

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Special Days</b>  <b>5th - Cinco De Mayo Day</b> <b>12th-18th-Cruise Week</b> <b>12th - Mother's Day</b> <b>20th - Victoria Day</b>	<b>LIVING LOVING LOCAL</b>  <b>May</b>  <b>Strawberry</b>	9:00 🌿 Daily Fit [Wellness Centre] <b>1</b> 9:00 🌿 Ping Pong [Wellness Centre] 10:00 🌿 Resident Discussion [Dining Room] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Laughter Yoga [Wellness Centre] 2:00 🌞 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍵 Tasty Tea [Bistro] 3:15 😊 Piano Prelude [Dining Room] 6:30 🧠 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>2</b> 9:00 🌿 Outing: Rosebud Theatre 10:00 🧠 Health Education [Wild Rose Room] 1:00 🧠 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>3</b> 9:30 🌿 Shopping/Banking; Deer Run - Shoppers Drug Mart, Walmart, Co-op, RBC, CIBC. etc... 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Outing: Grandfriends Program at Prince Of Wales School 10:30 😊 Resident Ukulele Practice [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping/Banking; Shawnessy - Walmart, Co-op, RBC, CIBC, BMO, Shoppers Drug Mart etc... 2:00 😊 Choir Practice *Note time change* [Chapel] 3:00 🍵 Happy Hour [Bistro] 6:30 🧠 Cribbage [Games Room] 7:00 😊 Movie Night - "Instant Family" [Wild Rose Room]	9:00 🌿 Ping Pong [Wellness Centre] <b>4</b> 10:00 🌿 Weekend Exercises [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Library] 7:00 😊 Movie Night - "Instant Family" [Wild Rose Room]
9:30 🌞 Catholic Service [Chapel] <b>5</b> 1:30 😊 Classic Movie Matinee - "Something's Gotta Give" [Wild Rose Room] 3:00 🌞 Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>6</b> 9:30 🌿 Shopping/Banking: Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Outing: Country Drive 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Book Club [Library] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🧠 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	9:00 🌿 Daily Fit [Wellness Centre] <b>7</b> 10:00 🌿 Seated Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🌿 Survey Information & Training [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 🌞 McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:30 😊 Entertainment Night - Mary Resek [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>8</b> 9:30 🌿 Outing: Museum of Miniatures followed by Lunch at Sweet Queen Burgers in Nanton 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🧠 Meet the Chef 10:00 🌿 Ping Pong [Wellness Centre] 12:00 🌿 Nurses Luncheon [Bistro] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Laughter Yoga [Wellness Centre] 2:00 🌞 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍵 Tasty Tea [Bistro] 3:15 😊 Piano Prelude [Dining Room] 6:30 🧠 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>9</b> 10:00 🧠 Health Education [Wild Rose Room] 1:00 🧠 Canasta & Choice Games [Fireplace Lounge] 1:00 🌿 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>10</b> 9:30 🌿 Shopping/Banking South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Outing: Grandfriends Program at Prince Of Wales School 10:00 🌿 Survey Information & Training [Fireplace Lounge] 10:15 🌞 Catholic Mass [Chapel] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping/Banking Promenade 1:30 😊 Choir Practice [Chapel] 3:00 🍵 Happy Hour [Bistro] 6:30 🧠 Cribbage [Games Room] 7:00 😊 Movie Night - "The Wife" [Wild Rose Room]	9:00 🌿 Ping Pong [Wellness Centre] <b>11</b> 10:00 🌿 Weekend Exercises [Wellness Centre] 10:45 🌿 Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Library] 7:00 😊 Movie Night - "The Wife" [Wild Rose Room]
