

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<u>1</u> 10:00 am Exercises <i>1:00 pm Arthritis Support</i> 5:00 pm Meal Program	<u>2</u> 9:00 am Qi Gong <i>1:00 pm Grief Support</i>	<u>3</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>4</u>
<u>5</u> <i>BINGO</i> <i>1:00 pm</i>	<u>6</u> 9:00 am Qi Gong 10:00 am Exercises	<u>7</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>8</u> 10:00 am Exercises 5:00 pm Meal Program <i>6:00 pm Dance Class</i> <i>7:00 pm Family Support</i> <i>...for family & friends</i> <i>of individuals who have mental</i> <i>illness.</i>	<u>9</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch	<u>10</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>11</u>
<u>12</u> <i>BINGO</i> <i>1:00 pm</i> <i>Happy</i> <i>Mothers</i> <i>Day!</i>	<u>13</u> 9:00 am Qi Gong 10:00 am Exercises	<u>14</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>15</u> 10:00 am Exercises 5:00 pm Meal Program <i>3:00 pm Yoga *</i> <i>*limited space</i> <i>advance sign up</i> <i>Dinner & Movie</i> <i>"Overboard"</i> <i>Dinner 5:00 Movie 6:15</i>	<u>16</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch	<u>17</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>18</u>
<u>19</u> <i>BINGO</i> <i>1:00 pm</i>	<u>20</u> Centre closed for Victoria Day	<u>21</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>22</u> Safety Services MB Mature Driver Workshop 1:00-4:00 p.m. <i>3:00 pm Yoga *</i> <i>*limited space</i> <i>advance sign up</i> 5:00 pm Meal Program <i>6:00 pm Dance Class</i>	<u>23</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch <i>Dance</i> <i>7:00-11:00 p.m.</i>	<u>24</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	<u>25</u>
<u>26</u> <i>BINGO</i> <i>1:00 pm</i>	<u>27</u> 9:00 am Qi Gong	<u>28</u> 9:30 am Floor Exercises 10:00 am Exercises 1:00 pm Quilting 1:30 pm Scrabble 1:30 pm Floor Games 5:00 pm Meal Program	<u>29</u> 5:00 pm Meal Program Elvis <i>will enter our</i> <i>building!</i> 7:00 p.m.	<u>30</u> 9:00 am Qi Gong 1:30 pm Sip & Stitch	<u>31</u> 1:00 pm Bingo 5:00 pm Meal Program 7:15 pm Crib Night	