






Essex MAY 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May Birthday's Judy E. May 6th 		May Gemstone: Emerald May Flower: Lily of the valley  	1 Mother Goose Day! Calendar Distribution 9:30 AM PAL Fitness Pancakes in the Green House 2:30 Pm Zumba 3:30 Church Service	2 Kristy is off Word Games 10:30 Bible Study 1:30 Crochet Club In2I Fun	3 Morning Visit's 10:30 Choir Practice 1:30 The Gathering Kentucky Derby Mother's day Mini Market 1-5	4 Kristy is here Morning Hello's Noodle Fitness Saturday morning Bingo Entertainment (LIB) 2:30 pm
5 Kristy is here N2L Live Stream Church Manicures & Hand Massages All About Cinco de Mayo Crafter Corner	6 Shelby is late 9:30 PAL Fitness Target Throw Afternoon Stop Ins Monday Night Walks Outside	7 9:30 Morning Stretch 10:00 Anglican Service 1:30 Music with Joe Where in the World	8 Morning Hello's 9:30 AM Pal Fitness 10:30 Walking Club with PAL Balloon Toss 2:30 Zumba in Library 3:30 Church Service	9 Kristy is late Morning Hello's Morning Stretch and Fitness 10:30 Bible Study in Chapel 1:30 Crochet Club Milkshakes and Talks	10 Shelby is off/Kristy Vac 1:1 Visit's 10:30 Roman Catholic Mass 1:30 The Gathering	11 ___ is here 2:30 Entertainment
12 Mother's Day/Shelby is here Manicure's Mothers day Social Walk & Roll 	13 Shelby is late 9:30 AM PAL Fitness 1:1 Visit's Big Bowling 60's Music	14 Shelby is off 9:30 Morning Stretch Neighbourhood time 1:30 Music with Joe Word Game's	15 9:30 Fitness with PAL 10:30 Walking Club with PAL Spring Social 2:30 Zumba 3:30 Church Service 6:00 Parkwood Service	16 Kristy is off Morning Chair Tai Chi 10:30 Bible Study in Chapel Afternoon Visits Family Feud	17 Shelby here/Kristy off Colouring Club 10:30 Choir Practice 1:30 The Gathering Afternoon Walk & Roll *Weather Permitting*	18 Kristy is here Morning Hello's Morning Chair Dancing Saturday Morning Bingo 2:30 Entertainment
19 Kristy is here Morning Hello's N2L Live Stream Service Relax with me 1:30 Italian Coffee Club on Main Street.	20 Shelby is late/Victoria Day 9:30 Pal Fitness 1:1 Visit's Walk & Roll Family Feud	21 Kristy is off 9:30 Morning Stretch Walk & Roll 1:30 Music with Joe Buckets Game 6 PM Garden Club	22 9:30 Fitness with PAL 10:30 Walking Club with PAL In The Kitchen 2:30 Zumba 3:30 Church Service	23 Kristy is late 10:30 Bible Study IN the Kitchen Night time Crossword	24 Shelby is off Noodle Fitness Words in Words 1:30 The Gathering Plant Sale on Main Street	25 Shelby is here Neighbourhood 1:1's Word games 2:30 Entertainment in the Library
26 Shelby is here In2I Church Manicure's Walk & Roll	27 Shelby is late 9:30 AM PAL Fitness 1:1 Visit's Making Dog treats Movie Night	28 Shelby is off 9:30 Morning Stretch Balloon Badminton 1:30 Music with Joe Word Mix up 6 PM Garden Club	29 9:30 AM PAL Fitness Dog Walk 2:30 Zumba 3:30 Church Service	30 Kristy is off Wake up and Stretch 10:30 Bible Study Snozzelen	31 Shelby is here/Kristy off Morning Wake And Shake Walks outside 1:30 The Gathering	NO GARDEN CLUB MAY 7 AND 14. Not all programs are listed on calendar, please refer to the today board. All outside activities are weather