Exercise with Natalie is M, W
10:30 in the Activity Room
Happy Hour every Monday-Friday in the lobby from 3:30 to 4:45

May 2025

Shuttle Bus Tues & Thurs
9:30-12 & 1-3:30

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 10:00 Chair Yoga (AR) 10:40 Nail Parlor (AR) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	**2** 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Speaker Series: A History of Cobourg (BL)	**3** 2:00 Bingo (AR) 3:30 BYOB Happy Hour
4 3:30 BYOB Happy Hour	**5** 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Don Owen (L)	**6** 10:00 Chair Yoga (AR) 10:40 Activity Meeting (BL) 2:00 Bingo (AR)	**7** 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Jeopardy 6:30 Entertainment with Eric L	**8** 10:00 Chair Yoga 10:30 Anglican Church (4th Floor) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	**9** 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Hal Alison (L)	**10** 2:00 Bingo (AR) 3:30 BYOB Happy Hour
11 Mother's Day 2pm Tea Cup Flower Planting Activity (BL)	**12** Nursing Week Begins 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Everything Country (L)	**13** 10:00 Chair Yoga (AR) 10:40 Creative Writing Group (LIB) 12-2 Wild Things Maple Syrup Pop-Up Shop (L) 2:00 Bingo (AR)	**14** 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Cobourg Fire Inspector Q and A (BL)	**15** 10:30 Trinity Church (4th Floor) 2:00 Prize Bingo! (AR) 6:30 Sing-A-Long with Betty Taylor (L)	**16** 10:30 Hawaiian Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 1:00-3:00 Inga's Retirement Bash (BL/Garden)	**17** 2:00 Bingo (AR) 2:00 Entertainment with Darlene & the Shamrocker (L) 3:30 BYOB Happy Hour
18 3:30 BYOB Happy Hour	**19** Victoria Day 10:00 Boomer Visits 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Massage Therapist Visit (L) 3:30 Happy Hour BYOB (BL)	**20** 10:00 Chair Yoga (AR) 10:40 Creative Writing Group (LIB) 2:00 Bingo (AR)	**21** 10:30 Fun & Fitness (AR) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 10:00-11:00 Art Gallery Visit : Deborah Uman-Sures Life Works-"People Watching" 2:00 Recipe Share for Resident Cook-Book (LIB)	**22** 10:00 Catholic Church (TR) 12-2 Tocara Jewelry Pop-up Shop (L) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	**23** 10:35 Zumba! (BL) 11:00 Shorelines Casino Belleville Outing 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Ed Smith	**24** 2:00 Bingo (AR) 3:30 BYOB Happy Hour
25 3:30 BYOB Happy Hour	**26** 10:00 Boomer Visits 10:30 Fun & Fitness (AR) 11:00 Computer Info with Bill (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Emilio (L)	**27** 10:00 Chair Yoga (AR) 10:30 Resident's Council Meeting (BL) 2:00 Bingo (AR)	**28** 10-11:30 Hearing Aid Clinic (small room by L) 10:30 Fun & Fitness (AR) 11:00 Book Club (LIB) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Arm Chair Travel to Prague!	**29** 10:00 Craft Group (AR) 2:00 Bingo (AR) 6:30 Sing-A-Long with Betty Taylor (L)	**30** 10:35 Zumba! (BL) 1:30 Euchre Group (AR) 1:30 Bridge Group (4th Floor) 2:00 Entertainment with Deidrey (L)	**31** 2:00 Bingo (AR) 2-4:00 Free Community Paramedicine Clinic (BL) 3:30 BYOB Happy Hour

ACTIVITY LOCATION LEGEND: AR—ACTIVITY ROOM BL—BAR LOUNGE L—LOBBY DR—DINING ROOM O— OUTDOOR TR—THEATRE ROOM