

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 09:00 Daily News 09:30 Seated Yoga and Meditation 10:30 Mother's Day Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Friendships 03:30 Mind Teasers 5:00 Lets Cook May Day	2 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Body Percussions 02:00 Snack 02:30 Life Skills 03:30 Games	3 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Making Salsa 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Green thumb Night	4 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Taco Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	5 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games No evening Program Cinco de Mayo	6 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	7 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Movie Night
8 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Friendships 03:30 Mind Teasers 5:00 Build your own Pizza Happy Mother's Day  Mother's Day	9 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Drumming 02:00 Snack 02:30 Life Skills 03:30 Games 6:30 Heart Math for Participants	10 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Money Skills 12:00 Lunch Prep/Lunch 12:45 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Walk to Dairy Queen	11 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	12 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Clubhouse Karaoke	13 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	14 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Movie Night
15 09:00 Daily News 09:30 Seated Yoga and Meditation 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Making Lemonade 02:45 Snack 03:00 Mind Teasers 5:00 Supper at Boston Pizza	16 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Boom Whackers 02:00 Snack 02:30 Life Skills 03:30 Games	17 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Green thumb 12:00 Picnic Lunch at Kingsman Park 01:00 Sewing Creations 02:00 Snack 02:15 Book Club 03:30 Journal Me 6:30 Green thumb	18 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	19 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Clubhouse Karaoke	20 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	21 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Smores by Camp fire Armed Forces Day
22 No Programs  Victoria Day (Canada)	23 09:00 Grocery Shopping 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Body Percussions 02:00 Snack 02:30 Life Skills 03:30 Games	24 09:00 Daily News 09:30 Zumba 10:15 Snack 10:30 Money Skills 12:00 Lunch Prep/Lunch 01:00 Volunteer at SPCC 03:00 Snack 03:30 Reflection 6:30 Horseraces	25 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Green Thumb 12:00 Lunch Prep/ Lunch 01:00 Gym 02:15 Snack 02:30 Outdoor Games 03:45 Music	26 09:00 Daily News 09:30 Dance Off 10:45 Baking 12:00 Lunch Prep/Lunch 12:30 Megan's Art Program 01:30 Volunteering at the Library 02:45 Meal Planning 03:45 Outdoor Games 6:30 Smores by Camp fire	27 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Lunch Prep/ Lunch 01:00 Drumming 02:00 Snack 02:30 Life Skills 03:30 Games	28 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch at Kingsman Park 01:00 Drumming 02:00 Snack 02:30 Life Skills 03:30 Games
29 09:00 Daily News 09:30 Tai Chi and Meditation 10:30 Creative Art 12:00 Lunch Prep/ Lunch 12:45 Grocery Shopping 02:30 Snack 02:45 Healthy Habits: Healthy Friendships 03:30 Mind Teasers 5:00 Quetzalita Night Memorial Day	30 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch at Kingsman Park 01:00 Drumming 02:00 Snack 02:30 Life Skills 03:30 Games	31 09:00 Daily News 09:30 Let's Move 10:15 Snack 10:30 Slow Cooker Meal 12:00 Picnic Lunch at Kingsman Park 01:00 Drumming 02:00 Snack 02:30 Life Skills 03:30 Games	<h1>May 2022</h1> <p>Connect Leisure Services~403-324-6786~connectrec.ca</p>			