 8:45 PM ARMCHAIR YOGA  
 9:00 AM EXERCISE  
 10:00 AM FLOOR CURLING  
 TUCK SHOP OPEN 1:00 PM - 2:00 PM  
 2:00 PM BINGO  
 2:00 PM PET VISIT

**22**  
 2:00 PM MOVIE

8:45 AM EXERCISE **23**  
 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM UNITED **24**



8:45 AM EXERCISE **25**  
 10:00 AM THE BREWS (COFFEE) BROTHERS W/ THE ONE & ONLY JAMES BROWN (FOR MEN ONLY)  
 2:00 PM BIRTHDAY PARTY HAPPY HOUR & MUSIC BY COUNTRY FRIENDS

8:45 AM EXERCISE **26**  
 9:00 AM YOGA PAIN MANAGEMENT  
 10:00 AM FLOOR CURLING  
 11:00 AM LIBRARY SERVICE  
 2:00 PM PLANT ONE ON US GARDEN CREW

8:45 AM EXERCISE **27**  
 10:00 AM SUNDRE BOARDWALK & LUNCH @ A&W  
 2:00 PM MOVIE


8:45 PM ARMCHAIR YOGA **28**  
 9:00 AM EXERCISE  
 10:00 AM FLOOR CURLING  
 2:00 PM BINGO  
 TUCK SHOP OPEN 1:00 PM - 2:00 PM  
 2:30 PM FRIENDLY VISITS

**29**  
 8:45 AM EXERCISE  
 1:30 PM RESIDENT LED MUSICAL JAM (FIREPLACE LOUNGE)

8:45 AM EXERCISE **30**  
 10:00 AM SHUFFLEBOARD (SECOND FLOOR) W/ LAURIE McKENZIE  
 2:00 PM RESIDENT LED LEFT RIGHT CENTER DICE GAME

1:00 PM McDOUGAL **31**  
 I DON'T HAVE WINTER FAT  
  
 I HAVE SPRING ROLLS

*Hello Spring!*



ACTIVITIES ARE SUBJECT TO CHANGE WITHOUT NOTICE