

LIVE YOUR
best life

GoldenLife 

REAL LIVING™

GOLDENLIFE.CA

May 2022

ACTIVITIES . CELEBRATIONS . EVENTS . RECREATION

Monthly Activity Calendar

a GoldenLife  Community

GRAND SETON
Village



Calendar is subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Happy Birthday Leonard! 1 2:00 Sunday Sundaes (B) 7:00 Resident Run Movie (T)	9:30 Full Body Fitness (CH) 10:30 & 11:30 Bus Trip: Co-op 1:00 Wii Virtual Bowling (MPR) 2:30 Needlework Club (GR) 7:00 Cribbage (GR) 	9:30 Sit & Stretch w/Nina(CH) 10:00 5th Avenue Collection Jewelry Shopping (B) 1:00 Floor Curling (CH) 3:00 Happy Hour (B) 7:00 Bingo (MPR)	Happy Birthday Ruth! 4 9:30 Full Body Fitness (CH) 11:00 Fit Minds (GR) 1:00 Mexican Train Dominoes(GR) 1:00 Arts & Crafts: (CR) Sombrero Centre Pieces 7:00 Cribbage (GR)	CINCO DE MAYO 5 9:30 Sit & Stretch w/Nina (CH) 11:00 Chair Yoga with Lorraine (GR) 1:00 Floor Curling (CH) 2:00 Marakame Mexican Dance Performance (B) 3:00 Happy Hour (B)	9:30 Cardio Drumming (CH) 10:30 & 11:30 Bus Trip: Walmart 1:00 Rosary (FDR) 7:00 Bingo (CH)	1:00 Scrabble (GR) 3:00 Happy Hour (B) 6:00 Movie Night (T) Selena
MOTHER'S DAY 8 Happy Birthday Niny! Happy Birthday Bob N! 9:30 Mother's Day Breakfast (Sign-up at reception) 2:00 Sunday Sundaes (B) 7:00 Resident Run Movie (T)	Happy Birthday Marion! 9 9:30 Full Body Fitness (CH) 10:30 & 11:30 Bus Trip: Sobeyes 1:00 Wii Virtual Bowling (MPR) 2:30 Needlework Club (GR) 7:00 Cribbage (GR) 	9:30 Sit & Stretch w/Nina(CH) 1:00 Floor Curling (CH) 2:00 Coffee Time Live Music: Six-By-Six (B) 3:00 Happy Hour (B) 7:00 Bingo (MPR) 	9:30 Full Body Fitness (CH) 11:00 Fit Minds (GR) 1:00 Mexican Train Dominoes(GR) 1:00 Arts & Crafts: (CR) Coffee Filter Butterflies 7:00 Cribbage (GR)	9:30 Sit & Stretch w/Nina (CH) 10:30 & 11:30 Bus Trip: Shoppers/Save On Foods 1:00 Floor Curling (CH) 2:00 Classical Piano Performance: Marlis (B) 3:00 Happy Hour (B)	9:30 Cardio Drumming (CH) 10:30 Bus Trip: Carburn Park Picnic (\$5 for lunch) 1:45 The Nut Man (B) 7:00 Bingo (MPR)	1:00 Scrabble (GR) 3:00 Happy Hour (B) 6:00 Movie Night (T) Smokey & The Bandit
1:00 McKenzie Towne Church Service (MPR) 2:00 Sunday Sundaes (B) 7:00 Resident Run Movie (T)	Happy Birthday Donna N! 16 9:30 Full Body Fitness (CH) 10:30 Bus Trip: No Frills (Deer Valley) 1:00 Wii Virtual Bowling (MPR) 2:30 Needlework Club (GR) 7:00 Cribbage (GR) 	9:30 Sit & Stretch w/Nina(CH) 10:30 Bus Trip: Lina's Italian Market (130th) 1:00 Floor Curling (CH) 3:00 Happy Hour (B) 7:00 Bingo (MPR)	9:30 Full Body Fitness (CH) 11:00 Fit Minds (GR) 1:00 Mexican Train Dominoes(GR) 1:00 Arts & Crafts: (CR) Cherry Blossom Painting 7:00 Cribbage (GR)	Happy Birthday Larry! 19 9:30 Sit & Stretch w/Nina (CH) 11:00 Chair Yoga with Lorraine (GR) 1:00 Floor Curling (CH) 3:00 Happy Hour (B) 4:30 Mediterranean Buffet 	Happy Birthday Ralph! Happy Birthday Lissi! Happy Birthday Donna M! 20 9:30 Cardio Drumming (CH) 10:30 Bus Trip: Garden Centre 1:00 Townhall Meeting (CH) 7:00 Bingo (MPR) 	1:00 Scrabble (GR) 3:00 Happy Hour (B) 6:00 Movie Night (T) The Short Game
