

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Locations Legend</b></p> <p>Great Room (GR) Theatre (TH) Activity Room (AR) Front Desk (FD) Games Room (GAMR) Tower Library (LIB) Pavilion Rooftop Patio (PATI)</p>			<p>9:00 <b>BUS: Medical Appointments &amp; Swimming at Crystal Pool (FD)</b> <b>1</b></p> <p>10:00 Exercise (AR) 10:45 Trivia (GR) 1:00 <b>BUS: Shopping at Tillicum Mall (AR)</b> 2:00 Bingo (GR) 7:00 <b>MOVIE: Maestro (TH)</b></p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) <b>2</b></p> <p>10:00 Walker/Scooter Safety Demo &amp; Tune Up (GR) 2:30 <b>Cinco de Mayo Happy Hour ft Edgar Los Amigos (GR)</b> 3:30 Pool Game* (GAMR) 7:00 <b>SERIES: "Suits" (TH)</b></p>	<p>9:00 <b>BUS: IMAX Theatre "Jane Goodall - Reasons for Hope" (AR)</b> <b>3</b></p> <p>9:45 Chair Yoga with Kathy (AR) 11:00 Meditation (GR) 1:00 Crib Tournament* (GR) 1:30 Ted Talk (TH) 3:00 Knitting Group* (GR) 3:00 <b>"The Space Between" Play (GR)</b> 7:00 <b>SERIES: "The Crown" (TH)</b></p>	<p>9:45 Drumfit Exercise (AR) <b>4</b></p> <p>10:45 Fit Minds (AR) 1:30 <b>Hike on our Site for Victoria Hospice (GR)</b> 2:00 <b>MOVIE MINISERIES: The English Game (TH)</b> 3:00 Music Bingo (GR)</p>
<p>9:30 United Church Service Video (TH) <b>5</b></p> <p>10:30 Bridge Lessons (GR) 2:00 <b>MATINEE: I Am Woman (TH)</b> 3:00 Board Games* (GR) 7:00 <b>SERIES: "The Ranch" (TH)</b></p> <p>Cinco de Mayo</p>	<p>10:00 Chair Tai Chi with Brenda (AR) <b>6</b></p> <p>10:45 Did you know? Fun Facts Trivia (GR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 <b>DOCUMENTARY: Our Living World (TH)</b></p> <p>National Nursing Week</p>	<p>10:00 Gentle Fit &amp; Stretch (AR) <b>7</b></p> <p>10:45 Matching Cards Memory Game (GR) 2:00 <b>Wine &amp; Cheese Social ft Marty Wolf (GR)</b> 3:15 A Picture is Worth a 1000 Words (GR) 6:30 <b>History Presentation with Eric: "American Civil Rights Movement 1945-1968" (TH)</b></p>	<p>9:00 <b>BUS: Medical Appointments &amp; Swimming at Crystal Pool (FD)</b> <b>8</b></p> <p>10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Trivia (GR) 1:00 <b>BUS: Tea for Tutu Ballet "Swan Lake" (AR)</b> 2:00 Bingo (GR) 3:15 Colouring &amp; Conversation (GR) 7:00 <b>MOVIE: The Mirror Has Two Faces (TH)</b></p>	<p>8:00 Hearing Aid Cleaning Pick Up (FD) <b>9</b></p> <p>9:30 Spec Savers Complimentary Eye Glass Cleaning &amp; Repair Service (GR) 10:00 Chair Pilates Exercise with Jenn (AR) 11:00 <b>Nurses Luncheon at Boom &amp; Batten Restaurant (AR)</b> 2:30 Happy Hour ft Elderly Brothers (GR) 3:30 Shuffleboard* (GAMR) 7:00 <b>SERIES: "Suits" (TH)</b></p>	<p>9:45 Chair Yoga with Kathy (AR) <b>10</b></p> <p>11:00 Meditation (GR) 1:00 <b>Memoir Writing (LIB)</b> 2:00 Who or What Am I? Trivia (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 <b>SERIES: "The Crown" (TH)</b></p>	<p>9:45 Saturday Stroll* (FD) <b>11</b></p> <p>10:45 Crochet &amp; Coffee* (GR) 2:00 <b>MOVIE MINISERIES: The English Game (TH)</b> 3:00 Euchre* (GR)</p>
<p>9:30 United Church Service Video (TH) <b>12</b></p> <p>10:30 Bridge Lessons (GR) 2:00 <b>MATINEE: The Family That Preys (TH)</b> 3:00 Board Games* (GR) 7:00 <b>SERIES: "The Ranch" (TH)</b></p> <p>Mother's Day</p>	<p>10:00 Exercise (AR) <b>13</b></p> <p>10:45 Word Games (AR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 <b>DOCUMENTARY: Our Living World (TH)</b></p>	<p>10:00 Gentle Fit &amp; Stretch (AR) <b>14</b></p> <p>10:45 You be the Judge (GR) 2:00 Ping Pong (AR) 3:00 <b>Dr. Clem Talk: Heart Health - Symptoms for Men &amp; Women (TH)</b> 6:30 Card Game Night* (GR)</p>	<p>10:00 Falls Prevention Exercise with Dr. McNeill (AR) <b>15</b></p> <p>10:45 Trivia (GR) 2:00 