



May 2019

Williamsburg, Becker & Ailsa Craig Neighbourhoods



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Please refer to the "Today's Activity Board" for any program time changes, location changes, or cancellations

CH - Chapel
LL - Basement
H - Hobby Shop
TH - Town Hall
MS - Main Street
TS - Town Square
L - Library
SH - School House
SC - Social Club

FC - Fitness Centre
A - Art Studio
C - Café
CC - Community Centre
EG - Egerton
EM - Emma's
PS - Pet Shop
H - Hobby Shop
BP - Back Patio

* - Independent Program

1 Buy Your Progressive Bingo Cards \$1 - H
11:00 Range of Motion-TH
1:45 Fact or Fiction? - SC
2:00 Tai Chi with Dan - FC
2:30 Hymn Sing - CH
6:30 Friends in Grief - SH
7:00 Men's Club - SC
7:00 Loonie Bingo - H - \$

2 10 - 3 Sign Up Day - H
9:30 Mother Goose Children Visit - TH
10:30 Balance Class: Laura's Choice-FC
1:30 Sacred Moments Prayer Time - CH
3:00 Concert Series - TH
3:30 Music Crossword with Miranda - SC
4:15 Progressive Bingo # - H
7:00 Ladies Night with Miranda - H

3
10:30 Morning Movements w/ Lauren- TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
2:00 Alzheimer's Fundraiser Specialty Coffee and Donuts - MS - \$
2:00 Newspaper Club - L*
2:15 Strength's Class: Bands-FC
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:30 Friday Night Flick - TH

4 10 - 12 Jean's Flower Shop Vendor - MS
10:30 Baking: Chewy Chocolate Chip Cookies - H
10:30 Balance Obstacle Course with Dan-FC
2:30 Cinco de Mayo Party with Mariachi Band - TS
4:00 4 Pictures, 1 Word - SC
4:15 Progressive Bingo # - H

5
9:30 Church with Curtis Hanson - TH
10:45 Specialty Tea & Coffee Social - H
1:30 Art Project with Miranda - Sign Up - A - \$
2:00 Learn How to Play Bridge - SC*
3:00 Cribbage with Lauren - L
4:15 Progressive Bingo # - H

6
9:30 Grandfriends Visit - TH
10:30 Bocce Ball - MS
1:15 Falls Prevention with VON - FC
1:30 Friendly Visits with Lauren
2:00 Knitting Club - L*
2:30 Air Forcers with Laura
3:30 Life Long Learning: Health Benefits of Essential Oils
4:15 Progressive Bingo # - H
6:00 Bid Euchre (Everyone Welcome) - SC*
7:30 Book Club Meeting- L

7 10 - 3 Avon Vendor - MS
10:45 Chair Yoga - TH
1:30 No Frills Shuttle - Sign Up - \$
2:30 Book Club with Sharon - CH
2:45 Hand Wax Therapy-H
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:15 Bridge - SC*
7:30 Tuesday Night Documentary - TH

8 10-3 Nelly's Comfort Shoe Vendor - MS
10:30 Symposium Café Brunch-Sign Up- \$
10:45 Sing-A-Long with Lesley - Café
11:00 Range of Motion - TH
1:30 Friendly Visits with Lauren
2:00 Tai Chi with Dan - FC
2:30 Hymn Sing - CH
3:30 Cribbage with Lauren-L
4:15 Progressive Bingo # - H
6:30 Friends in Grief - SH
7:00 Men's Club - SC
7:00 Loonie Bingo - H - \$

9
9:30 Mother Goose Children Visit - TH
10:30 Balance Class: Attune - FC
10:45 Chai Tea Mornings! - H
1:30 Sacred Moments Prayer Time - CH
2:30 Java Music Club - L
3:30 Horseraces with Miranda - H - \$
4:15 Progressive Bingo # - H
7:00 Ladies Night with Brooke - H

