


The Cridge Village Seniors Centre

# Recreation Calendar for May 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>This calendar is 2-sided. Please turn over for May 14th - 31st</p>		<p><b>Happy Birthday!</b></p> <p><i>May 1st- Mary Ellen K.</i></p> <p><i>May 8th - Donna S.</i></p> <p><i>May 17th - Jean Ball</i></p>	<p><b>Happy Birthday!</b></p> <p><i>May 22nd - Rita M.</i></p> <p><i>May 24th- Patricia W.</i></p> <p><i>May 31st- Norma G.</i></p>				
		1	2	3	4	5	6
		<p>1:20 Bingo</p> <p>6:30 Games Night</p> <p>6:45 Poetry Group</p>	<p>2:00 DIY Gardening</p> <p>3:45 Cyber Seniors</p> <p>6:30 Music Night</p>	<p>10:30 Spiritual Daily Bread</p> <p>1:30 Crystal Pool Swim</p> <p>3:00 Scrabble</p> <p>4:00 Seated Bocce</p> <p>6:30 Dice</p>	<p>10:30 Seated Exercise</p> <p>11:00 Group Crossword</p> <p>1:15 Hillside Mall Shop</p> <p>3:30 Happy Hour w Doug Paterson</p> <p>6:30 Rummy-o/Crown</p>	<p>10:15 Rithet's Bog Walking Group</p> <p>1:30 Elk Lake Nursery</p> <p>4:00 Standing Exercise</p> <p>6:30 Coronation Music</p>	<p>11:15 Coronation Viewing- Chapel</p> <p>1:30 PATS Visit</p> <p>6:30 Bingo</p>
7	8	9	10	11	12	13	
<p>2:00 DIY Gardening</p> <p>6:30 Movie Night: Zero to Hero</p>	<p>10:45 Coffee &amp; Cards</p> <p>1:20 Bingo</p> <p>2:30 Chair Yoga</p> <p>3:45 Sing along</p> <p>6:30 Games Night</p> <p>7:30 Royals Documentary</p>	<p>10:30 Seated Exercise</p> <p>11:00 Brain Games</p> <p>1:30 Government House Tour</p> <p>3:45 Cyber Seniors</p> <p>6:30 Music Night</p>	<p>10:30 Church Service</p> <p>1:15 Bell Choir</p> <p>2:30 Arts &amp; Crafts</p> <p>4:15 Chapel Exercise</p> <p>6:30 Dice</p>	<p>10:30 Seated Exercise</p> <p>11:00 Crossword Puzzle</p> <p>1:30 Visual Presentation</p> <p>3:30 Happy Hour w The Elderly Brothers</p> <p>6:30 Rummy-o/Crown</p>	<p><b>INTL Nurse Day!</b></p> <p>11:00-1:30 Heritage Acres Museum/ Bagged Lunch Outing</p> <p>2:30 Chair Dancing</p> <p>3:30 Skit/Improv Group</p> <p>6:30 Paint Night</p>	<p>2:00 Save on Foods Grocery Shop</p> <p>6:30 Bingo</p> <p><b>TURN OVER FOR May 14th - 31st</b></p>	

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Mother's Day 14</b>  6:30 Mother's Day Social with David Butler	15 10:45 Coffee & Cards 1:20 Bingo 3:00 Hike for Hospice Mount Tolmie 6:30 Story Telling	16 10:30 Seated Exercise 11:00 Brain Games 1:30 Music Bingo 3:00 NexGen Hearing 3:45 Cyber Seniors 6:30 Music Night	17 10:30 Church Service 1:30 Swan Lake Walk/Talk Herons, Hawks, Hummers 4:00 Standing Exercise 6:30 Dice	18 10:30 Seated Exercise 11:00 Group Crossword 3:30 Happy Hour w The K-Tones 6:30 Rummy-O 8:00 The Crown TV Series	19 10:15 Dallas Road Walking Group 1:30 Langford Walmart/ Superstore 6:30 Paint Night	20 2:00 DIY Scrabble  6:30 Bingo
21 3:00 Cridge Happy Band  6:30 Balloon Badminton	<b>Victoria Day</b> 11:00 Chapel Exercise 1:20 Bingo w Mario! 3:00 Seated Bocce 4:00 Story Sharing 6:30 Games Night	23 10:30 Seated Exercise 11:00 Brain Games 2:00 Year Book Group 3:45 Cyber Seniors 6:30 Music Night	24 10:30 Church Service 1:15 Bell Choir 3:00 Podcast & Coffee 4:00 Exercise 6:30 Dice	25 10:30 Seated Exercise 11:00 Group Crossword 3:30 Two Among Friends Birthday Party 6:30 Rummy-O 8:00 The Crown Series	26 11:00 Chapel Exercise 1:30 Carpet Bowling 3:00 Scrabble/ Yahtzee 6:30 Paint Night	27 1:15 Arion Male Choir Performance 2:00 Catholic Mass Father William Haan 3:30 Chapel Exercise 6:30 Bingo
28 6:30 Chess & Mahjong	29 10:30 Coffee & Cards 1:20 Bingo 2:30 Chair Yoga 3:45 Sing along 6:30 Story Sharing	30 10:30 Seated Exercise 11:00 Brain Games 1:30 Grandmothers for Africa Talk/Sale 6:30 Music Night	31 10:30 Church Service 1:30 Crystal Pool Swim 3:30 Name that Tune 4:15 Standing Exercise 6:30 Dice			