



INSPIRED SENIOR LIVING

# May 2023

## The Concorde



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Locations Legend</b> Skaha Activity Room (AR) Lobby (LOB) Piano Lounge (L) Bistro (BIS) Community (C) Dining Room (DR) Country Kitchen (CK)	<b>1</b> 9:00 Go4Life Walking (LOB) 9:30 Chair Exercises (AR) 10:00 Coffee Time in the Bistro (BIS) 1:30 Scenic Drive *Sign up (LOB) 2:00 Bridge (AR) 9:00 Spring Covid Booster (L)	<b>2</b> 9:00 Men's Coffee Group (L) 9:30 Meet me at the Moma (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Bookworms - Stuart McLean & More (AR) 6:00 Rockin Robbie the DJ (L)	<b>3</b> 9:00 Go4Life Walking (LOB) 9:30 Seated Cardio (AR) 10:30 Roll O Trump (AR) 2:00 Bingo (AR) 2:00 100 Birthday Social for Mae (L) 3:00 Falls Prevention (AR)	<b>4</b> 9:00 Go4Life Walking (LOB) 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 1:22-25 (AR) 2:30 Walking Group (C) 3:30 Gold Trails and Ghost Towns (AR) 6:15 Robbie's Vintage Variety Show (L)	<b>5</b> Cinco De Mayo and Spring Fling Dance (L) 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Kyle Anderson (L) 3:00 Happy Hour in the Lounge (L)	<b>6</b> National Nurses Week 9:00 Go4Life Walking (LOB) 10:00 Manicures (AR) 2:00 Bingo! (AR) 2:00 Cake Decorating with Marcia (CK) 3:30 Card Games (AR)
<b>7</b> 9:30 Go4Life Walking (LOB) 10:00 SORCO Open House (C) 10:30 Roll O Trump (AR) 3:00 Worship get together!! (AR) 4:00 Coffee Time in the Bistro (BIS) 6:30 Sunday Night Movie (LOB)	<b>8</b> 9:00 Go4Life Walking (LOB) 9:30 Chair Exercises (AR) 10:00 Coffee Time in the Bistro (BIS) 11:00 Avon with Sharon (L) 1:30 Scenic Drive *Sign up (LOB) 2:00 Bridge (AR)	<b>9</b> 9:00 Men's Coffee Group (L) 9:30 Meet me at the Moma (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Bookworms - Stuart McLean & More (AR) 6:00 Rockin Robbie the DJ (L)	<b>10</b> 9:00 Go4Life Walking (LOB) 9:30 Seated Cardio (AR) 10:30 Roll O Trump (AR) 2:00 Bingo (AR) 3:00 Falls Prevention (AR)	<b>11</b> 9:00 Go4Life Walking (LOB) 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - James 1:26-27 (AR) 2:30 Walking Group (C) 3:30 Gold Trails and Ghost Towns (AR)	<b>12</b> 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Destiny (L) 3:00 Happy Hour in the Lounge (L) 4:30 LLL Dinner Asparagus (DR)	<b>13</b> International Apple Pie Day (L) 9:00 Go4Life Walking (LOB) 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:30 Card Games (AR)
<b>14</b> Mother's Day and Mimosa Day 9:30 Go4Life Walking (LOB) 10:30 Roll O Trump (AR) 11:30 Mother's Day Brunch (DR) 12:00 Recorded Hymn Sing (AR) 4:00 Coffee Time in the Bistro (BIS) 6:30 Sunday Night Movie (LOB)	<b>15</b> 9:00 Go4Life Walking (LOB) 9:30 Chair Exercises (AR) 10:00 Coffee Time in the Bistro (BIS) 1:30 Scenic Drive *Sign up (LOB) 2:00 Bridge (AR)	<b>16</b> 9:00 Men's Coffee Group (L) 9:30 Meet me at the Moma (AR) 10:30 Fit Minds (AR) 1:30 Java Music Club (AR) 2:00 Yearning for Yarn Club (L) 3:30 Bookworms - Stuart McLean & More (AR) 6:00 Rockin Robbie the DJ (L)	<b>17</b> 9:00 Go4Life Walking (LOB) 9:30 Seated Cardio (AR) 10:30 Roll O Trump (AR) 2:00 Bingo (AR) 2:00 Resident's Food Forum (AR) 3:00 Falls Prevention (AR)	<b>18</b> 9:00 Go4Life Walking (LOB) 9:15 Shopping Shuttle *Sign Up (LOB) 1:30 Bible Study - 2:1-4 (AR) 2:30 Walking Group (C) 3:30 Gold Trails and Ghost Towns (AR)	<b>19</b> National Pizza Day 9:00 Go4Life Walking (LOB) 9:30 Drumfit (AR) 10:00 Yearning for Yarn Club (L) 10:30 Mind Games (AR) 2:00 Music with Gord McLaren (L) 3:00 Happy Hour in the Lounge (L)	<b>20</b> 9:00 Go4Life Walking (LOB) 10:00 Manicures (AR) 2:00 Bingo! (AR) 3:30 Card Games (AR)



