



Gladstone Seniors Residence

May 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Activities may change on daily basis due to weather, cancellations or last minute additions.</p>			<p>1 9:30 Upper Body Strength 11:00 Rosary 2:00 Bingo</p>	<p>2 9:30 Lower Body Strength 10:30 Lutheran Church 1:00 Washes and Sets appointment only please see office</p>	<p>3 9:30 Upper Body Strength 2:00 Card Bingo</p>	<p>4 10:00 Walk the Chapel 2:00 Meet a friend at the Shuffleboard Table</p>
<p>5 10:00 Walk the Chapel 3:00 Coffee Group in Dining Room</p>	<p>6 9:30 Upper Body Strength 2:00 Hangman</p>	<p>7 9:30 Lower Body Strength 2:00 Card Corner</p>	<p>8 9:30 Upper Body Strength 11:00 Rosary 1:00 Mother's Day facials</p>	<p>9 9:30 Lower Body Strength 11:00 St Mary's Church 1:00 Washes and Sets appointment only please see office</p>	<p>10 9:30 Lower Body Strength 2:00 Nails</p>	<p>11 10:00 Walk the Chapel 2:00 Enjoy the Library</p>
<p>12 Happy Mother's Day 10:00 Walk the Chapel 2:00 Enjoy the Library</p>	<p>13 9:30 Upper Body Strength 2:00 Buttons & Keys</p>	<p>14 9:30 Lower Body Strength 2:00 Card Corner</p>	<p>15 9:30 Upper Body Strength 11:00 Rosary 2:00 Bingo</p>	<p>16 9:30 Lower Body Strength 11:00 St Mary's Church 1:00 Washes and sets appointment only please see office</p>	<p>17 9:30 Upper Body Strength 2:00 Card Bingo</p>	<p>18 10:00 Walk the Chapel 3:00 Coffee Group in Dining room</p>
<p>19 10:00 Walk the Chapel 2:00 Meet a friend the Shuffleboard table</p>	<p>20 VICTORIA DAY</p>	<p>21 9:30 Lower Body Strength 2:00 Card Corner</p>	<p>22 9:30 Upper Body Strength 11:00 Rosary 2:00 Bingo</p>	<p>23 9:30 Lower Body Strength 11:00 St Mary's Church 1:00 Washes and Sets appointment only please see office 2:30 Father Louie</p>	<p>24 9:30 Lower Body Strength 2:00 Get courtyard ready for flowers</p>	<p>25 10:00 Walk the Chapel 2:00 Sit with a friend outside and enjoy the sun</p>
<p>26 10:00 Walk the Chapel 2:00 Sit with a friend outside and enjoy the sun</p>	<p>27 9:30 Upper Body Strength 2:00 Bean Bag Toss</p>	<p>28 9:30 Lower Body Strength 2:00 Birthday Party with George F.</p>	<p>29 9:30 Upper Body Strength 11:00 Rosary 2:00 Bingo</p>	<p>30 9:30 Lower Body Strength 11:00 St Mary's Church 1:00 Washes and sets appointment only see office</p>	<p>31 9:30 Upper Body Strength 2:00 Plant Flowers in the court yard</p>	

