

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Legend:</b>  <b>Craft Room ~ CR</b>  <b>Multi Purpose Room ~ MPR</b>  <b>Education Room ~ EDR</b>  <b>Board Room ~ BR</b>  <b>Games Room ~ GR</b>  <b>Fellowship Hall ~ FH</b>  <b>Front Patio (FP)</b>  <b>Front Foyer (FF)</b>	<b>1</b> 9:30 Giant Matching Game (MPR) 10:30 Muscle Strength (CR) 2:30 Root Beer Float Social (FP)  <small>May Day</small>	<b>2</b> 9:30 Qi Gong (FH) 10:30 Yahtzee (MPR) 2:00 Craft: Making Fascinators (MPR) 3:00 Short Stories (CR)	<b>3</b> 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) <b>12:00 BBQ Lunch (FP)</b> 3:00 Outdoor Strolls (FF)	<b>4</b> <b>10:00 Music with Brent M (FH)</b> 10:30 Bible Study (CR) 2:00 BINGO! (MPR)	<b>5</b> 10:00 Horse Races (FH) <b>1:00 Bus Outing: Butterfly Conservatory (FF)</b>  <small>Cinco de Mayo</small>	<b>6</b> 1:45 Exercise Class (CR)	
<b>7</b> 10:30 Sunday Service with Chaplain Alan (FH) 3:00 Holy Cross Church Choir (FH)	<b>8</b> 2:00 Short Stories (MPR) 3:00 Crokinole (GR)	<b>9</b> 9:30 Qi Gong (FH) 10:30 Ladder Ball (CR) 2:00 Current Events (CR) 2:15 Outdoor Strolls (FF) 3:00 UNO Card Game (MPR) 4:15 Muscle Relaxation (3 <sup>rd</sup> Floor Den) 6:30 Aquafit ~ Pool	<b>10</b> 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) <b>2:30 Music with Traci Kennedy (FH)</b>	<b>11</b> 9:30 Sit and Be Fit (CR) 10:30 Men's Group (EDR) 10:30 Dominoes (MPR) 2:00 BINGO! (MPR) 5:00 6 <sup>th</sup> Floor Dinner (EDR)	<b>12</b> <b>10:00 Sharp Attack Quartet (FH)</b> 2:00 Baking (EDR) 3:00 Crokinole (CR)	<b>13</b> 9:30 Beach Ball Fun (CR) 10:30 Aqaufit ~Pool 11:15 Aquaworship ~ Pool <b>2:00 Mother's Day Tea with Seonen Sisters (FH)</b>	
<b>14</b> 2:00 Sunday Service with Chaplain Alan (FH)  <small>Mother's Day National Skilled Nursing Week</small>	<b>15</b> <b>KMW Clothing 1-4pm</b>  2:00 Tea and Reminisce (EDR) 3:00 Muscle Strength (Gym)	<b>16</b> 9:30 Qi Gong (FH) 10:30 Yahtzee (MPR) 2:00 Jeopardy (EDR) 3:00 Outdoor Strolls (FF) 4:15 Muscle Relaxation (3 <sup>rd</sup> Floor Den) 6:30 Aquafit ~ Pool	<b>17</b> 9:30 Beach Ball Fun (CR) 10:30 Hymn Sing (MPR) 2:00 Creative Painting (CR) 3:00 Ring Toss (CR)	<b>18</b> 9:30 Giant Matching Game (CR) 10:30 Chaplain's Choice Movie (EDR) 2:00 BINGO! (MPR)	<b>19</b> 9:30 Chair Yoga (CR) <b>11:00 Bus Outing: Lunch at Bonnie Lou's Cafe (FF)</b> 3:00 Open Swim – Pool  <small>Armed Forces Day</small>	<b>20</b>	
<b>21</b> 2:00 Sunday Service with Chaplain Alan (FH)	<b>22</b> 9:30 Balloon Badminton (CR) 10:30 Uno Card Game (CR) 2:00 Current Events (CR) 3:00 Outdoor Strolls (FF)	<b>23</b> <b>11:00 Bus Outing: Langdon Hall (FF)</b> 2:15 Outdoor Strolls (FF) 3:00 JAVA Music with Laurier Students (CR) 4:15 Muscle Relaxation (3 <sup>rd</sup> Floor Den) 6:30 Aquafit ~ Pool  <small>Victoria Day (Canada)</small>	<b>24</b> 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) 2:00 Claire's Israel Trip (EDR) 3:00 Outdoor Strolls	<b>25</b> 9:30 Guess what I am? (CR) 10:30 Prayer Group (CR) 10:30 1:1 Gym Time with Sydney (Gym) 2:00 BINGO! (MPR)	<b>26</b> 9:30 Laughter Yoga (CR) <b>12:00 Kindness Walk Fundraiser BBQ</b> 2:00 Shufflebord (MPR) 3:00 Open Swim – Pool	<b>27</b> 9:30 Beach Ball Fun (CR) 10:30 Aqaufit ~Pool 11:15 Aquaworship ~ Pool 2:00 BINGO! (MPR) 3:30 Muscle Relaxation (3 <sup>rd</sup> Floor Den)	
<b>28</b> 2:00 Sunday Service with Chaplain Alan (FH)	<b>29</b> 9:30 Muscle & Tone (CR) 10:30 Baking (EDR) 2:00 Tea and Reminisce (CR) 3:00 Dominoes (CR)	<b>30</b> 9:30 Qi Gong (FH) 10:30 Fun & Games (CR) 2:00 Outdoor Planting 4:15 Muscle Relaxation (3 <sup>rd</sup> Floor Den) 6:30 Aquafit ~ Pool  <small>Memorial Day</small>	<b>31</b> 9:30 Balance & Tone (CR) 10:30 Hymn Sing (MPR) <b>2:30 Music with Kevin Coates (FH)</b>	 <p style="text-align: center; font-size: 2em; color: orange;">MAY 2023</p> <p style="text-align: center;">Parkwood Suites &amp; Garden Homes</p>			

