

LIVE YOUR

best life

GoldenLife

REAL LIVING™

GOLDENLIFE.CA


MAY

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife Community

COASTAL BREEZE
Village

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10:00am Tai Chi (GY) 3:00pm Bingo (B)	3 11:30am Sit and Be Fit	4 11:30am Sit and Be Fit	5 Katrina's Nails (sign-up at front desk)	6 10:30am (GR) Coffee w/ Chef Ryan 11:30am walk at the track (weather depending)	7 3:00pm Bingo (B)
8 Mother's Day Brunch  6:50pm Movie Night (B)	9 10:00am Tai Chi (GY) 11:30am Recycle Club 3:00pm Bingo (B)	10 11:30am Sit and Be fit (GY)	11 11:30am Wellness & Relaxation Stretch (GY) 3:00pm Afternoon Games (SD)	12 11:30 Sit & Be Fit (GY) Crib Club 3:00pm (GR)(SD)	13 11:30am Lunch trip to Julies Airport Market. 2:00pm Compassion Care w/ the SPCA	14 3:00pm Bingo (B)
15 2:00pm Phone, Ipad & Computer help with Kim! (B) 6:50pm night Night (B)	16 10:00am Tai Chi (GY) 11:30 Recycle Club 3:00pm Bingo (B)	17 11:30 Sit and Be Fit (GY) 2:00pm Resident & Family meeting with Cassandre (D)	18 11:30am Wellness & Relaxation Stretch (GY) 3:00pm Afternoon Games (SD)	19 11:30 Sit & Be Fit (GY) Katrina's Nails (sign-up at front desk) Crib Club 3:00pm (GR)(SD)	20 11:30am Sea Walk (Weather Permitting) 3:00pm Crafts (C) 5:30 Black Tie Dinner (D) & (B)	21 3:00pm Bingo (B)
22 6:50pm Movie Night (B)	23 10:00am Tai Chi (GY) 11:30 Recycling Club	24 11:30am Sit and Be Fit (GY)	25 11:30am Wellness & Relaxation Stretch (GY)	26 11:30 Sit and Be Fit (GY) Crib Club 3:00pm (GR)(SD)	27 11:30am Picnic at Willingdon Beach (Weather Permitting) 3:00pm Crafts (C)	28 3:00pm Bingo (B)
29 6:50pm Movie Night (B)	30 10:00am Tai Chi (GY) 11:30am Recycling Club 3:00pm Bingo(B)	31 11:30am Sit and Be Sit (GY) 2:00pm Resident Birthday Party. 5:00pm Summer BBQ party!			GR Games Room D Dining Room C Craft Room B Bistro Lounge GY Gym L Library SC Social Club SD Self Directed	IN BREAKWATER BISTRO \$10.00 for a full lunch or \$5.00 for soup/salad only \$250.00 per month Please reserve with RA by 11am the day prior.



BIRTHDAYS & ANNIVERSARIES

Tony D May 1st

Dorla W May 6th

Helen F May 6th

Lavonne B May 6th

Marilynn M May 11th

Margaret D May 22nd

Joe W May 31st



BUS SCHEDULE

Tues: Depart 10am and 1pm

Thurs: Depart 10am and 1pm

Fri: Depart 10am Walk @ 11:30am. (Or Special Outing)

Please sign-up day prior