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>9:30 Go4Life Walking (LOB) <b>21</b></p> <p>10:30 Roll O Trump (AR)</p> <p>3:00 Worship get together!! (AR)</p> <p>4:00 Coffee Time in the Bistro (BIS)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>Victoria Day <b>22</b></p> <p>9:00 Go4Life Walking (LOB)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) <b>23</b></p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean &amp; More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) <b>24</b></p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>3:00 Falls Prevention (AR)</p>	<p>9:00 Go4Life Walking (LOB) <b>25</b></p> <p>9:15 Shopping Shuttle *Sign Up (LOB)</p> <p>1:30 Bible Study - James 2:5-7 (AR)</p> <p>2:30 Walking Group (C)</p> <p>2:30 Recreation Forum (AR)</p> <p>3:30 Gold Trails and Ghost Towns (AR)</p> <p>6:00 The Eighties Ladies in Concert!! (AR)</p>	<p>9:00 NexGen Hearing Clinic (BIS) <b>26</b></p> <p>9:00 Go4Life Walking (LOB)</p> <p>9:30 Drumfit (AR)</p> <p>10:00 Yearning for Yarn Club (L)</p> <p>10:30 Mind Games (AR)</p> <p>2:00 Music with Candi S (L)</p> <p>3:00 Happy Hour in the Lounge (L)</p>	<p>9:00 Go4Life Walking (LOB) <b>27</b></p> <p>10:00 Manicures (AR)</p> <p>2:00 Bingo! (AR)</p> <p>3:30 Card Games (AR)</p>
<p>National Hamburger Day <b>28</b></p> <p>9:30 Go4Life Walking (LOB)</p> <p>10:30 Roll O Trump (AR)</p> <p>12:00 Recorded Hymn Sing (AR)</p> <p>4:00 Coffee Time in the Bistro (BIS)</p> <p>6:30 Sunday Night Movie (LOB)</p>	<p>9:00 Go4Life Walking (LOB) <b>29</b></p> <p>9:30 Chair Exercises (AR)</p> <p>10:00 Coffee Time in the Bistro (BIS)</p> <p>1:30 Scenic Drive *Sign up (LOB)</p> <p>2:00 Bridge (AR)</p>	<p>9:00 Men's Coffee Group (L) <b>30</b></p> <p>9:30 Meet me at the Moma (AR)</p> <p>10:30 Fit Minds (AR)</p> <p>1:30 Java Music Club (AR)</p> <p>2:00 Yearning for Yarn Club (L)</p> <p>3:30 Bookworms - Stuart McLean &amp; More (AR)</p> <p>6:00 Rockin Robbie the DJ (L)</p>	<p>9:00 Go4Life Walking (LOB) <b>31</b></p> <p>9:30 Seated Cardio (AR)</p> <p>10:30 Roll O Trump (AR)</p> <p>2:00 Bingo (AR)</p> <p>2:00 Resident Forum with General Manager (AR)</p> <p>3:00 Falls Prevention (AR)</p>			



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Locations Legend		Calendar Legend
Skaha Activity Room (AR)	Community (C)	Artful Enrichment Week
Lobby (LOB)	Dining Room (DR)	Outing
Piano Lounge (L)	Country Kitchen (CK)	Special Program
Bistro (BIS)		Living, Loving, Local
		Signature Program