

MAY

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife  Community

GRANDE AVENUE *Village*



Come join us for coffee, tea, and light snacks daily in the pub

- 9:30 AM
- 2:30 AM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 <i>2:30 Coffee and Conversation</i>	2 9:45 and 10:30 Cardio Drumming (EC) 11:15 Shuffle Board (GR) 1:15 Wii Bowling (P) 7:00 Cards (GR)	3 9:45 and 10:30 Fitness w Bands (EC) 11:15 Weekly Walks around Cochrane 1:15 Floor Curling (EC) 3:00 Billiards (GR) 7:00 Cards (GR)	4 9:45 and 10:30 Fitness w Weights (EC) 11:15 Craft Group (CR) 1:15 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)	5 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (L) 3:00-4:00 Happy Hour with Floyd (P) 7:00 Cards (GR)	6 9:45 and 10:30 Fitness w Weights (EC) <u>11:15 Trip to Market Mall</u> 2:30 Coloring Group (CR) 7:00 Cards (GR)	7 6:45 Movie Night (T) 
8 Happy Mother's Day  5:00pm Mother's Day Buffet (MDR)	9 9:45 and 10:30 Cardio Drumming (EC) 11:15 Shuffle Board (GR) 1:15 Wii Bowling (P) 7:00 Cards (GR)	10 9:45 and 10:30 Fitness w Bands (EC) 11:15 Weekly Walks around Cochrane 1:15 Floor Curling (GR) 7:00 Cards (GR)	11 9:45 and 10:30 Fitness w Weights (EC) 11:15 Craft Group (CR) 1:15 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)	12 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (L) 3:00-4:00 Happy Hour with Jerry Proppe (P) 7:00 Cards (GR)	13 9:45 ONLY Fitness w Weights (EC) <u>10:15 Trip to Lunchbox theatre</u> 2:30 Coloring Group (CR) 7:00 Cards (GR)	14 6:45 Movie Night (T) 
15 <i>2:30 Coffee and Conversation</i>	16 9:45 and 10:30 Cardio Drumming (EC) 11:15 Shuffle Board (GR) 1:15 Wii Bowling (P) 7:00 Cards (GR)	17 9:45 and 10:30 Fitness w Bands (EC) 11:15 Weekly Walks around Cochrane 1:15 Floor Curling (EC) 3:00 Billiards/Pool (GR) 7:00 Cards (GR)	18 9:45 and 10:30 Fitness w Weights (EC) 11:15 Craft Group (CR) 1:15 BINGO (GR) 2:30 Knitting Group (CR) 7:00 Cards (GR)	19 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (L) 3:00-4:00 Happy Hour Birthday Party w Rick Kelly (P) 7:00 Cards (GR)	20 9:45 Only Fitness w Weights (EC) <u>10:30 Trip to Bragg Creek for Lunch and Shopping</u> 2:30 Coloring Group (CR) 7:00 Cards (GR)	21 6:45 Movie Night (T) 
22 <i>2:30 Coffee and Conversation</i>	23 Happy Victoria Day  7:00 Cards (GR)	24 9:45 and 10:30 Fitness w Bands (EC) 11:15 Weekly Walks around Cochrane 1:15 Floor Curling (GR) 3:00 Billiards (GR) 7:00 Cards (GR)	25 9:45 and 10:30 Fitness w Weights (EC) 11:15 Craft Group (CR) <u>1:15 Village Meeting (MDR)</u> 2:30 Knitting Group (CR) 7:00 Cards (GR)	26 9:45 and 10:30 Fitness w Bands (EC) 1:15 Brain Games (L) 3:00-4:00 Happy Hour with Smokin' Aces (P) 7:00 Cards (GR)	27 9:45 and 10:30 Fitness w Weights (EC) 2:30 Coloring Group (CR) 7:00 Cards (GR)	28 6:45 Movie Night (T) 
29 <i>2:30 Coffee and Conversation</i>	30 9:45 and 10:30 Cardio Drumming (EC) 11:15 Shuffle Board (GR) 1:15 Wii Bowling (P) 7:00 Cards (GR)	31 9:45 and 10:30 Fitness w Bands (EC) 11:15 Weekly Walks around Cochrane <u>1:15 Coffee with Chef Joao (P)</u> 7:00 Cards (GR)				



BIRTHDAYS & ANNIVERSARIES

Janet B May 1
Jeannette T May 2
Barb K May 12
Jim H May 18
Jo H May 21
Heather P May 22
Georgina H May 30



BUS SCHEDULE

Mondays 1:00-3:00pm
 Wednesdays 1:00-3:00pm
 Fridays 10:00-12:00pm