2:00 Sunday Sundaes (B) 7:00 Resident Run Movie (T)	VICTORIA DAY 23 Happy Birthday All! 2:30 Needlework Club (GR) 7:00 Cribbage (GR)	9:30 Sit & Stretch w/Nina(CH) 1:00 Floor Curling (CH) 3:00 Happy Hour (B) 7:00 Bingo (MPR)	Happy Birthday Clara! 25 9:30 Full Body Fitness (CH) 11:00 Fit Minds (GR) 1:00 Mexican Train Dominoes(GR) 1:00 Arts & Crafts: (CR) DIY Wooden Sign 7:00 Cribbage (GR)	9:30 Sit & Stretch w/Nina (CH) 10:30 & 11:30 Bus Trip: Shoppers/Save On Foods 1:00 Floor Curling (CH) 3:00 Happy Hour (B) 6:00 Jacqueline Donoghue: "The Cranky Old Lady" (T) (Sign up at reception) 	Happy Birthday Jacqueline! 27 9:30 Cardio Drumming (CH) 11:30 Bus Trip: Blackbird Pub (Auburn Bay) 7:00 Bingo (MPR) 	1:00 Scrabble (GR) 3:00 Happy Hour (B) 6:00 Movie Night (T) The Impossible
2:00 Sunday Sundaes (B) 7:00 Resident Run Movie (T)	9:30 Full Body Fitness (CH) 10:30 & 11:30 Bus Trip: Superstore 1:00 Wii Virtual Bowling (MPR) 2:30 Needlework Club (GR) 7:00 Cribbage (GR) 	9:30 Sit & Stretch w/Nina(CH) 1:00 Floor Curling (CH) 2:00 Birthday Party with: Jerry Proppe 3:00 Happy Hour (B) 7:00 Bingo (MPR)		COFFEE TIME 10:00AM & 2:00PM daily in the Bistro. Come down for a coffee, a pastry, and a chat!	LOCATION BISTRO/BAR (B) CRAFT ROOM (CR) COMMUNITY HALL (CH) GAMES ROOM (GR) MULTI-PURPOSE ROOM (MPR) THEATRE (T) FAMILY DINING ROOM(FDR) TO BE ANNOUNCED (TBA)	1-to-1 recreation can be arranged on an individual basis with <u>Jacqueline</u> Transportation for personal appointments can be arranged on an individual basis with <u>Heidi</u>



Happy Birthday

Leonard G. – May 1
 Ruth Z. – May 4
 Niny B. – May 8
 Bob N. – May 8
 Marion M. – May 9
 Donna N. – May 16
 Larry Z. – May 19
 Ralph J. – May 20
 Lissi B. – May 20
 Donna M. – May 20
 Al D. – May 23
 Clara K. – May 25
 Jacqueline D. – May 27



Welcome to our new residents!



Barbara Fox
 Brenda Bunting
 Madeline Fischer
 Donna Russell

PLEASE SIGN UP FOR BUS TRIPS AT RECEPTION (Starting on the 1st of every month)



Monday, May 2	Co-op
Friday, May 6	Walmart
Monday, May 9	Sobeyes
Thursday, May 12	Shoppers/Save On Foods
Friday, May 13	Carburn Park Picnic
Monday, May 16	No Frills
Tuesday, May 17	Lina's Italian Market
Friday, May 20	Garden Centre
Thursday, May 26	Shoppers/Save On Foods
Friday, May 27	Blackbird Pub
Monday, May 30	Superstore

Trips may be cancelled on short notice due to staffing or weather