



May 2024

Active Living Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			10:30 Fit 4 Life: Brody 1 11:00 Brody's Current Events News & Views 2:00 Star of the Month: Katharine Hepburn	10:30 Fit 4 Life: Roza 2 11:00 Roza's Brain Games 1:00 Roman Catholic Mass "Father Varghese" 2:00 Kentucky Derby Horse Races	10:30 Keep Fit Class Instructor Akhil 3 11:00 Train Your Brain Quizzes & Trivia 2:00 Wii Games "10-Pin Bowling"	9:30 Dr. Farhat's Clinic By Appointment 4 10:15 Coffee & Tea Social 2:00 Church Service 2:30 Cinco De Mayo Celebrations
			9:00 Your Wellness Walk Indoor Program 5 6:00 Sunday Night Cards Bridge & Cribbage	10:30 Fit 4 Life Class Instructor Akhil 6 11:00 Akhil's Brain Games Trivia & Quizzes 2:00 Nursing Week Documentary & Discussion	10:30 "Tech Tuesdays" Instructor Eric 7 1:30 Afternoon "Bingo" Caller: Eric 6:00 Tuesday Night Cards Bridge & Cribbage	10:30 Fit 4 Life: Brody 8 11:00 Brody's Current Events News & Views 2:00 Susie Q Sing Along "Grandma's Parlour"
9:00 Your Wellness Walk Indoor Program 12 1:30 Haley's Mother's Day Ice Cream Social 6:00 Sunday Night Cards Bridge & Cribbage	10:30 Fit 4 Life Class Instructor Akhil 13 11:00 Akhil's Brain Games Trivia & Quizzes 2:00 Garden Rock Painting Instructor Akhil	10:30 "Tech Tuesdays" Instructor Eric 14 1:30 Afternoon "Bingo" Caller: Eric 6:00 Tuesday Night Bridge & Cribbage	10:30 Fit 4 Life: Brody 15 11:00 Current Events News & Views 2:00 Royal Garden Club Meeting & Clean Up	10:30 Fit 4 Life: Roza 16 11:00 Roza's Brain Games 1:30 Roman Catholic Weekly Communion 2:00 Birthday Party "Jukebox Leigh"	10:30 Keep Fit Class Instructor Akhil 17 11:00 Train Your Brain Quizzes & Trivia 2:00 Spring Craft Class with Akhil	10:15 Coffee & Tea Social 18 2:00 Interdenominational Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 "Bridge & Cribbage"
9:00 Your Wellness Walk Indoor Program 19 1:30 Haley's Knitting & Crochetting 6:00 Sunday Night Cards Bridge & Cribbage	20	10:30 "Tech Tuesdays" Instructor Eric 21 1:30 Afternoon "Bingo" Caller: Eric 6:00 Tuesday Night Bridge & Cribbage	10:30 Fit 4 Life: Brody 22 11:00 Current Events News & Views 2:00 Royal Garden Bocce Ball Competition	10:30 Fit 4 Life: Roza 23 11:00 Roza's Brain Games 1:30 Roman Catholic Weekly Communion 2:00 Roza's Craft Class "Easy" Painting	10:30 Keep Fit Class Instructor Akhil 24 11:00 Train Your Brain Quizzes & Trivia 2:00 National BBQ Day "Hot Dog Social"	9:30 Dr. Farhat's Clinic By Appointment 25 2:00 Church Service 2:30 Saturday Afternoon "Bingo" Caller: Roza 6:00 "Bridge & Cribbage"
9:00 Your Wellness Walk Indoor Program 26 6:00 Sunday Night Cards Bridge & Cribbage	10:30 Fit 4 Life Class Instructor Akhil 27 11:00 Akhil's Brain Games Trivia & Quizzes 2:00 Guided Painting with Akhil	10:30 "Tech Tuesdays" Instructor Eric 28 1:30 Afternoon "Bingo" Caller: Eric 6:00 Tuesday Night Bridge & Cribbage	10:30 "Town Hall" Meeting GM James Hoeschen 29 2:00 Canadian Story: The Dionne Quintuplets	9:00 EPL Book Exchange 30 10:30 Fit 4 Life: Roza 11:00 Roza's Brain Games 1:30 Roman Catholic Weekly Communion 2:00 Baking With Roza	10:30 Keep Fit Class Instructor Akhil 31 11:00 Train Your Brain Quizzes & Trivia 2:00 Royal Gardens Patio "Ice Cream Social"	