

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 Church Service	9:30 Coffee Time 1 9:45 Osteofit 10:45 Mental Aerobics 2:00 Hymn Sing 3:15 Cards/ Bridge 6:45 Carpet Bowling <small>May Day</small>	9:30 Coffee Time 2 9:45 Ball Exercises 10:45 Recycling Tour 2:00 Movie Afternoon	9:30 Coffee Time 3 9:45 Stretch & Strength 10:45 Crossword 1:30 Walmart	9:00 Ukulele Practice 4 9:30 Coffee Time 9:45 Osteofit 10:45 Chime Choir 2:00 Bingo 3:00 Wellness Group	9:30 Coffee Time 5 9:45 Stretch & Strength 10:45 Walking around the Ponds 2:00 Indoor Golf <small>Cinco de Mayo</small>	9:30 Coffee Time 6
9:30 Church Service 7	1-5 Elections B.C. 8 9:30 Coffee Time 9:45 Osteofit 10:45 Mental Aerobics 1:15 Swimming 2:00 Hymn Sing 3:15 Cards/ Bridge 6:45 Carpet Bowling	9:30 Coffee Time 9 9:45 Ball Exercises 10:45 Manor Communication Mtg. 2:00 Afternoon Drive – Crescent Beach	9:30 Coffee Time 10 9:45 Stretch & Strength 10:45 Crossword 2:00 Dancing with Laurie 3:30 Prayer & Bible Study	9:00 Ukulele Practice 11 9:30 Coffee Time 9:30 Chapel Celebration 9:45 Osteofit 10:45 Chime Choir 2:00 Bingo	9:30 Coffee Time 12 9:45 Stretch & Strength 10:45 Word Games 2:00 Mother's Day Social with Celia	9:30 Coffee Time 13
9:30 Church Service 14 Happy Mother's Day <small>Mother's Day</small>	9:30 Coffee Time 15 9:45 Osteofit 10:45 Mental Aerobics 1:15 Swimming 2:00 Hymn Sing 3:15 Cards/ Bridge 6:45 Carpet Bowling	9:30 Coffee Time 16 9:45 Ball Exercises 10:45 Relax & Renew 2:00 Movie Afternoon	9:30 Coffee Time 17 9:45 Stretch & Strength 10:45 Crossword 2:00 Dancing with Laurie 3:30 Prayer & Bible Study	9:00 Ukulele Practice 18 9:30 Coffee Time 9:30 All Day Outing Steveston 10:45 Chime Choir 2:00 Bingo	9:30 Coffee Time 19 9:45 Stretch & Strength 10:45 Walking around the Ponds 2:00 Ice Cream Social	9:30 Coffee Time 20 <small>Armed Forces Day</small>
9:30 Church Service 21	Victoria Day 9:30 Coffee Time 22	9:30 Coffee Time 23 9:45 Ball Exercises 10:45 Heights Gym 2:00 Crafts with Cora & Rhoda	9:30 Coffee Time 24 9:45 Stretch & Strength 10:45 Crossword 2:00 West Coast Gardens 3:30 Prayer & Bible Study	9:00 Ukulele Practice 25 9:30 Coffee Time 9:45 Osteofit 10:45 Chime Choir 2:00 Bingo 3:30 Wellness Group	9:30 Coffee Time 26 9:45 Stretch & Strength 10:45 Word Games 2:00 Birthday Celebration & Welcome New Tenants with Mardie	9:30 Coffee Time 27 9:30 Outing - A Rocha <small>First Day of Ramadan</small>
9:30 Church Service 28	9:30 Coffee Time 29 2:00 Hymn Sing 3:15 Cards/ Bridge 6:45 Carpet Bowling <small>Memorial Day</small>	9:30 Coffee Time 30 9:45 Ball Exercises 10:00 Fort Langley – Day outing	9:30 Coffee Time 31 9:45 Stretch & Strength 10:45 Crossword 2:00 Dancing with Laurie 3:30 Prayer & Bible Study <small>First Day of Shavuot</small>	 <h1 style="color: purple;">May 2017</h1> 		