



May 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Thanks to Lili & Maureen for canvassing for the hockey pool this year & for everyone's great participation !May the best team win! Good luck to everyone!</u></p>	<p>Staff appreciation week starts May 27th.The Meadow Flowers which is the name of the resident's teams for bocce & bean bag. The Russell Weeds(staff) are the staff! Come play for FUN!</p>	<p><u>Mother`s Day Cocktails will be on Saturday May 12th from 2-4. Family members and friends of our residents are all welcome! It will be in the COMMUNITY LOUNGE for every-one to enjoy!</u></p>	<p>1 FOOT CARE TODAY Exercise class 10:00 Coffee Break 10:30 2:30 7:30 Come play Scrubs a new pool game in the Lounge 1:30 Ice Cream Social 2:30</p>	<p>2 FOOT CARE TODAY Physio 1 on 1 8:30 Local outing 9-11:30 Rolling Tuck Shop 10-2 Coffee Break 10:30 2:30 7:30 Bingo 1:30</p>	<p>3 <u>Hearing Clinic on 17th</u> Exercise class 10:00 Coffee Break 10:30 <u>Public Library 2:00</u> Come Play Bridge 1:30 Russell 55+ Euchre Party Community Lounge 7:00</p>	<p>4 AVON SALE Health walk Coffee Break 10:30_2:30</p>
<p>5 Coffee Break 10:30 2:30 Movie Matinee 1:30 Rosary in the Chapel 4:00 Health Walk</p>	<p>6 Physio 1 on 1 8:30 Exercise class 10:00 Coffee Break 10:30 <u>Bocce Trump 1:30</u> <u>Coffee Break 2:30</u></p>	<p>7 Local outing 9-11:30 <u>Council Meeting 10:00</u> Coffee Break 10:30 2:30 7:30 55+Club Bridge party 1:00</p>	<p>8 EXERCISE class 10:00 Coffee Break 10:30 2:30 7:30 <u>Catholic Mass 10:45</u> <u>Hymn Sing 2:00</u> <u>Ice-Cream Social 3:00</u> Happy Birthday! Anna Herweyer David Macey</p>	<p>9 Physio 1 on 1 8:30 Local outing 9-11:30 <u>Walking program 10-12</u> Rolling Tuck Shop 10-2 Bingo 1:30</p>	<p>10 Exercise class 10:00 Coffee Break 10:30 2:30 7:30 <u>Painting Class with Navy 1:30</u> Russell 55+ Euchre Party Community Lounge 7:00</p>	<p>11 <u>Mother's Day</u> <u>Cocktails for residents families and friends in entrance 2-4</u> <u>Guy Lalonde Concert 2:15</u> Coffee Break 10:30 2:30</p>
<p>12 <u>HAPPY MOTHER'S DAY!</u> Coffee Break 10:30 "Life doesn't come with a manual, it comes with a Mother." Unknown Coffee Break 2:30 & 7:30</p>	<p>13 Physio 1 on 1 8:30 <u>Kindergarten Class 10:00</u> <u>Exercise class 10:30</u> Coffee Break 10:30 2:30 7:30 <u>Len & Tony Song & Comedy Show in Lounge 1:30</u></p>	<p>14 Local outing 9-11:30 <u>Remembering Me Video 9:30</u> Coffee Break 10:30 2:30 7:30 <u>55+Club Bridge Party 1:00</u></p>	<p>15 Exercise class 10:00 <u>United Church Service 10:45</u> Coffee Break 10:30 2:30 7:30 Come to Horse Races 1:30 <u>Ice-cream social 2:30</u></p>	<p>16 <u>DENTAL HYGIENE - SPA</u> Physio 1 on 1 8:30 Local outing 9-11:30 Rolling Tuck Shop 10-2 <u>Bingo 1:30</u></p>	<p>17 <u>Hearing Clinic</u> Exercise class 10:00 Coffee Break 10:30 2:30 7:30 <u>Bible Study in Chapel 2:00</u> Russell 55+ Euchre Party Community Lounge 7:00</p>	<p>18 Coffee Break 10:30 Health walk Coffee Break 2:30</p>
<p>19 Coffee Break 10:30 Movie Matinee 1:30 theater Coffee Break 2:30 & 7:30</p>	<p>20 <u>Victoria Day!</u> Health walk Coffee Break 10:30 2:30 7:30 <u>Horticultural Society Meeting in the Lounge 7:00</u></p>	<p>21 Local outing 9-11:30 Coffee Break 10:30 2:30 7:30 <u>Anglican Church Service in the Chapel 10:30</u> 55+Club Bridge Party 1:00</p>	<p>22 Exercise class 10:00 <u>Liturgy of the Word with Holy Communion 10:45</u> Coffee Break 10:30 2:30 7:30 <u>Baking Class 1:00</u> <u>Ice-cream social 2:30</u></p>	<p>23 Physio 1 on 1 8:30 Local outing 9-11:30 Rolling Tuck Shop 10-2 Bingo 1:30 Step Dancing & Ballet concert in Lounge 6:30</p>	<p>24 Exercise class 10:00 Coffee Break 10:30 Russell 55+ Euchre Party Community Lounge 7:00</p>	<p>25 Coffee Break 10:30 Health walk Coffee Break 2:30</p>
<p>26 Coffee Break 10:30 Movie Matinee 1:30 Coffee Break 2:30 Rosary in Chapel 4:00 Coffee Break 7:30 Health walk</p>	<p>27 <u>STAFF APPRECIATION WEEK!</u> Theme Day for staff <u>Physio 1 on 1 8:30</u> Exercise class 10:00 Coffee Break 10:30 2:30 7:30 <u>Staff competitive games in Lounge all residents invited 2:00</u></p>	<p>28 Local outing 9-11:30 <u>Anglican Service 10:30</u> Coffee Break 10:30 2:30 7:30 55+Club Bridge Party 1:00 <u>Bocce tournament residents vs staff member 2:00</u></p>	<p>29 Exercise class 10:00 Coffee Break 10:30 2:30 7:30 Health walk <u>Ice-cream social 2:30</u></p>	<p>30 Physio 1 on 1 8:30 Local outing 9-11:30 Coffee Break 10:30 2:30 7:30 Rolling Tuck Shop 10-2 <u>Bingo 1:30</u> Happy Birthday! Fernande Patenaude</p>	<p>31 <u>Wear Your Jeans Day!</u> Exercise class 10:00 Coffee Break 10:30 2:30 7:30 <u>Bible Study in Chapel 2:00</u> Russell 55+ Euchre Party Community Lounge 7:00</p>	<p><u>Share Your Dream Program applications for all residents will be handed out at info meetings during 2nd wk of May. Family members will be invited to attend these mtgs to encourage seniors to apply and live a dream.</u></p>

All that I am or hope to be, I owe to my Mother! Abraham Lincoln

Happy Mother's Day!