10
10:30 Morning Movements w/ Lauren - TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:30 Smoothies + Patio Pleasures-BP
2:00 Newspaper Club - L*
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
4:45 Legion Fish & Chips Outing - Sign Up - \$
7:30 Friday Night Flick - TH

11
8:30 Walk for Memories @ Dofasco Rec. Park - Sign Up
2:15 Strength's Class: Boxing-FC
4:15 Progressive Bingo # - H

12 MOTHER'S DAY
9:30 Church with Sharon Pearce - TH
10:00 Roman Catholic Communion - TH
1:30 Machine Knitters - SH
2:30 Church with Ken - TH
2:30 Air Forcers with Laura-FC
3:00 Mother's Day Tea with Flutist Frazer French - TH
4:15 Progressive Bingo # - H

13
10:30 Carpet Bowling - MS
1:15 Falls Prevention with VON - FC
2:00 Knitting Club - L*
2:30 Air Forcers with Laura - FC
3:00 Scrabble - L*
3:30 Jeopardy - SC
4:15 Progressive Bingo # - H
6:00 Bid Euchre (Everyone Welcome) - SC*
7:00 Celebration of Life - CH

14
1:30 Farm Boy & Harvard Square Shuttle - Sign Up - \$
2:30 Book Club with Sharon - CH
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:15 Bridge - SC*
7:30 Tuesday Night Documentary - TH

15
10:30 Group Crossword - SC
10:30 Roman Catholic Mass - TH
1:15 Video Class-TH
1:30 Friendly Visits with Lauren
2:00 Tai Chi with Dan - FC
2:30 Hymn Sing - CH
3:00 Loonie Bingo - H - \$
4:15 Progressive Bingo # - H
6:30 Friends in Grief - SH
7:00 Men's Club - SC
7:15 The Entertainer's Quartet Performs - TH

16
9:30 Mother Goose Children Visit - TH
1:30 Sacred Moments Prayer Time - CH
2:45 Resident's Council Meeting (Everyone Welcome!) - TH
3:30 Horseraces with Miranda - H - \$
4:15 Progressive Bingo # - H
7:00 Ladies Night with Miranda - H

17
10:00 Caring for A Loved One and How to Handle Stress - SH
10:30 Morning Movements w/ Lauren - TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:45 Spelling Bee - SC
2:00 Newspaper Club - L*
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:30 Friday Night Flick - TH

18 10 - 12 Jean's Flower Shop Vendor - MS
10:30 Baking: Apple Cinnamon Swirl Muffins - H
1:00 Balance Obstacle Course - FC
2:30 Name That Tune - SC
4:00 4 Pictures, 1 Word - SC
4:15 Progressive Bingo # - H
7:15 Sing-A-Long with Zech - TH

19
9:30 Church with Sterling Irvine - TH
10:45 Specialty Tea & Coffee Social - H
1:30 Friendly Visits with Lauren
2:30 Church with Ken - TH
3:00 Super Loonie Bingo - H - \$
4:15 Progressive Bingo # - H

20 VICTORIA DAY
10:30 Curling - MS
2:00 Knitting Club - L*
2:30 Air Forcer's with Laura - FC
3:00 Scrabble - L*
3:30 Wheel of Fortune - SC
4:15 Progressive Bingo # - H
6:00 Bid Euchre (Everyone Welcome) - SC*

21
9:15 Breakfast Club - H - Sign Up!
10:45 Chair Yoga with Nicole - TH
1:30 Fortinos & South Hamilton Square Shuttle -Sign Up - \$
2:30 Book Club with Sharon - CH
2:45 Sore Shoulder Clinic-FC
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:15 Bridge - SC*
7:30 Tuesday Night Documentary - TH

