

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>MAY 2024</p> <p>Apartments * Villas * Courts * PSA * SALC</p>			<p>11:15 Fairview Fit (CA) 1</p> <p>1:00 TRX (CA)</p> <p>2:00 Drum Jam (CA)</p> <p>7:00 Cards (CCR1)</p>	<p>9:30 Yarn & Thread Club (CR1) 2</p> <p>9:45 Keep Fit (CA)</p> <p>10:00 Webinar: Credits, Benefits & Supports for Lower-Income Seniors (CCR3)</p> <p>11:00 Chair Yoga (CA)</p> <p>1:00 Grocery Bus</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts (CCR1)</p> <p>2:45 PSA Exercise (PSA)</p> <p>3:15 Bean Bag Baseball (CA)</p> <p>7:00 Cribbage (CCR1)</p>	<p>9:00 Bowling (B) 3</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Yoga (CA)</p> <p>2:00 Caregivers Corner Conversation Group (3FL)</p> <p>7:00 Crokinole (CCR1)</p>	<p>4</p> <p>Kentucky Derby 2:30 ET.</p> 
<p>10:30 Preston Mennonite Church Live Stream (BDR) 5</p> <p>10:30 Salvation Army Church Service (CA)</p> <p>7:00 Sunday evening worship with special guests Maranatha Youth Choir (CA)</p> 	<p>9:00 Bowling (B) 6</p> <p>10:00 Forever Young Strength (CCR3)</p> <p>11:15 Fairview Fit (CCR3)</p> <p>7:00 Yahtzee (CCR1)</p> <p>Shopping Day 10am - 3pm Centre Auditorium Everyone welcome!</p>	<p>9:45 Keep Fit (CA) 7</p> <p>11:00 Chair Yoga (CA)</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts (CCR1)</p> <p>2:00 Crafting Plan Chat (CCR1)</p> <p>2:30 Wellness Warriors (3FL)</p> <p>2:45 PSA Exercise (PSA)</p> <p>6:45 Rook (CCR1)</p>	<p>May Day</p> <p>9:30 Strawberry Social Choir (CA) 8</p> <p>10:00 Bingo (3FL)</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Drum Jam (CA)</p> <p>3:15 Bean Bag Baseball (CA)</p> <p>6:30- 8:30 Wine & Cheese (CDR)</p> <p>7:00 Cards (CCR1)</p>	<p>9:30 Yarn & Thread Club (CCR1) 9</p> <p>9:45 Keep Fit</p> <p>11:00 Chair Yoga (CA)</p> <p>1:30 Courts Exercise (FC)</p> <p>2:00 Guided Craft: Marbled Mugs (CCR1)</p> <p>2:45 PSA Exercise (PSA)</p> <p>7:00 Cribbage (CCR1)</p>	<p>9:00 Bowling (B) 10</p> <p>10:15 Chapel (CA)</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Yoga (CA)</p> <p>7:00 Crokinole (CCR1)</p>	<p>11</p> <p><u>LEGEND</u></p> <p>B – Basement BDR – Boardroom by Reception CA – Centre Auditorium CCR – Centre Craft Room 1,2,3 CDR – Centre Dining Room FIT – Fitness Room LIB – Library 2FL B – 2nd Floor Balcony 3FL – 3rd Floor Lounge</p>
<p>10:30 Preston Mennonite Church Live Stream (BDR) 12</p> <p>10:30 Salvation Army Church Service (CA)</p> 	<p>9:00 Bowling (B) 13</p> <p>10:00 Forever Young Strength (CA)</p> <p>11:15 Fairview Fit (CA)</p> <p>7:00 Yahtzee (CCR1)</p>	<p>9:30 Kindred Credit Union (LIB) 14</p> <p>9:45 Keep Fit (CA)</p> <p>11:00 Chair Yoga (CA)</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts: Snowman Assembly (CCR1)</p> <p>2:30 Wellness Warriors (3FL)</p> <p>2:45 PSA Exercise (PSA)</p> <p>6:45 Rook (CCR1)</p>	<p>11:15 Fairview Fit (CA) 15</p> <p>11:30 Roman Catholic Communion (3FL)</p> <p>1:00 TRX (CA)</p> <p>2:00 