<b>CRUISE WEEK</b> <b>Mother's Day</b> <b>12</b> 9:30 🌞 Catholic Service [Chapel] 11:00 🌞 Mother's Day Brunch [Dining Room] 1:30 😊 Cruise Week Classic Movie Kick Off - 1952 "Caribbean" [Wild Rose Room] 3:00 🌞 Chapel Service [Chapel] 6:30 😊 Sing-a-long w/Linda [Activity Room]	<b>CRUISE WEEK</b> <b>13</b> 9:00 🌿 Beach Body Fitness [Wellness Centre] 10:00 🌿 Caribbean Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Caribbean Super Food [Bistro] 2:30 🍵 Tiki Bar [Bistro] 6:30 🧠 Scrabble [Fireplace Lounge] 7:00 🧠 Casino Night [Dining Room]	<b>CRUISE WEEK</b> <b>14</b> 9:00 🌿 Beach Body Fitness [Wellness Centre] 9:30 🌿 Hearing Aid Clinic - By Appointment Only [Library] 10:00 🌿 Seated Beach Yoga [Wellness Centre] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🌞 Anglican Communion [Chapel] 1:30 🌿 Knitters for Needy [Activity Room] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 🌿 Survey Information & Training [Fireplace Lounge] 2:30 🍵 Tiki Bar [Bistro] 3:30 🌿 Beach Chair Fitness [Wellness Centre] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:30 😊 Entertainment Night - Calgary Multicultural Choir [Dining Room]	<b>CRUISE WEEK</b> <b>15</b> 9:00 🌿 Beach Body Fitness [Wellness Centre] 9:00 🌿 Ping Pong [Wellness Centre] 10:00 🌿 Water Volleyball [Swimming Pool] 11:30 🍵 Men's Luncheon [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Beachin' Laughter Yoga [Wellness Centre] 2:00 🌞 Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🍵 Tasty Iced Tea at the Tiki Bar [Bistro] 3:15 😊 Piano Prelude [Dining Room] 6:30 🧠 Cribbage [Games Room] 7:15 🌿 Entertainment - Community Band	<b>CRUISE WEEK</b> <b>16</b> 9:00 🌿 Beach Body Fitness [Wellness Centre] 10:00 🧠 Caribbean Arm Chair Travel [Wild Rose Room] 10:00 🧠 Outing: Cruising Calgary Casino 1:00 🧠 Canasta & Choice Games [Fireplace Lounge] 1:00 🌿 Junkanoo Mask Making [Wellness Centre] 2:30 🍵 Tiki Bar [Bistro] 3:30 🌿 Beach Chair Fitness [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	<b>CRUISE WEEK</b> <b>17</b> 9:00 🌿 Beach Body Fitness [Wellness Centre] 9:30 🌿 Shopping/Banking - Southland: Walmart, BMO, Dollarama 10:00 🌿 Caribbean Aqua Fit [Swimming Pool] 10:30 😊 Resident Ukulele Practice [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🌿 Shopping - South Centre 1:30 😊 Choir Practice [Chapel] 3:00 🍵 Happy Hour at the Tiki Bar [Bistro] 6:30 🧠 Cribbage [Games Room] 7:00 😊 Movie Night - Pirates of the Caribbean [Wild Rose Room]	<b>CRUISE WEEK</b> <b>18</b> 9:00 🌿 Ping Pong [Wellness Centre] 10:00 🌿 Weekend Beach Exercises [Wellness Centre] 10:45 🌿 Ocean Water Walking [Swimming Pool] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Beach Chair Fitness [Wellness Centre] 2:30 🧠 Lighthearted Trivia [Library] 7:00 😊 Movie Night - Pirates of the Caribbean [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:30 ☀️ <b>Catholic Service [Chapel]</b> 1:30 😊 <b>Classic Movie Matinee [Wild Rose Room]</b> 3:00 ☀️ <b>Chapel Service [Chapel]</b> 6:30 😊 <b>Sing-a-long w/ Linda [Activity Room]</b>	<b>20</b> <b>Victoria Day</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:30 😊 <b>Movie Matinee [Wild Rose Room]</b> 6:30 🧠 <b>Scrabble [Fireplace Lounge]</b>	<b>21</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🌿 <b>Seated Yoga [Wellness Centre]</b> 10:30 🧠 <b>Colouring &amp; Company [Activity Room]</b> 1:30 🧠 <b>Knitters for Needy [Activity Room]</b> 1:30 🧠 <b>Ukulele Circle [Wellness Centre]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 7:30 😊 <b>Entertainment Night [Dining Room]</b>	<b>22</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:00 🌿 <b>Ping Pong [Wellness Centre]</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 1:00 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:15 🧠 <b>Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</b> 2:00 🌿 <b>Laughter Yoga [Wellness Centre]</b> 2:00 ☀️ <b>Painting w/Alex - The Museum of Modern Art [Activity Room]</b> 2:30 🌿 <b>Tasty Tea [Bistro]</b> 3:15 😊 <b>Piano Prelude [Dining Room]</b> 6:30 🌿 <b>Cribbage [Games Room]</b>	<b>23</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping - Promenade Health Education [Wild Rose Room]</b> 10:00 🧠 <b>Outing: Lunch at Country Store Diner in Turner Valley with scenic drive</b> 10:45 🌿 <b>Canasta &amp; Choice Games [Fireplace Lounge]</b> 1:00 🌿 <b>Seamstress [Garden Lounge]</b> 1:00 🌿 <b>Shuffleboard [Games Room]</b> 2:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 3:00 🧠 <b>Whist [Games Room]</b> 6:30 🧠 <b>Bingo-Resident Run [Activity Room]</b>	<b>24</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping/Banking - Chinook Centre</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 10:00 🧠 <b>Outing: Grandfriends Program at Prince Of Wales School</b> 10:30 😊 <b>Resident Ukulele Practice [Wellness Centre]</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:00 🧠 <b>Outing: Country Drive</b> 1:30 😊 <b>Choir Practice [Chapel]</b> 3:00 🌿 <b>Happy Hour [Bistro]</b> 6:30 🌿 <b>Cribbage [Games Room]</b> 7:00 😊 <b>Movie Night [Wild Rose Room]</b>	<b>25</b> 9:00 🌿 <b>Ping Pong [Wellness Centre]</b> 10:00 🌿 <b>Weekend Exercises [Wellness Centre]</b> 10:00 🌿 <b>Water Walking [Swimming Pool]</b> 10:45 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:00 🌿 <b>Bridge Club [Games Room]</b> 1:15 🧠 <b>Spring Tea</b> 2:00 😊 <b>Movie Night [Wild Rose Room]</b>
<b>26</b> 9:30 ☀️ <b>Catholic Service [Chapel]</b> 1:30 😊 <b>Classic Movie Matinee [Wild Rose Room]</b> 3:00 ☀️ <b>Chapel Service [Chapel]</b> 6:30 😊 <b>Sing-a-long w/ Linda [Activity Room]</b>	<b>27</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 10:30 🧠 <b>Brain Fitness [Activity Room]</b> 11:00 🧠 <b>The Nutman [Lobby]</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 1:30 😊 <b>Movie Matinee with Shelagh [Wild Rose Room]</b> 2:00 🧠 <b>Education Session: Super Foods [Bistro]</b> 6:30 🌿 <b>Horse Racing [Activity Room]</b> 6:30 🧠 <b>Scrabble [Fireplace Lounge]</b>	<b>28</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:00 🧠 <b>Resident Council Meeting [Private Dining Room]</b> 10:00 🌿 <b>Seated Yoga [Wellness Centre]</b> 10:30 🧠 <b>Colouring &amp; Company [Activity Room]</b> 1:30 🧠 <b>Knitters for Needy [Activity Room]</b> 1:30 🧠 <b>Ukulele Circle [Wellness Centre]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 3:45 😊 <b>Sing-a-Long with Marlee [Garden Lounge]</b> 7:30 😊 <b>Entertainment Night [Dining Room]</b>	<b>29</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🧠 <b>Resident Discussion [Dining Room]</b> 12:00 🧠 <b>Resident Birthday Lunch by Invite Only [Bistro]</b> 1:00 🌿 <b>Go 4 Life Walking Club [Wellness Centre]</b> 1:15 🧠 <b>Bridge Club [Games Room]</b> 2:00 🌿 <b>Laughter Yoga [Wellness Centre]</b> 2:00 ☀️ <b>Painting w/Alex - The Museum of Modern Art [Activity Room]</b> 2:30 🌿 <b>Tasty Tea [Bistro]</b> 3:15 😊 <b>Piano Prelude [Dining Room]</b> 6:30 🌿 <b>Cribbage [Games Room]</b>	<b>30</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 10:00 🧠 <b>Health Education [Wild Rose Room]</b> 10:00 🧠 <b>Outing: Lunch to Grizzly Paw Pub in Canmore with store browsing on 8th street</b> 1:00 🌿 <b>Canasta &amp; Choice Games [Fireplace Lounge]</b> 2:00 🌿 <b>Shuffleboard [Games Room]</b> 3:00 🌿 <b>Sit &amp; Be Fit [Wellness Centre]</b> 6:30 🧠 <b>Whist [Games Room]</b> 7:00 🧠 <b>Bingo-Resident Run [Activity Room]</b>	<b>31</b> 9:00 🌿 <b>Daily Fit [Wellness Centre]</b> 9:30 🧠 <b>Shopping/Banking - Deer Run: Shoppers Drug Mart, Walmart, Co-op, RBC, CIBC etc...</b> 10:00 🌿 <b>Aqua Fit [Swimming Pool]</b> 1:00 🧠 <b>Bingo [Activity Room]</b> 1:00 🧠 <b>Shopping - South Centre</b> 2:00 😊 <b>"Springtime In The Rockies" - Choir and Ukulele Spring Concert [Dining Room]</b> 3:00 🌿 <b>Happy Hour [Bistro]</b> 6:30 🌿 <b>Cribbage [Games Room]</b> 7:00 😊 <b>Movie Night [Wild Rose Room]</b> 7:00 🌿 <b>Sandwich Making for those in Need [Activity Room]</b>	<div>😊 Emotional</div> <div>🧠 Intellectual</div> <div>🌿 Physical</div> <div>🧠 Purposeful</div> <div>🌿 Social</div> <div>☀️ Spiritual</div>

### Tidbits

Birthstone – Emerald  
 Flower – Lily of the Valley

### What's Lucky This Month!

Lucky Number: 5  
 Lucky Letter: M  
 Lucky Plant: Lily  
 Lucky Color: Lavender  
 Lucky Days: Tuesday and Saturday

### OUTINGS

2nd - Rosebud Theatre  
 6th - Country Drive  
 9th - Nanton, Lunch at Sweet Queen Burger, Museum of Miniatures  
 16th - Calgary Casino  
 23rd - Lunch at The Country Store Diner in Turner Valley  
 24th - Country Drive  
 30th - Lunch at The Grizzly Paw Pub followed by shopping on 8th Street

Stay tuned for our Cruise Week kicking off Mother's Day. There will be lots of activities and events to be involved in! Welcome aboard!

