

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

 <p>May 2019</p>			<p>1</p> <p>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) <small>May Day</small></p>	<p>2</p> <p>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)</p>	<p>3</p> <p>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)</p>	<p>4</p> <p>10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)</p>
<p>5</p> <p>11:00am Sunday Mass (C) 11:30 Cinco De Mayo Lunch (DA) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T) <small>Cinco de Mayo</small></p>	<p>6</p> <p>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) <small>Ramadan</small></p>	<p>7</p> <p>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)</p>	<p>8</p> <p>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)</p>	<p>9</p> <p>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)</p>	<p>10</p> <p>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)</p>	<p>11</p> <p>10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)</p>
<p>12</p> <p>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) <small>Mother's Day</small></p>	<p>13</p> <p>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)</p>	<p>14</p> <p>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)</p>	<p>15</p> <p>10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm TOWN HALL MEETING (DA) 4:00pm Cocktail Hour (B)</p>	<p>16</p> <p>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)</p>	<p>17</p> <p>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)</p>	<p>18</p> <p>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) <small>Armed Forces Day</small></p>
<p>19</p> <p>11:00am Sunday Mass (C) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T)</p>	<p>20</p> <p>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) <small>Victoria Day (Canada)</small></p>	<p>21</p> <p>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)</p>	<p>22</p> <p>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)</p>	<p>23</p> <p>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)</p>	<p>24</p> <p>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)</p>	<p>25</p> <p>10:30am T'ai Chi Chih (M) 11:15am Daily Mass (C) 2:00pm James Levac Music (AL-3FI) 7:00pm Movie Night (T)</p>
<p>26</p> <p>11:00am Sunday Mass (C) 1:00pm Scrabble (GR) 3:00pm Afternoon Movie Matinee (T)</p>	<p>27</p> <p>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) <small>Memorial Day</small></p>	<p>28</p> <p>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)</p>	<p>29</p> <p>10:30am Balance (M) 11:15am Daily Mass (C) 2:00pm Fitness Training with Bremen (F) 4:00pm Cocktail Hour (B)</p>	<p>30</p> <p>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)</p>	<p>31</p> <p>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)</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 (AL-1FI) Assisted Living 1stFI (AL-2FI) Assisted Living 2ndFI (AL-3FI) Assisted Living 3rdFI (TR) Treatment Room – Assisted Living 1st FI