



May 2019
MONDAY to FRIDAY 10:00 – 3:00

Make today ridiculously amazing!
Call (902) 421-6131 to confirm events.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Call 421-6131 To Confirm Events	FOOT CLINIC First Wednesday of Month	1 *Storytellers 10:30 a.m. *Movie Matinee 1:00 p.m.	2 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	3 *Visit with Duke, Our Therapy Dog 10:00 a.m. *Karaoke & Happy Hour 1:00 p.m.	4
5	6 *Coffee & Conversation 10:30 a.m. Card Game - 45s 1:00 p.m.	7 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	8 *Storytellers 10:30 a.m. "Age-In-Place" Presentation @ 1:00 p.m. *Technology Class 1:30 p.m.	9 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	10 *Mother's Day Luncheon! 12:00 *Call 902-421-6131 for details.	11
12	13 *Coffee & Conversation 10:30 a.m. Card Game - 45s 1:00 p.m.	14 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	15 *Walking Club 10:30 a.m. *Storytellers 10:30 a.m. *Celebrating Our Mothers 1:00 p.m.	16 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	17 *Walking Club 10:30 a.m. *Karaoke & Happy Hour 1:00 p.m.	18
19	20 Centre CLOSED	21 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	22 *Walking Club 10:30 a.m. *Storytellers 10:30 a.m. *Technology Class 1:30 p.m. *Adult Coloring 1:00 p.m.	23 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	24 *Walking Club 10:30 a.m. *Visit with Duke, Our Therapy Dog 10:00 a.m. *Games Afternoon 1:00 p.m.	25
26	27 *Coffee & Conversation 10:30 a.m. Card Game - 45s 1:00 p.m.	28 *Functional Fitness 10:30 a.m. *Bingo 1:00 p.m.	29 *Walking Club 10:30 a.m. *Storytellers 10:30 a.m.	30 *Functional Fitness 10:30 a.m. *Crib Club 1:00 p.m.	31 Centre Closing @ 1:00 p.m.	