

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|--|--|--|--|
| <p>1 1:30pm Our Great National Parks Episode #1 (TH)</p> <p>May Day</p> | <p>2 10:00am Chair Yoga with Melissa class #1 (AR) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)</p> | <p>3 10:00am Exercise class #1 (AR) 10:30am Bus sign up (Victoria's desk) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)</p> | <p>4 8:00am Hot Breakfast (DR) 9:00am Bus outing to Sage Hill Walmart & Dollarama (LB) 10:00am Chair Yoga with Melissa class #2 (AR) 1:00pm Bingo (AR) 6:30pm Wii Games (TH)</p> | <p>5 10:00am Exercise class #1 (AR) 11:00am Catholic Mass (SMM) 1:20pm Exercise class #2 (AR) 2:30pm Coffee & Good News (CH) 6:30pm Interdenominational Service with De-Anne (CH)</p> <p>Cinco de Mayo</p> | <p>6 9:30am Bus outing for Pedicures & Lunch at Joey's Seafood in Crowfoot (LB) 10:30am Rosary Group (CH) 1:30pm Wii Games (TH) 3:00pm Happy Hour with Greg Rumpel (DR)</p> | <p>7 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)</p> |
| <p>8 1:30pm Our Great National Parks Episode #2 (TH)</p> <p>Mother's Day</p> | <p>9 10:30am 2nd Vaccine Booster Clinic (AR) 12:30PM (approximate) The Nut Man (LB) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:30pm Bible Study with Bea (CH)</p> <p>Cancelled 10:00am Chair Yoga with Melissa class #1 (AR)</p> | <p>10 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)</p> | <p>11 8:00am Hot Breakfast (DR) 9:45am Bus outing to Rosebud for brunch and Grace & Glorie show (LB) 10:00am Chair Yoga with Melissa class #2 (AR) 1:00pm Bingo (AR) 6:30pm Wii Games (TH)</p> | <p>12 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 6:30pm Interdenominational Service with De-Anne (CH)</p> | <p>13 10:00am Chair Yoga with Melissa class #1 (AR) 10:30am Rosary Group (CH) 11:00am Catholic Mass (HC) 1:30pm Wii Games (TH) 3:00pm Happy Hour & Karaoke with Devon (DR)</p> | <p>14 10:00am Garden Cleanup (CY) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)</p> |
| <p>15 1:30pm Our Great National Parks Episode #3 (TH)</p> | <p>16 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)</p> <p>Cancelled 10:00am Chair Yoga with Melissa class #1 (AR)</p> | <p>17 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)</p> | <p>18 8:00am Hot Breakfast (DR) 8:00am-4:00pm Wellness Wednesday with Devon (sign up at concierge) 1:00pm Bingo (AR) 6:30pm Wii Games (TH)</p> <p>Cancelled 10:00am Chair Yoga with Melissa class #2 (AR)</p> | <p>19 11:00am Catholic Mass (SMM) 11:30am or 12:30pm Ladies Luncheon (DR) 1:45pm Monthly Resident General Meeting (DR) 6:30pm Interdenominational Service with De-Anne (CH)</p> <p>Cancelled 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR)</p> | <p>20 10:30am Rosary Group (CH) 1:30pm Wii Games (TH) 1:30pm Bus outing to Creekside Co-op & Dollarama (LB) 3:00pm Happy Hour with Remember When (DR)</p> | <p>21 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)</p> <p>Armed Forces Day</p> |
| <p>22 1:30pm Symons Valley Church Service (SMM) 1:30pm Our Great National Parks Episode #4 (TH) 2:15pm Symons Valley Church Service (HC)</p> | <p>23 10:00am Chair Yoga with Melissa class #1 (AR) 12:30PM (approximate) The Nut Man (LB) 1:30pm Craft Circle (CK) 2:30pm Ice Cream Treats (BR) 6:30pm Bible Study with Bea (CH)</p> <p>Victoria Day (Canada)</p> | <p>24 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)</p> | <p>25 8:00am Hot Breakfast (DR) 10:00am Chair Yoga with Melissa class #2 (AR) 1:00pm Bingo (AR) 9:00am Bus outing to Country Hills Michael's & Superstore (LB) 6:30pm Wii Games (TH)</p> | <p>26 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Accessing Home care and Alberta Aids to Daily Living Presentation with Devon (DR) 6:30pm Interdenominational Service with De-Anne (CH)</p> | <p>27 10:30am Rosary Group (CH) 1:30pm Bus outing to Golden Acres Garden Centre (LB) 1:30pm Wii Games (TH) 3:00pm Happy Hour & Karaoke with Devon (DR)</p> | <p>28 10:00am Garden Planting (CY) 4:15pm Shuttle to Ascension Catholic Parish Mass (LB)</p> |
| <p>29 1:30pm Our Great National Parks Episode #5 (TH)</p> | <p>30 10:00am Chair Yoga with Melissa class #1 (AR) 1:30pm Craft Circle (CK) 6:30pm Bible Study with Bea (CH)</p> <p>Memorial Day</p> | <p>31 10:00am Exercise class #1 (AR) 1:20pm Exercise class #2 (AR) 2:30pm Tile Rummy (AR) 6:15pm Trivia Night (AR)</p> | <p>Legend: AR – Activity Room BR – Bistro CH – Chapel CK – Country Kitchen CY - Courtyard DR – Dining Room HC – Holy Cross Manor LB – Lobby SM – St. Marguerite Manor</p> | | | |

May 2022

Please watch for posters for updates to calendar as Covid-19 risk is assessed.