



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p>9:00 Exercise class WR 10:00 Chair Yoga SR 10:00 Sing along with Kim GR 10:30 DROM FIT GA 1:30 Hand waxing ML\$ 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 World Day of Laughter! Jokes and Coffee RR May Day</p>	<p>9:00 Cardio workout WR 10:00 Mindful Meditation SR 10:00 Name that Tune GR 2:30 Seated dance class WR 2:00 Ladies Spa Afternoon SR</p>	<p>9:00 Exercise class WR 10:00 Brain Teasers ML 10:00 Qi Gong Mindful Movement SR 1:30 DROM FIT GA 2:00 Travelogue: Mexico SR 7:00 Bingo DR</p>	<p>9:30 Stay Fit Seated Class WR 10:00 Bible Study SR 1:30 Line Dancing Class GA 1:30 - 3pm Creative Corner SR 3:00 Left-Right- Centre Game Bistro</p>	<p>9:00 Exercise class WR 10:00 Trivia Time GR 2:00 Cinco de Mayo: Nachos, Margarita's and Bar Cart Happy Hour DR Cinco de Mayo</p>	<p>10:00 Hymn Sing GR 12:15 Karen's Burger Shack Lunch WR Sign Up \$ 2:00 Bingo DR 6:30 Euchre (All Welcome!) RR</p>
<p>9:00 Exercise class WR 10:00 Qi Gong Mindful Movement SR 10:00 Sing along with Kim GR 10:30 DROM FIT GA 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 Scattergories Bistro</p>	<p>9:00 Cardio workout WR 10:00 Mindful Meditation SR 10:00 Knitters Nook GR 2:00 Charades DR 6:30 Toonie Tuesday Pub Night with Randy Satchell GA \$</p>	<p>9:00 Exercise class WR 10:00 Brain Teasers ML 1:30 DROM FIT GA 2:00 Art Appreciation Tour with Eve meet in Main Lobby Please sign-up*) 7:00 Bingo DR</p>	<p>9:30 Stay Fit Seated Class WR 10:00 Bible Study SR 1:30 Line Dancing Class GA 3:00 Card Game: Spoons Bistro</p>	<p>9:00 Exercise class WR 9:00 – 12:00 Dianna and Mary's Mini Market ML 10:00 Remember When ML 10:00 Hymn Sing GR 2:00 Memorable Mothers Tea Party DR</p>	<p>6:30 Euchre (All Welcome!) RR</p>
<p>8:20 Outing "The Little Mermaid" St Mike's School \$ 9:00 Exercise class WR 10:00 Chair Yoga SR 10:00 Sing along with Kim GR 1:30 Hand waxing ML\$ 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 International Day of Families: Bring and Brag RR Mother's Day National Skilled Nursing Week</p>	<p>9:00 Cardio workout WR 10:00 Mindful Meditation SR 10:00 Rise and Shine: Start your day in a FUN way GR 1:30 Learn about the Labyrinth with Guest Speaker Leslie Wright GA 2:30 Seated dance class WR</p>	<p>9:00 Exercise class WR 10:00 Qi Gong SR 10:00 Brain Teasers ML 11:00 Outing to Quehl's Restaurant in Tavistock ML\$ 1:30 DROM FIT GA 2:30 Nature Walk ML 7:00 Bingo DR</p>	<p>9:00 Guided Water fitness 8:45 Breakfast DR \$ Sign Up 9:30 Stay Fit Seated Class WR 10:00 Coffee Bistro Bistro 10:00 Bible Study SR 10:15 Creative Corner GA 1:30 Worship Service with Sam Stuckless 3:00 Ladies Tea RR</p>	<p>9:00 Exercise class WR 10:00 Wellness Social WR 10:00 Hymn Sing GR 11:15 Outing to the Army and Navy \$ (Independent +Sign Up Required) 1:30 Corn Hole Patio 2:00 Ruth and Karen Music Show DR Armed Forces Day</p>	<p>9:00 Coffee Hour Bistro 2:00 Karaoke Social GA 6:30 Euchre (All Welcome!) RR</p>
<p>HAPPY Victoria Day</p>	<p>9:00 Cardio workout WR 2:00 Hangman ML 1:30 Painting with Picasso 2:30 Seated dance class WR 6:30 Young at Heart Video Dance GA</p>	<p>9:00 Exercise class WR 10:00 Chair Yoga SR 10:00 Brain Teasers ML 1:30 DROM FIT GA 2:00 Strum along Jam Session DR 7:00 Bingo DR</p>	<p>9:00 Guided Water fitness 9:30 Stay Fit Seated Class WR 10:00 Coffee Bistro Bistro 10:00 Bible Study SR 12:00 Ladies Lunch WR 2:00 Guest Speaker with OPP Discussing Fraud Prevention GA 3:00 Card Game: 7-up Bistro Shavuot Begins</p>	<p>9:00 Exercise class WR 10:00 Wellness Social WR 10:00 Morning Outdoor Stroll ML 12:30 Men's Meal 1:30 Line Dancing Class GA</p>	<p>1:00 – 4:00 Indoor Spring- Cleaning Table Sale GA See poster for more details 6:30 Euchre (All Welcome!) RR</p>
<p>9:00 Exercise class WR 9:30 Qi Gong Mindful Movement SR 10:00 Sing along with Kim GR 10:30 DROM FIT GA 1:30 Hand waxing ML\$ 1:30 Crokinole RR 1:30 Cribbage Billiards Rm 3:00 Afternoon Coffee Social RR Memorial Day</p>	<p>9:00 Cardio workout WR 10:00 Pictionary ML 2:00 May Birthday Party DR 2:30 Seated dance class WR</p>	<p>9:00 Exercise class WR 10:00 Chair Yoga SR 10:00 Brain Teasers ML 1:30 DROM FIT GA 2:30 Movie and Popcorn Matinee: Black Beauty (2020) GA 7:00 Bingo DR</p>	<p>May 2023 Woodland Towers Activities</p>		

519-271-4090 Kim x 2230 Karen x 2257 Jamie x 2282