













May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Get Crackin' H1 Individual Exercises 10:00 Sit N' Be Fit 1:30 Cards & Games	2 Get Crackin' H2 10:00 Group Exercises 1:30 Manicure & Nail Care	3 Get Crackin' H3 Individual Exercises 10:00 Sit N' Be Fit 1:30 Canteen	4 Get Crackin' H4 10:00 Group Exercises 10:30 Crossword 1:30 Choir Practice 1:30 Kaiser Games	5 Individual Exercises 10:00 Sit N' Be Fit 1:30 BINGO	6 
7 	8 Get Crackin' H1 Individual Exercises 10:00 Sit N' Be Fit 1:30 Cards & Games	9 Get Crackin' H2 10:00 Group Exercises 1:30 Gardening	10 Get Crackin' H3 Individual Exercises 10:00 Sit N' Be Fit 1:30 The Old Timers"	11 Get Crackin' H4 10:30 Catholic Mass 1:30 Mother's Day Celebration	12 Individual Exercises 10:00 Sit N' Be Fit 1:30 BINGO	13 
14 	15 Get Crackin' H1 Individual Exercises 10:00 Sit N' Be Fit 10:30 Bakin' 1:30 Birthday Party H2 H1 	16 Get Crackin' H2 10:00 Group Exercises 10:30 Bakin' 1:30 Birthday Party H2 	17 Get Crackin' H3 Individual Exercises 10:00 Sit N' Be Fit 1:30 Music with Erin Foreman	18 Get Crackin' H4 10:00 Group Exercises 10:30 Crosswords 1:30 Birthday Party H4 	19 Individual Exercises 10:00 Sit N' Be Fit 1:30 BINGO	20 
21 	22 NO RECREATION	23 Get Crackin' H2 10:00 Group Exercises 10:30 Bakin' 1:30 Gardening H1 & H2	24 Get Crackin' H3 Individual Exercises 10:00 Sit N' Be Fit 1:30 Gardening H3 & H4	25 Get Crackin' H4 10:00 Group Exercises 10:30 Crosswords 1:30 Wine Makin' 	26 Individual Exercises 10:00 Sit N' Be Fit 1:30 BINGO	27 
28 	29 Get Crackin' H1 Individual Exercises 10:00 Sit N' Be Fit 11:00 WELLNESS H1 12:30 WELLNESS H2 1:30 Cards & Games	30 Get Crackin' H2 10:00 Group Exercises 11:00 WELLNESS H3 12:30 WELLNESS H4 1:30 Outside Games	31 Get Crackin' H3 Individual Exercises 10:00 Sit N' Be Fit 1:30 Movie Afternoon	Dorothy Cubbon May 3 rd , 1936 Glen Day May 5 th , 1933 Annie Burnouf May 18 th , 1934 Ken Meena May 20 th , 1934 Jean Golemba May 31 st , 1929		

