



MAY 2019

Alderwood Neighbourhood



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LOCATION ABBREVIATIONS CC - Community Centre CH - Chapel MST- Main Street FC- Fitness Centre CK - Country Kitchen HR - Hobby Room 1:1 - Individual Program PR- Parlor Room	LOCATION ABBREVIATIONS LAM- Lambton BRU- Brule ALD- Alderwood ISL- Islington WES- Weston WADS- Wadsworth	LOCATION ABBREVIATIONS LO- Lounge PR - Parlor Room GH - Green House RT - Retirement TS- Town Square TH- Town Hall LIB- Library				
Cinco de Mayo 5 9:30 Interfaith Service - TH 10:30 Feel 'N' Fold - CC 2:00 Lutheran Service - LIB 6:30 Movie Night - RT/TH	6 10:15 Horticultural Therapy - CC 10:45 Hymn Sing - LIB 1:00 Fit to Flex - LO 2:00 Sorting & Organizing 3:00 Reading Buddies 6:30 Piano Favourites - LAM	7 9:30 Intergenerational Prgm-CC 9:30 Alderwood Trip 10-2 Worldwide Vendor - TS 11:00 Music Therapy - LO 2:30 Horticultural Therapy - CK 3:00 Fitness - LO 3:00 Java Music Club - CC	1 1:30 Name That Tune - LO 2:30 Crafts - CK 2:45 Humber Valley United Church Service - TH 6:30 Bingo - WADS	2 9:45 Shuttle Runs 10:45 Hymn Sing - LIB 1:00 Fit to Flex - LO 1:30 Chimes - LIB 2:00 Word Scrambler - CK 3:00 Ice Cream Social - LO	3 10:00 Baking with Cath - CK 11:00 Friendly Visits - IP's 10-2 Kristin's Kreations - TS 2:00 Roman Catholic Service -TH 3:00 Heart Beats - TS 4:00 Hymn Sing - LO	4 10:00 Zumba - TH 1:30 Cinco de Mayo Party - MST 2:30 Bingo - TS 6:30 Bingo - WADS
 12 9:30 Interfaith Service - TH 9:00-11:00 Mother's Day Breakfast - TS 10:30 Feel 'N' Fold - CC 2:00 Baptist Church Serv-LIB 6:30 Movie Night - RT/TH	Happy Caregivers Week! 13 10:15 Horticultural Therapy - CC 10:45 Hymn Sing - LIB 1:00 Fit to Flex - LO 6:30 Piano Favourites - LAM	14 9:30 Intergenerational Prgm-CC 9:45 & 1:45 Cloverdale Trip 10-2 The Dressing Room - TS 11:00 Music Therapy - LO 1:30 Elizabeth, Norma & Margaret Sing - LO 2:30 Horticultural Therapy - CK 7:00 Lecture Series: Davinci The Renaissance Man -	15 1:30 Jokes & Riddles - LO 2:30 Bingo - LO 6:30 Bingo - WADS	16 9:45 Shuttle Runs 10:30 Anglican Service - CC 1:00 Fit to Flex - LO 1:30 Chimes - LIB 2:00 It's Never 2 Late - LO 3:00 Resident Council - CC 7:00 Pub Night with Emilio-TS	17 10:00 Baking with Cath - CK Friendly Visits - IP's 2:00 Roman Catholic Service-TH 3:00 Heart Beats - TS 4:00 Hymn Sing - LO	18 10:00 Zumba - TH 1:30 Social Hour with Ian Weir - MST 2:30 Bingo - TS 6:30 Bingo - WADS
19 9:30 Interfaith Service - TH 10:30 Feel 'N' Fold - CC 6:30 Movie Night - RT/TH	Victoria Day 20 10:15 Horticultural Therapy - CC 10:00 Presentation: The History of Queen Victoria -TH 10:45 Hymn Sing - LIB 11:00 Planning Committee - CK 6:30 Piano Favourites - LAM	National Strawberries & Cream Day 21 9:30 Intergenerational Prgm-CC 11:00 Music Therapy - LO 1:45 Walmart Trip 2:30 Horticultural Therapy - CK 3:00 Strawberry Social - LO 3:00 Java Music Club-CC 	22 1:30 Friendly Visits - IP's 3:00 Music with Gerry Larkin - WES 6:30 Bingo - WADS	23 9:45 Shuttle Runs 10:45 Hymn Sing - LIB 1:00 Fit to Flex - LO 1:30 Chimes - LIB 2:00 Festival of Flavours - TS	24 2:00 Roman Catholic Service -TH 3:00 Heart Beats - TS 4:00 Hymn Sing - LO	25 10:30 Move & Groove - WADS Nature Walk Storytelling 2:30 Bingo - TS 6:30 Bingo - WADS
26 9:30 Interfaith Service - TH 10:30 Feel 'N' Fold - CC 2:00 Social Hour with Marcus Schwann-RT/TS 2:00 Faith Sanctuary - LIB 6:30 Movie Night - TH	27 10:15 Horticultural Therapy - CC 10:45 Hymn Sing - LIB 1:00 Fit to Flex - LO 3:00 Memorial Service - TH 6:30 Piano Favourites - LAM	28 9:30 Intergenerational Prgm-CC 10-2 EZ Fit Shoes - TS 11:00 Music Therapy - LO 1:30 Elizabeth, Norma & Margaret Sing - LO 1:45 Superstore Trip 2:30 Horticultural Therapy - CK 3:00 Let's Dance - LO	National Senior Health & Fitness Day 29 11:00 Lunch Trip: Grenadier Café (High Park) 1:30 Fitness - LO 3:00 Fruit Social - LO 6:30 Bingo - WADS	30 9:45 Shuttle Runs 10:45 Hymn Sing - LIB 1:30 Chimes - LIB 1:00 Fit to Flex - LO 3:00 Birthday Celebration with Manvier - TS	31 10:00 Reading Buddies - CK/HR 2:00 Roman Catholic Service -TH 3:00 Heart Beats - TS 4:00 Hymn Sing - LO	Caregivers Week May 12-18