

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

May 2024

Woodland Towers Activities

			<p>10:00 Pump it Up: Combined Self-led Circuit WR</p> <p>10:00 Aquatic Balance and Falls Prevention Pool</p> <p>1:00 Hand Waxing ML\$</p> <p>1:30 DROM FIT GA</p> <p>7:00 Bingo DR\$</p>	<p>*Covid Vaccine Day WT & HE*</p> <p>10:00 Stay Fit Exercise WR</p> <p>10:00 Hymn Sing GR</p> <p>10:00 Bible Study SR</p> <p>10:00 Billiards and Coffee Billiards RM</p> <p>1:30 - 3 Creative Corner SR</p> <p>2:00 WT Bowling Lanes and Coffee RR</p> <p>6:30 Euchre RR</p>	<p>9:30 Pump it Up: Strength WR</p> <p>10:30 DROM FIT GA</p> <p>11:00 - 3:30 Elaine Bossence's Craft Sale ML</p> <p>1:30 Line Dancing Class GA</p> <p>3:00 Social Hour RR</p>	
<p>5</p> <p>Cinco de Mayo</p>	<p>6</p> <p>1:30 Crokinole RR</p> <p>1:30 Cribbage Billiards Rm</p> <p>1:30 Pump it Up:Strength GA</p> <p>3:00 Karaoke ML</p>	<p>7</p> <p>9:30 Pump it up: Balance GA</p> <p>2:00 Labyrinth Presentation and Community Walk with Veriditas Certified Facilitators Leslie and John Wright Griffith Auditorium (all welcome!)</p>	<p>May Day</p> <p>8</p> <p>10:00 Pump it Up: Combined Self-led Circuit WR</p> <p>10:00 Aquatic Balance and Falls Prevention Pool</p> <p>10:45-11:15 BP Clinic Main Lobby</p> <p>1:00 Hand Waxing ML\$</p> <p>1:30 DROM FIT GA</p> <p>2:30 Travelogue: Egypt GA</p> <p>7:00 Bingo DR\$</p>	<p>9</p> <p>10:00 Stay Fit Exercise GA</p> <p>10:00 Sing a long GR</p> <p>10:00-2:00 Katies Jewelry ML</p> <p>10:00 Bible Study SR</p> <p>10:00 Billiards and Coffee Billiards RM</p> <p>1:30 Worship Service with Gerry Langis GA</p> <p>3:00 Ladies Tea RR</p> <p>6:30 Euchre RR</p>	<p>10</p> <p>9:00-12:00 Dianna and Ruth's Mini Market ML\$</p> <p>9:30 self-led Pump it Up: Strength WR</p> <p>10:30 DROM FIT GA</p> <p>11:20-1:20 Outing to the Army and Navy\$ (Independent +Sign Up Required)</p> <p>2:00 All About Mother's Day Discussion Gorup SR</p>	<p>11</p> <p>2:00 Mother's Day Special: Real Canadian Fiddle and Step Show with Canadian Fiddle Champion Leo Stock from the Scott Woods Band GA\$ (Purchase Tickets in advance- details on back)</p>
<p>12</p> <p>Mother's Day National Skilled Nursing Care Week</p>	<p>13</p> <p>10:00 Sing Along with Kim GR</p> <p>1:30 Crokinole RR</p> <p>1:30 Cribbage Billiards Rm</p> <p>1:30 Pump it Up:Strength GA</p> <p>3:00 Afternoon Café RR</p>	<p>14</p> <p>9:30 Self Led Pump it up: Balance WR</p> <p>12:30 - 2:30 St Mike's Glamour Day and Photos GA (Please see posters for Details)</p> <p>6:30 Toonie Tuesday Pub Night with Tom Melady \$ GA</p>	<p>15</p> <p>10:00 Pump it Up: Combined Self-led Circuit WR</p> <p>10:00 Aquatic Balance and Falls Prevention Pool</p> <p>1:00 Hand Waxing ML\$</p> <p>1:30 DROM FIT GA</p> <p>2:30 Nature Walk! Meet at