


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm Fitness Training with Bremen (F) 2:30pm Cocktail Hour (B) 4:00pm The Significance of Ramadan for the Muslim Community (M) May Day	2 10:30am Stretch and Tone (M) 11:15am Daily Mass (C) 2:00pm Turning Faith into Action for Peace (T) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 7:00pm Euchre Night (GR)	3 10:30am Build Your Strength (M) 11:15am Daily Mass (C) 2:00pm Sing-Along w/Marianne (AL-2FI) 2:00pm Afternoon Bridge (DA) 3:30pm Aquafit (P)	4 10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)
5 11:00am Sunday Mass (C) 11:30am Cinco De Mayo Lunch (DA) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T) Cinco de Mayo	6 10:00am Fitness Training with Bremen (F) 10:30am Zumba Gold (M) 11:15am Daily Mass (C) 2:00 Brain Aerobics (GR) 3:00pm Bingo (AL-1FL) 3:00pm Aquafit (P) Ramadan	7 10:15am Chair Yoga with Murali (M) 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 4:00pm Computer Basics (CR) 7:00pm-9:00pm Centering Prayer(C)	8 10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm Fitness Training with Bremen (F) 2:30 Food is the Focus (DK) 4:00pm Cocktail Hour (B)	9 10:30am Stretch and Tone (M) 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 7:00pm Euchre Night (GR)	10 10:30am Build Your Strength (M) 11:15am Daily Mass (C) 2:00pm Sing-Along w/Marianne (AL-2FI) 2:00pm Afternoon Bridge (DA) 3:30pm Aquafit (P) 4:00pm Alternative Model of Church: Appalachia, USA (M)	11 10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)
12 11:00am Sunday Mass (C) 1:00pm Scrabble (GR) 2:00 Mother's Day Celebration with Briar 3:00pm Afternoon Movie Matinee (T) 4:00pm Japanese Mass (C) Mother's Day	13 10:30am Zumba Gold (M) 11:15am Daily Mass (C) 2:15pm Outing to Dollarama (Sign-up sheet) 2:15pm Fraud Prevention with RBC (T) 3:00pm Bingo (AL-1FL) 3:00pm Aquafit (P)	14 10:15am Chair Yoga with Murali 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 4:00pm Computer Basics (CR) 7:00pm-9:00pm Centering Prayer(C)	15 10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm TOWN HALL MEETING (DA) 4:00pm Cocktail Hour (B)	16 10:30am Stretch and Tone (M) 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 7:00pm Euchre Night (GR)	17 10:30am Build Your Strength (M) 11:15am Daily Mass (C) 2:30pm Birthday Party with Peter & Helen Ness (DA) 2:00pm Afternoon Bridge (DA) 3:30pm Aquafit (P)	18 10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 3:00pm Reading with Phil Small (DK) 7:00pm Movie Night (T) Armed Forces Day
19 11:00am Sunday Mass (C) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T)	20 10:00am Fitness Training with Bremen(F) 10:30am Zumba Gold (M) 11:15am Daily Mass (C) 12:00pm Blue Jays Outing (Sign-up Sheet) 3:00pm Bingo (AL-1FL) 3:00pm Aquafit (P) Victoria Day (Canada)	21 10:15am Chair Yoga with Murali (M) 11:15am Daily Mass (C) 2-4pm High Tea OPEN HOUSE with Essence Classical Trio (M) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 4:00pm Computer Basics (CR) 7:00pm-9:00pm Centering Prayer(C)	22 11:15am Daily Mass (C) 2:00pm Fitness Training with Bremen (F) 4:00pm ACTIVITIES MONTHLY MEETING 7:30pm Pub Night with Danny's 11 (DA)	23 10:30am Stretch and Tone (M) 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 7:00pm Euchre Night (GR)	24 10:30am Build Your Strength (M) 11:15am Daily Mass (C) 2:00pm Sing-Along w/Marianne (AL-2FI) 2:00pm Afternoon Bridge (DA) 3:30pm Aquafit (P)	25 10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)
26 11:00am Sunday Mass (C) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T)	27 10:00am Fitness Training with Bremen (F) 10:30am Zumba Gold (M) 11:15am Daily Mass (C) 2:00pm Outing to Dollarama (Sign-up sheet) 3:00pm Bingo (AL-1FL) 3:00pm Aquafit (P) Memorial Day	28 10:30am Chair Yoga with Murali (M) 11:15am Daily Mass (C) 2-4pm Kairos Blanket Exercise (M) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (F) 4:00pm Computer Basics (CR) 7:00pm-9:00pm Centering Prayer(C)	29 10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm Fitness Training with Bremen (F) 4:00pm Cocktail Hour (B)	30 10:30am Stretch and Tone (M) 11:15am Daily Mass (C) 2:30pm Gentle Balance (AL-1FI) 3:30pm Physio Fitness (M) 7:00pm Euchre Night (GR)	31 10:30am Build Your Strength (M) 11:15am Daily Mass (C) 1:30pm Outing to ROM (Sign-up Sheet) 2:00pm Sing-Along w/Marianne (AL-2FI) 2:00pm Afternoon Bridge (DA) 3:30pm Aquafit (P)	

LEGEND: (DA) Dining Area (C) Chapel (T) Theatre (M) Multi-purpose Room (F) Fitness (P) Pool (B) Bistro (GR) Games Room (CR) Craft Room (DK) Demo Kitchen