22 10-3 Ruth's Fashion Boutique - MS
10:00 Group Crossword - SC
10:45 Sing-A-Long with Lesley - Café
11:00 Range of Motion-TH
1:45 Build Mini Terrariums with Lauren - Sign Up - H - \$
2:00 Tai Chi with Dan - FC
4:15 Progressive Bingo # - H
6:30 Friends in Grief - SH
7:00 Men's Club - SC
7:00 Loonie Bingo - H - \$

23
9:30 Mother Goose Children Visit - TH
10:30 Chai Tea Mornings! - H
10:30 Balance Class: Laura's Choice - FC
1:30 Sacred Moments Prayer Time - CH
2:30 Java Music Club - L
3:00 Concert Series - TH
3:30 Horseraces with Miranda - H - \$
4:15 Progressive Bingo # - H
7:15 Ladies Night with Brooke - H

24
10:30 Morning Movements w/ Lauren- TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:45 Wii Games - SC
2:00 Newspaper Club - L*
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:30 Friday Night Flick - TH

25 10-3 Wreath & Baked Goods Vendor-MS
10:30 Ball Fitness with Laura -EG
2:15 Strengths Class: Focus - FC
2:30 Paul Gordon Entertains - TH
4:15 Progressive Bingo # - H

26
9:15 Church w/ Salvation Army - TH
9:45 Roman Catholic Communion - TH
10:45 Specialty Tea & Coffee Social - H
1:30 Machine Knitters - SH
2:30 Church with Ken - TH
2:30 Air Forcers with Laura - FC
4:15 Progressive Bingo # - H

27
10:30 Seated Volleyball - TH
1:15 Falls Prevention with VON - FC
2:00 Knitting Club - L*
3:30 Jeopardy - SC
4:15 Progressive Bingo # - H
6:00 Bid Euchre (Everyone Welcome) - SC*
7:30 Board Games - H*

28
10:45 Ball Fitness with Laura - TH
1:30 Ancaster Walmart Shuttle - Sign Up - \$
2:30 Book Club with Sharon - CH
2:45 Sore Shoulder Clinic - FC
3:00 Happy Hour - SC
4:15 Progressive Bingo # - H
7:15 Bridge - SC*
7:30 Tuesday Night Documentary - TH

29
10:30 Group Crossword - SC
11:00 Range of Motion-TH
2:00 Tai Chi with Dan - FC
2:30 Wisdom of the Elder Food Festival - MS
4:15 Progressive Bingo # - H
6:30 Friends in Grief - SH
7:00 Men's Club - SC
7:00 Loonie Bingo - H - \$

30
9:30 Mother Goose Children Visit - TH
10:30 Balance Class: Attune - FC
1:30 Sacred Moments Prayer Time - CH
2:30 Java Music Club - SC
4:15 Progressive Bingo # - H
5:15 Diner's Club: KFC - H - Sign Up - \$
7:00 Wyatt Ladd Entertains - TH

31 10-3 Jenny Walter Jewelry Vendor-MS
10:30 Morning Movements w/ Lauren - TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:45 Christmas Bazaar Meeting with Lauren (Everyone Welcome!) - H
2:00 Newspaper Club - L*
2:15 Strengths Class: Weights-FC
3:00 Birthday Happy Hour - SC
4:15 Progressive Bingo
7:30 Friday Night Flick - TH

31
10:30 Morning Movements w/ Lauren - TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:45 Christmas Bazaar Meeting with Lauren (Everyone Welcome!) - H
2:00 Newspaper Club - L*
2:15 Strengths Class: Weights-FC
3:00 Birthday Happy Hour - SC
4:15 Progressive Bingo
7:30 Friday Night Flick - TH

31
10:30 Morning Movements w/ Lauren - TH
11:00 Guided Meditation - TH
1:15 Falls Prevention with VON - FC
1:45 Christmas Bazaar Meeting with Lauren (Everyone Welcome!) - H
2:00 Newspaper Club - L*
2:15 Strengths Class: Weights-FC
3:00 Birthday Happy Hour - SC
4:15 Progressive Bingo
7:30 Friday Night Flick - TH