

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>May is Multiple Sclerosis Awareness Month. Come try one of the Fitness Classes!</p>	<p>GR Great Room TH Theatre AR Activity Room LIB Library (Tower) TWR Tower TCY Tower Courtyard PAV DR Pavilion Dining Room RP Rooftop Patio (Pavilion) FL Fireside Lounge</p>	<p>TUCK SHOP: Monday, Wednesday & Friday 2:00-3:00pm</p> <p>BINGO: 25 cents per card</p> <p>HORSE RACING: \$1.10 in nickels or dimes</p> <p>HAPPY HOUR: \$2 donation per drink</p> <p>* Denotes Resident-led Activity</p>				<p>1 11:00 DIY Fit Minds* GR 2:00 Bingo GR 3:30 Crafts with Joyce*: Spring Tree Paintings AR</p>
<p>2 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 Ted Talk TH "A Hilarious Celebration of Lifelong Female Friendship" 3:15 Music Bingo GR 7:00 "The Crown Season 1 Ep. 1" TH</p>	<p>3 10:00 Gentle Fit AR 1:45 BUS: West Saanich Scenic Drive AR 2:00 Book Club LIB 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "My Love Ep. 1" TH</p>	<p>4 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Vetta Chamber Music Series IV TH 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR</p>	<p>5 10:00 Bingo GR 11:00 Mexico Trivia GR 1:45 BUS: Swan Lake Walk AR 2:00 Herb Planting with the Cooks GR 3:15 Armchair Travel to Mexico TH 7:00 "Green Book" TH Cinco de Mayo</p>	<p>6 8:00 NexGen Hearing Aid Cleaning Pick Up FD 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Cinco de Mayo Happy Hour GR 3:30 Carpet Bocce AR</p>	<p>7 10:00 Music & Moves Chair Dance AR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Life in Colour Ep. 1" TH</p>	<p>8 10:00 Balls & Bands AR 11:00 Fit Minds FL NEW 2:00 Bingo GR 3:30 Sing-a-long AR</p>
<p>9 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 Mother's Day Tea & Talk GR 7:00 "The Crown Season 1 Ep. 2" TH</p> <p>Mother's Day</p>	<p>10 10:00 Gentle Fit AR 1:45 BUS: Malahat Scenic Drive AR 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "My Love Ep. 2" TH</p>	<p>11 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Rick Searle Adventure Video: Birdwatching TH 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR</p>	<p>12 10:00 Bingo GR 11:00 Nurses Day Trivia GR 2:00 Chef Demo: Wine Tasting PAV DR 3:00 BUS: Oak Bay Marina Walk AR 3:15 My Favourite Things Dice Game GR 7:00 "La La Land" TH Nurses Day</p>	<p>13 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Happy Hour GR 3:30 Target Practice AR</p>	<p>14 10:00 Meditation LIB 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Nurses Week Social GR 7:00 "Life in Colour Ep. 2" TH</p>	<p>15 10:00 Balls & Bands AR 11:00 Fit Minds FL NEW 2:00 Bingo GR 3:30 Crafts with Carly: Guided Sunflower Drawing AR</p>

May 2021

2638 Ross Lane 250-381-8666 rossplace.ca

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
16 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 MS Society Chair Tai Chi Video AR 3:15 Music Bingo GR 7:00 "The Crown Season 1 Ep. 3" TH	17 10:00 Gentle Fit AR 1:45 BUS: Esquimalt Lagoon Scenic Drive AR 2:00 Book Club LIB 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "My Love Ep. 3" TH	18 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 1:45 Town Hall Meeting GR 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	19 10:00 Bingo GR 11:00 Trivia GR 1:45 BUS: Breakwater Walk AR 3:15 Armchair Travel to the Philippines TH 7:00 "A Series of Unfortunate Events" TH	20 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Campfire Cocktails RP 3:30 Carpet Bocce AR Fire Bell Testing	21 10:00 Music & Moves Chair Dance AR 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Life in Colour Ep. 3" TH	22 10:00 Balls & Bands AR 11:00 Fit Minds FL NEW 2:00 Bingo GR 3:30 Sing-a-long AR	
23 10:00 United Church Service Video TH 2:00 Café & Conversation* GR 3:00 Vetta Chamber Music Series V TH 7:00 "The Crown Season 1 Ep. 4" TH	24 10:00 Walk the Block* FD 2:00 Concerts in Care Video TH 3:00 Knitting Group* GR 7:00 "My Love Ep. 4" TH Victoria Day	25 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Garden Group RP 3:15 Tower Cranium Crunch LIB 6:30 Card Game Night* GR	26 10:00 Bingo GR 11:00 Trivia GR 2:00 May Birthday Social GR 3:15 My Favourite Things Dice Game NEW GR 7:00 "First Knight" TH	27 9:45 Exercise TWR (Floors 2, 4, 6 & 8) 10:30 Exercise AR 2:00 Happy Hour GR 3:30 Target Practice AR	28 10:00 Meditation LIB 2:00 Horse Racing GR 3:15 Knitting Group* GR 3:15 Pavilion Cranium Crunch AR 7:00 "Birders" TH	29 10:00 Balls & Bands AR 11:00 Fit Minds FL NEW 1:30 Bingo GR 3:00 BUS: Gorge Park Walk & Bocce Ball AR	
30 10:00 United Church Service Video TH 11:00 Meditation LIB 2:00 MS Society Chair Fitness Video AR 3:15 Music Bingo GR 7:00 "The Crown Season 1 Ep. 5" TH	31 10:00 Gentle Fit AR 1:45 BUS: David Foster Harbour Pathway Walk AR 2:00 Book Club LIB 3:00 Knitting Group* GR 3:30 Shut the Box LIB 7:00 "My Love Ep. 5" TH	<p>Check out our Facebook page! Like, comment & share with your family & friends!</p> <p>"Live life when you have it. Life is a splendid gift – there is nothing small about it." – <i>Florence Nightingale</i></p>					The self-serve coffee station is open in the Great Room!