front door</p> <p>7:00 Bingo DR\$</p>	<p>16</p> <p>8:30 Breakfast \$ Sign Up</p> <p>10:00 Stay Fit Exercise WR</p> <p>10:00 Bible Study SR</p> <p>10:00 Billiards and Coffee Billiards RM</p> <p>2:00 National Mimosa Day! DR\$</p> <p>3:00 Humming Bird Ornament Craft with Alan Watts RR (See poster for more details Sign Up)</p>	<p>17</p> <p>9:30 Pump it Up: Strength GA</p> <p>1:30 Line Dancing Class GA</p> <p>3:00 Karaoke ML</p>	<p>18</p> <p>10:30 DROM FIT GA</p> <p>12:15 Chinese Food from Mei Shanghai Restaurant \$ GA Please see posters for more details</p> <p>Armed Forces Day</p>
<p>19</p> <p>Victoria Day (Canada)</p>	<p>HAPPY Victoria Day</p>	<p>21</p> <p>9:30 Pump it up: Balance GA</p> <p>2:00 Guest Speaker: Amy Malcho from Vision Loss Rehabilitation Canada (CNIB) GA</p>	<p>22</p> <p>10:00 Pump it Up: Combined Self-led Circuit WR</p> <p>10:20-12:40 Shopping Trip to the Stratford Mall\$</p> <p>1:00 Hand Waxing ML\$</p> <p>1:45 DROM FIT GA</p> <p>2:30 Bring and Brag: "National Being You Day" RR</p> <p>7:00 Bingo DR\$</p>	<p>23</p> <p>10:00 Stay Fit Exercise GA</p> <p>10:00 Hymn Sing GR</p> <p>10:00 Bible Study SR</p> <p>10:00 Billiards and Coffee Billiards RM</p> <p>10:30 Outing to Schmidtsville in Wellesley!</p> <p>3:00 Cooking Class with Judy Williams GA</p> <p>6:30 Euchre RR</p>	<p>24</p> <p>9:30 Pump it Up: Strength GA</p> <p>10:30 DROM FIT GA</p> <p>1:30 Line Dancing Class GA</p> <p>2:00 Air Fryer Fridays! (See poster for more info!)</p> <p>3:00 Social Hour RR</p>	<p>25</p>
<p>26</p> <p>Memorial Day</p>	<p>27</p> <p>10:00-3:00 SIMPLY LOVELY of Stratford Sleepwear Sale! GA</p> <p>1:30 Crokinole RR</p> <p>1:30 Cribbage Billiards Rm</p> <p>1:30 Pump it Up:Strength WR</p>	<p>28</p> <p>9:30 Pump it up: Balance GA</p> <p>2:00 May Birthday Party DR</p>	<p>29</p> <p>10:00 Pump it Up: Combined Self-led Circuit WR</p> <p>10:00 Aquatic Balance and Falls Prevention Pool</p> <p>1:00 Hand Waxing ML\$</p> <p>1:30 DROM FIT GA</p> <p>2:30 Lemonade and Laughs RR</p> <p>7:00 Bingo DR\$</p>	<p>30</p> <p>10:00 Stay Fit Exercise GA</p> <p>10:00 Hymn Sing GR</p> <p>10:00 Bible Study SR</p> <p>10:00 Billiards and Coffee Billiards RM</p> <p>1:30 Movie Matinee: "Walk the Line" GA</p> <p>1:30 - 3 Creative Corner SR</p> <p>6:30 Euchre RR</p>	<p>31</p> <p>9:30 Self-Led Pump it Up: Strength WR</p> <p>10:30 DROM FIT GA</p> <p>2:00 Artist's Corner Independent Activity\$ RR</p> <p>See sign up sheet for more info</p> <p>3:00 Manicures (Nail Painting) Bistro</p>	<p>LEGEND:</p> <p>RR- Rose Room</p> <p>WR- Wellness Room</p> <p>SR- Spruce Room</p> <p>DR- Dining Room</p> <p>GR- Green Room</p> <p>LIB- Library</p> <p>GA- Griffith Aud.</p>

Home #: 519-271-4090 Kim: x2230 Karen: x 2257 Music Therapy: Christa x 2209 Pool: Tamara x 2282