

May 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$= Cost Associated with Event *= Sign-up Required for Event ^= Program Weather Dependent All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.				1 1:30 Hymns & Praise with Ruby Caswell	2 10:00 Hybrid Fitness \$	3
4	5 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:30 Movie Matinee- Sight	6	7 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	8 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	9 10:00 Hybrid Fitness \$ 2:00 Sebastien Balcon- Classical Piano Concert * \$	10
11 MOTHER'S DAY 2:30 Sunday Service Provided by Cornerstone Christian Reformed Church	12 9:00 Mother's Day Breakfast * 10:30 Hybrid Fitness \$ 2:00 Group Walk (meet at concierge desk) ^	13 2:00 Chilliwack Harmony Chorus *\$	14 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	15 1:30-4:30 Amplifon Hearing Aid Clean and Check Clinic * By Appointment Only* 1:30 Hymns & Praise with Darlene	16 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session: Hips, Shoulders & Knees- Living with Arthritis	17
18	19 VICTORIA DAY Note: There will be no fitness classes today	20 2:00 Carpet Bowling	21 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:30 Catholic Mass Provided by St. Mary's Parish 2:00 Taste of Malaysia Social * \$ (Summit Dining Room)	22 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	23 10:00 Hybrid Fitness \$ 2:00 Group Walk (meet at concierge desk) ^	24 Day of Inspiration (Elim Village Fleetwood)- * \$ Coach bus leaves at 9:15 AM for the event.
25 2:30 Sunday Service Provided by River of Life Church	26 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 5:00 Community Dinner- Country Western Theme * \$ (Summit Dining Room)	27	28 Covid Vaccine Clinic Day (Registration opens on May 7 th)* 10:30 Group Walk (meet at concierge desk) ^	29 1:30 Hymns & Praise with Darlene	30 10:00 Hybrid Fitness \$ 2:00 Brent Meidinger Concert * \$	31 