













MAY 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>For all the mothers & mothers-at-heart, thank you for your care and kindness. Happy Mother's Day!</i></p> 	<p>1 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 3:00 Menu Fest Tasting (LL) 6:30 Evening Social: The Price is Right (MPR)</p>	<p>2 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 2:00 Emerald Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p> 	<p>3 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Baking: Orange Muffins (CK) 2:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)</p>	<p>4 10:30 Chair Fit (MPR) 2:00 Emerald Walking Club (LL) 3:15 Java Music Club (CK) - by invitation 6:30 Jeopardy! Night (MPR)</p>	<p>5 9:30 Bus Outing: Aldor Acres Farm Tour 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: When Calls The Heart (T)</p> 	<p>6 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR) 3:15 King Charles III Coronation High Tea (LL)</p>
<p>7 10:00 Worship Service (MPR) 2:00 Emerald Walking Club (LL) 3:15 Board Games (LL)</p>	<p>8 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:00 - 3:00 Hearing Clinic (MPR)* - free sign-up: call ext 2000 2:30 Crafter's Corner (LL) 6:30 Evening Social: Cinco de Mayo (MPR)</p>	<p>9 9:30 - 11:30 Puzzles & Pots Sale (LL) - by donation (to gardening fund) 10:30 Stretch & Strength (MPR) 2:00 Emerald Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p> 	<p>10 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 1:30 Movie Matinee: On A Wing and A Prayer (MPR) 6:30 BINGO Night (LL)</p> 	<p>11 COVID Booster Clinic (FM) - details coming soon! 10:30 Chair Fit (MPR) 2:00 Emerald Walking Club (LL) 3:15 Armchair Travel to the Philippines (MPR) 6:30 Jeopardy! Night (MPR)</p>	<p>12 9:30 Men's Group (FM) 10:30 Stretch & Strength (MPR) 2:45 - 3:15 Mother's Day Portraits (LL) 3:15 Mother's Day Tea with Pianist Peter Tam (LL) 6:45 Movie Night: When Calls The Heart (T)</p>	<p>13 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)</p>
<p>14 MOTHER'S DAY 10:00 Worship Service (MPR) 2:00 Emerald Walking Club (LL) 3:15 Board Games (LL)</p>	<p>15 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Mother's Day (MPR)</p>	<p>16 10:00 Art Expression (ADP) 10:30 Stretch & Strength (MPR) 2:00 Emerald Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p> 	<p>17 9:30 Bus Outing: Arts Nursery 10:30 Balance Class (MPR) 2:30 Resident Council (MPR) 6:30 BINGO Night (LL)</p> 	<p>18 10:30 Chair Fit (MPR) 2:00 Emerald Walking Club (LL) 3:30 King Charles III Coronation Highlights with George VB (MPR) 6:30 Jeopardy! Night (MPR)</p>	<p>19 10:15 Bus Outing: Guildford Jammers Music & Treats 10:30 Stretch & Strength (MPR) 2:30 Catholic Mass (MPR) 3:30 Virtual Reality (CK) 6:45 Movie Night: When Calls The Heart (T)</p> 	<p>20 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Shuffleboard (MPR)</p>
<p>21 10:00 Worship Service (MPR) 2:00 Emerald Walking Club (LL) 3:15 Board Games (LL)</p>	<p>22 VICTORIA DAY 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Victoria Day (MPR)</p>	<p>23 10:30 Stretch & Strength (MPR) 2:00 Emerald Walking Club (LL) 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p> 	<p>24 10:30 Balance Class (MPR) 11:00 Virtual Reality (CK) 1:30 Bus Outing: Save-On-Foods 1:30 Beach Ball Volleyball (MPR) 6:30 BINGO Night (LL)</p> 	<p>25 10:30 Chair Fit (MPR) 2:00 Emerald Walking Club (LL) 3:15 Java Music Club (CK) - by invitation 6:30 Jeopardy! Night (MPR)</p>	<p>26 9:30 Men's Group (FM) 10:30 Stretch & Strength (MPR) 11:15 - 3:00 pm Alta Vida Fashions (MPR) 2:30 Cranium Crunches (LL) 3:30 Virtual Reality (CK) 6:45 Movie Night: When Calls The Heart (T)</p>	<p>27 10:15 Manicures (CK) 10:30 Chair Fit (MPR) 2:00 Bowling (MPR)</p>
<p>28 10:00 Worship Service (MPR) 2:00 Emerald Walking Club (LL) 3:15 Board Games (LL)</p>	<p>29 9:30 Bible Study (MPR) 10:30 - 11:30 Relaxation Room (W) 1:30 Chair Fit (MPR) 2:30 Crafter's Corner (LL) 6:30 Evening Social: Minute to Win It! (MPR)</p>	<p>30 10:30 Stretch & Strength (MPR) 2:00 Emerald Walking Club (LL) 2:00 & 2:45 Technology Talk: Google, YouTube & Spotify (CR)* - sign-up for free: call ext 2000 3:30 Hymn Sing (MPR) 6:45 Movie Night: Dr Quinn (T)</p> 	<p>31 10:00 Bus Outing: Mission Thrift Store & Brogan's Diner 10:30 Balance Class (MPR) 2:30 Bocce Ball (MPR) 6:30 BINGO Night (LL)</p> 	<p><u>Abbreviation Key</u> ADP = 3rd Fl ADP Room CK = Country Kitchen CR = Computer Room FM = First Floor Meeting Rm LL = Lower Lounge ML = Main Floor Lounge</p> <p>MPR = Multi- Purpose Room O = Oasis Auditorium W = Wellness Service Room T = 3rd Fl Theatre Room * = Sign-Up Required (call 2000)</p>		<p><u>Phone Extensions</u> Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness - ext 2025/2004</p>