Bingo (GR) 3:15 Matching Cards Memory Game (GR) 7:00 <b>MOVIE: Sully (TH)</b></p>	<p>10:00 Chair Pilates Exercise with Jenn (AR) <b>16</b></p> <p>1:30 Food Meeting with Kevin (GR) 2:30 Happy Hour ft Joyz &amp; the Boyz (GR) 3:30 Pool Game* (GAMR) 7:00 <b>SERIES: "Suits" (TH)</b></p>	<p>9:45 Chair Yoga with Kathy (AR) <b>17</b></p> <p>1:00 Crib Tournament* (GR) 3:00 Knitting Group* (GR) 7:00 <b>SERIES: "The Crown" (TH)</b></p>	<p>9:45 Saturday Stroll* (FD) <b>18</b></p> <p>10:45 Crochet &amp; Coffee* (GR) 2:00 <b>MOVIE MINISERIES: The English Game (TH)</b> 3:00 Euchre* (GR)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:30 United Church Service Video (TH) 10:30 Bridge Lessons (GR) 2:00 MATINEE: 80 for Brady (TH) 3:00 Board Games* (GR) 7:00 SERIES: "The Ranch" (TH)	<b>20</b> 10:30 Crosswords & Wordsearch* (GR) 2:00 Meet in the Great Room for Coffee & Conversation* (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: Our Living World (TH) Victoria Day	<b>21</b> 10:00 Gentle Fit & Stretch (AR) 10:45 Wooden Games: Jenga & Connect 4 (GR) 1:45 Town Hall Meeting (GR) 2:45 P.A.T.S. Dog Visit (GR) 3:00 Armchair Travel: "The Netherlands" (TH) 6:30 Card Game Night* (GR)	<b>22</b> 9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Trivia (GR) 1:00 Spring Bling Jewelry Sale (GR) 2:00 BUS: Farms & Fields Scenic Drive & Mitchell's Farm Market Stop (AR) 2:30 Bingo (GR) 7:00 MOVIE: The Rewrite (TH)	<b>23</b> 10:00 Chair Pilates Exercise with Jenn (AR) 2:30 Happy Hour ft Seabreeze (GR) 3:30 Shuffleboard* (GAMR) 7:00 SERIES: "Suits" (TH)	<b>24</b> 9:45 Chair Yoga with Kathy (AR) 11:00 Meditation (GR) 1:00 Memoir Writing (LIB) 2:00 Mozart Concert by AKA Trio (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: "The Crown" (TH)	<b>25</b> 9:45 Balls & Bands (AR) 10:45 Fit Minds (AR) 1:00 BUS: Sip & Stroll - Oak Bay Marina & Cafe (AR) 2:00 MOVIE MINISERIES: The English Game (TH) 3:00 Gardening Group: Summer Planting (PATI)
<b>26</b> 9:30 United Church Service Video (TH) 10:30 Bridge Lessons (GR) 2:00 MATINEE: Redeeming Love (TH) 3:00 Board Games* (GR) 7:00 SERIES: "The Ranch" (TH)	<b>27</b> 10:00 Chair Tai Chi with Brenda (AR) 10:45 Did you know? Fun Facts Trivia (GR) 1:30 Horseracing (GR) 2:30 Bingo (GR) 3:00 Knitting Group* (GR) 7:00 DOCUMENTARY: Our Living World (TH)	<b>28</b> 10:00 Gentle Fit & Stretch (AR) 10:45 You be the Judge (GR) 2:00 Birthday Social ft Jean Bedard (GR) 3:15 Show & Share (GR) 6:30 Card Game Night* (GR)	<b>29</b> 9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD) 10:00 Falls Prevention Exercise with Dr. McNeill (AR) 10:45 Trivia (GR) 1:00 BUS: Shopping at Hillside Mall (AR) 2:00 Bingo (GR) 3:15 Colouring & Conversation (GR) 7:00 MOVIE: Million Miles Away (TH)	<b>30</b> 10:00 Chair Pilates Exercise with Jenn (AR) 2:30 Happy Hour ft The Cabaret Couple (GR) 3:30 Pool Game* (GAMR) 7:00 SERIES: "Suits" (TH)	<b>31</b> 9:45 Chair Yoga with Kathy (AR) 11:00 Meditation (GR) 1:00 Crib Tournament* (GR) 2:00 What's In the Box? (GR) 3:00 Knitting Group* (GR) 3:00 Music Bingo (GR) 7:00 SERIES: "The Crown" (TH)	<b>Locations Legend</b> Great Room (GR) Theatre (TH) Activity Room (AR) Front Desk (FD) Games Room (GAMR) Tower Library (LIB) Pavilion Rooftop Patio (PATI)

**MEAL TIMES:**  
 Breakfast 7:30am - 9:00am  
 Lunch 11:15am - 12:30pm  
 Dinner 4:15pm - 5:30pm  
**Courtyard Café**  
 7:30am - 3:00pm  
 5:00pm-6:30pm

**TUCK SHOP:**  
 Monday, Wednesday & Friday  
 2:00 - 3:00pm  
**ARLENE'S SALON:**  
 Wednesdays & Thursdays  
 10:00am-5:00pm  
**BINGO 25 cents a card**  
**HORSERACING 10 cents per game**  
**HAPPY HOUR \$2 drink donation**



**ARTHRITIS**  
 AWARENESS MONTH