

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2019

"You are as welcome as the flowers in May."

<p>10:15 Resident Led Coffee & Conversation-B</p>  <p>Cinco de Mayo</p>	<p>5 Medical App. Van(sign up) 6 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p> <p>Ramadan</p>	<p>9:30 Chair Yoga-FA 1 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:00 Billiards-MPR 2:30 Resident Town Hall 3:30 Trivia Hour</p>  <p>May Day</p>	<p>9:30 Chair Yoga-FA 8 10:15 Pump it up-FA 10:45 Peddler Class-FA 11:30 Heritage Fish & Chips Lunch Outing (sign up) 2:30 Java Music Club 3:30 Bingo 5:00 Steak Club (sign up)</p>	<p>9:15 Falls Prevention-FA 2 10:00 Falls Prevention-FA 11:00 Bible Study-MPR 2:00 Hot Wax Therapy-FA 2:30 Skip-Bo-B 3:00 Seated Groovin-FA 4:00 Happy Hour-B</p>	<p>9:30 Movement Matters 3 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Bingo-B 2:00 Foot Doctor-MPR 2:30 Billiards 3:30 Shuffleboard 7:00 Movie Night - FL</p> 	<p>9:00 Breakfast Club 4 (sign up) 11:00 Resident Led Skip-Bo</p>
<p>12:00 Mother's Day Lunch 1:30 Mother's Day Live Music</p>  <p>Mother's Day</p>	<p>13 Medical App. Van(sign up) 13 9:30-3:30 Eyecare Express 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p>	<p>9:15 Falls Prevention-FA 7 10:00 Falls Prevention-FA 2:00 Simply Stretch-FA 2:30 Mother's Day Arts & Crafts w/ Judy 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p> 	<p>9:30 Chair Yoga-FA 15 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club 3:30 Cookie Social 5:00 Shuffleboard 7:00 Bingo</p>	<p>9:15 Falls Prevention-FA 9 10:00 Falls Prevention-FA 11:00 Resident Led Skip-Bo 2:00 Hot Wax Therapy-FA 3:00 Seated Groovin-FA 4:00 Resident Led Bar Social-B</p>	<p>9:30 Movement Matters 10 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 Trivia Hour-MPR 3:30 Singing Club-B 7:00 Movie Night - FL</p>	<p>9:00 Breakfast Club 11 (sign up) 11:00 Resident Led Billiards</p>
<p>10:15 Colouring Club 19 12:00 Bean Bag Toss 2:30 Music Sing-Along 3:30 Indigo Chimes Singing Group</p>	<p>20  Victoria Day (Canada)</p>	<p>9:15 Falls Prevention-FA 14 10:00 Falls Prevention-FA 11:00 SJF Catholic Service-MPR 2:00 Simply Stretch-FA 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p>	<p>9:30 Chair Yoga-FA 22 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club 3:30 Music Movement w/ Sheryl-FA 5:00 Shuffleboard 5:00 Steak Club (sign up) 7:00 Bingo</p>	<p>9:15 Falls Prevention-FA 16 10:00 Falls Prevention-FA 11:00 Bible Study-MPR 2:00 Hot Wax Therapy-FA 2:30 Wal-Mart Outing (sign up) 3:00 Seated Groovin-FA 4:00 Happy Hour 5:00 Horoscope Readings 7:00 Name That Tune!</p>	<p>9:30 Movement Matters 17 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Shuffleboard 2:30 Tea & Talk Women's Social 3:30 Skip-Bo-B 7:00 Movie Night - FL</p>	<p>9:00 Breakfast Club 18 (Sign up) 11:00 Bingo 2:00 Table/Cup Pong 3:00 Trivia Hour</p> <p>Armed Forces Day</p>
<p>10:15 Morning Horoscopes 26 12:00 Colouring Club 2:30 Cookie Social</p> 	<p>27 Medical App. Van(sign up) 27 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p> <p>Memorial Day</p>	<p>9:15 Falls Prevention-FA 21 10:00 Falls Prevention-FA 11:00 St. Judes Anglican Service - MPR 2:00 Simply Stretch-FA 2:30 Bean Bag Toss 3:00 Pump it up-FA 4:00 Happy Hour-Bar 7:15 Euchre Night</p>	<p>9:30 Chair Yoga-FA 22 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club 3:30 Music Movement w/ Sheryl-FA 5:00 Shuffleboard 5:00 Steak Club (sign up) 7:00 Bingo</p>	<p>9:15 Falls Prevention-FA 23 10:00 Falls Prevention-FA 11:00 Colouring Club 2:00 Hot Wax Therapy-FA 2:30 Trivia Hour-MPR 3:00 Seated Groovin-FA 4:00 Happy Hour-B</p>	<p>9:30 Movement Matters 24 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 SJF Catholic Rosary Prayer & Communion-MPR 2:30 Skip-Bo-B 3:30 Singing Club-MPR 7:00 Movie Night - FL</p> 	<p>9:00 Breakfast Club 25 (sign up) 11:00 Bingo 2:00 Word Games 3:00 Popsicle social</p>
<p>10:15 Morning Horoscopes 26 12:00 Colouring Club 2:30 Cookie Social</p> 	<p>27 Medical App. Van(sign up) 27 9:30 Tai Chi - FA 10:15 Pump it Up- FA 10:45 Hot Hand Wax Therapy 11:00 Bean Bag Toss 2:30 Colouring Club 4:00 Billiards-MPR</p> <p>Memorial Day</p>	<p>9:15 Falls Prevention-FA 28 10:00 Falls Prevention-FA 2:00 Simply Stretch-FA 2:30 Wal-Mart Outing (sign up) 3:00 Pump it up-FA 4:00 Resident Led Social-Bar 7:15 Euchre Night</p>	<p>9:30 Chair Yoga-FA 29 10:15 Pump it up-FA 10:45 Peddler Class-FA 2:30 Java Music Club 3:30 Word Games 5:00 Trivia Hour 7:00 Bingo</p>	<p>9:15 Falls Prevention-FA 30 10:00 Falls Prevention-FA 11:00 Bible Study-MPR 2:00 Hot Wax Therapy-FA 3:00 Seated Groovin-FA 4:00 Happy Hour-B 5:00 Fit Minds Memory Cards 7:00 Ice Cream Social</p>	<p>9:30 Movement Matters 31 10:15 Tai Chi-FA 10:45 Bone Building Class 11:00 Morning Walk 2:30 Birthday Party 7:00 Movie Night - FL</p> 	 <p>Bramalea RETIREMENT RESIDENCE</p>

MPR- Multi Purpose Room AL- Atrium Lounge GA- Garden Atrium SA- Shuffle Board Room B- Bistro FA- Fitness Area R-Reception FL- Fireplace Lounge