Drum Jam (CA)</p> <p>7:00 Cards (CCR1)</p>	<p>9:30 Yarn & Thread Club (CR1) 16</p> <p>9:45 Keep Fit (CA)</p> <p>10:00 Anglican Communion (3FL)</p> <p>11:00 Chair Yoga (CA)</p> <p>1:00 Giant Tiger Bus</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts (CCR1)</p> <p>2:30 Fairview Band (CA)</p> <p>2:45 PSA Exercise (PSA)</p> <p>5:00 Seniors Social Supper</p> <p>7:00 Cribbage (CCR1)</p>	<p>9:00 Bowling (B) 17</p> <p>10:15 Chapel (CA)</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Yoga (CA)</p> <p>7:00 Crokinole (CCR1)</p>	<p>18</p> 
<p>10:30 Preston Mennonite Church Live Stream (BDR) 19</p> <p>10:30 Salvation Army Church Service (CA)</p>	<p>No Programs today 20</p> 	<p>9:45 Keep Fit (CA) 21</p> <p>11:00 Chair Yoga (CA)</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts: Snowman Assembly, if needed (CCR1)</p> <p>2:30 Wellness Warriors (3FL)</p> <p>2:45 PSA Exercise (PSA)</p> <p>6:45 Rook (CCR1)</p>	<p>9:30 Strawberry Social Choir (CA) 22</p> <p>10:00 Bingo (3FL)</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Drum Jam (CA)</p> <p>3:15 Bean Bag Baseball (CA)</p> <p>7:00 Cards (CCR1)</p>	<p>9:30 Yarn & Thread Club (CCR1) 23</p> <p>9:45 Keep Fit</p> <p>11:00 Chair Yoga (CA)</p> <p>11:15 Out to lunch bunch: Jacks</p> <p>1:30 Courts Exercise (FC)</p> <p>2:00 Guided Craft: Shower Fizzers (CCR1)</p> <p>2:45 PSA Exercise (PSA)</p> <p>7:00 Cribbage (CCR1)</p>	<p>9:00 Bowling (B) 24</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Yoga (CA)</p> <p>7:00 Crokinole (CCR1)</p>	<p>25</p> 
<p>10:30 Preston Mennonite Church Live Stream (BDR) 26</p> <p>10:30 Salvation Army Church Service (CA)</p>	<p>9:00 Bowling (B) 27</p> <p>10:00 Forever Young Strength (CA)</p> <p>11:15 Fairview Fit (CA)</p> <p>7:00 Yahtzee (CCR1)</p>	<p>9:30 Kindred Credit Union (LIB) 28</p> <p>9:45 Keep Fit (CA)</p> <p>11:00 Chair Yoga (CA)</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts (CCR1)</p> <p>2:30 Wellness Warriors (3FL)</p> <p>2:45 PSA Exercise (PSA)</p> <p>6:45 Rook (CCR1)</p>	<p>9:30 Strawberry Social Choir (CA) 29</p> <p>10:00 Bingo (3FL)</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Drum Jam (CA)</p> <p>3:15 Bean Bag Baseball (CA)</p> <p>7:00 Cards (CCR1)</p>	<p>9:30 Yarn & Thread Club (CCR1) 30</p> <p>9:45 Keep Fit</p> <p>11:00 Chair Yoga (CA)</p> <p>11:15 Out to lunch bunch: Jacks</p> <p>1:30 Courts Exercise (FC)</p> <p>1:30 Crafts (CCR1)</p> <p>2:00 Sleep Disorders Presentation (CA)</p> <p>2:00 Guided Craft: Marbled Ring Dish (CCR1)</p> <p>2:45 PSA Exercise (PSA)</p> <p>7:00 Cribbage (CCR1)</p>	<p>9:00 Bowling (B) 31</p> <p>11:15 Fairview Fit (CA)</p> <p>1:00 TRX (CA)</p> <p>2:00 Yoga (CA)</p> <p>7:00 Crokinole (CCR1)</p>	<p>If you have any questions please contact: Lena, Programs & Volunteers: Ext. 4601 Niamh, Spiritual Care: Ext. 4250 Jenn, Pool: Ext. 4604 Linda & Matt, Fitness: Ext. 4605 Charge Nurse (after hours only): Ext. 4471</p> 