

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$=Cost associated with event *=Sign-up required for event ^=Event weather dependant Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise			1 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	2 1:30 Hymns & Praise with Darlene	3 9:00 Hybrid Fitness \$ 1:30 Bingo with Students from Unity Christian School * (Summit Dining Room)	4
5	6 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Music Appreciation Master Class with Dr. Boris Konovalov *	7 10:00 IKM Group Walk (meet at concierge)^ 1:30 Amplifon Hearing Clinic-Hearing Aid Cleaning * By Appointment Only*	8 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Group Walk to Kent's Ice Cream *\$^	9 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene 2:30 Happy Hour Social * \$ (Summit Dining Room)	10 9:00 Hybrid Fitness \$ 2:00 Abbotsford Youth Orchestra * \$	11
12 MOTHER'S DAY	13 <i>Note: No Fitness Classes Today</i> 9:00 Mother's Day Ladies Breakfast Social * (Summit Dining Room & Alpine Bistro)	14	15 8:30 Bus Trip to Day of Inspiration at Elim Village Fleetwood * \$ 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	16 10:00 2KM Group Walk (meet at concierge)^ 1:30 Hymns & Praise with Darlene	17 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Living with Arthritis	18
19	20 VICTORIA DAY <i>Note: No Fitness Classes Today</i>	21 10:00 3 KM Group Walk (meet at concierge)^	22 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Spring Flower Arrangements* \$ (Summit Dining Room)	23 <i>Note: No Hymns & Praise with Darlene Today</i> Covid Immunization Clinic *	24 9:00 Hybrid Fitness \$	25
26 2:30 Sunday Service Provided by River of Life Church	27 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Music Appreciation Master Class with Dr. Boris Konovalov *	28 10:00 1.5KM Group Walk (meet at concierge)^ 2:00 Chilliwack Crime Prevention Education Session*	29 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	30 1:30 Hymns & Praise with Darlene	31 9:00 Hybrid Fitness \$	