Type the name, address, and other information about your community/company here.

# Monthly Activity Calendar

## ~May 2023~



**Mother's Day**  
Second Sunday of May

G	T	O	A	N	O	I	T	A	I	C	E	R	P	P	A
D	E	T	O	V	E	D	C	W	G	A	E	R	A	H	S
E	N	E	A	M	L	O	A	E	U	S	T	F	I	G	T
T	D	A	O	O	M	R	N	I	I	O	C	W	I	S	E
H	E	M	V	F	M	O	S	I	D	H	O	S	U	T	P
E	R	E	O	S	H	B	R	E	A	K	F	A	S	T	R
B	E	R	R	P	R	T	I	R	N	O	U	P	M	E	O
E	T	Y	E	G	R	E	M	A	C	H	E	O	L	T	T
S	E	L	R	C	N	I	W	M	E	R	E	U	M	R	E
T	E	E	A	E	N	I	A	O	F	O	F	S	O	E	C
T	N	N	R	G	L	T	V	U	L	I	T	E	T	T	T
E	D	A	R	U	E	E	M	I	T	F	O	S	H	H	I
Y	E	A	V	R	T	E	W	U	G	E	Y	S	E	G	V
E	E	Y	N	R	I	R	A	E	W	R	G	I	R	U	E
M	O	A	E	O	T	E	U	E	J	U	O	K	C	A	T
J	L	A	G	R	B	I	I	N	H	U	O	F	E	L	N



Happy  
**Mother's**  
Day

APPRECIATION  
BEAUTIFUL  
BREAKFAST  
CANDY  
CHARMING  
COMFORT  
DEVOTED  
FLOWERS  
FORGIVING  
GIFTS

GUIDANCE  
HUGS  
JEWELRY  
JOY  
KISSES  
LAUGHTER  
LOVE  
MATERNAL  
MOM  
MOTHER

NURTURE  
PERFUME  
PROTECTIVE  
SHARE  
TELEPHONE  
TENDER  
THE BEST  
WARM  
WISE



Parkwood  
SENIORS COMMUNITY