

May 2024



Suncrest Retirement Community Amble Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>This Month, we honour our special Mother's, Grandmother's, Sister's, Aunt's, and loved ones! Happy Mother's Day.</i></p>  			<p>9:30 ¹ Sit Fit</p> <p>2:30 Music Therapy With Angela</p>	<p>9:30 ² Fitness</p> <p>1:30 Concert on 2nd "Jon Elton"</p>	<p>9:30 ³ Vitality!</p> <p>3:00  Celebrating Cinco de Mayo</p>	
<p>⁵</p> 	<p>9:30 Gym Fit! ⁶</p> <p>1:30 Music Therapy Chime Choir (2nd Flr)</p> <p>1:30 Baby Celebration For Shweta </p>	<p>⁷</p> <p>9:30 Move 2 Music</p> <p>3:00 Balloon Volleyball</p>	<p>10:00 ⁸ Scenic Drive Bus Outing </p> <p>3:30 Walk About</p>	<p>9:30 ⁹ Fitness</p> <p>1:30 Group Sing A Long</p>	<p>9:30 ¹⁰ Vitality!</p> <p>3:00 "Ode to Mother's" High Tea Social</p> 	<p>¹¹</p>
<p>¹²</p> 	<p>9:30 Gym Fit! ¹³</p> <p>1:30 Music Therapy Chime Choir (2nd Flr)</p> <p>3:00 Reminiscing</p>	<p>¹⁴</p> <p>9:30 Move 2 Music</p> <p>3:00 "5 Second Rule"</p>	<p>9:30 ¹⁵ Sit Fit</p> <p>2:30 Music Therapy With Angela</p>	<p>9:30 ¹⁶ Fitness</p> <p>1:30 Concert on 3rd "Nick Klassen"</p>	<p>9:30 ¹⁷ Vitality!</p> <p>3:00 Victorian High Tea Social</p> 	<p>¹⁸</p>
<p>¹⁹</p> 	<p>²⁰</p> 	<p>²¹</p> <p>9:30 Move 2 Music</p> <p>3:00 Disk Dunk</p>	<p>10:00 ²² Scenic Drive Bus Outing </p> <p>3:30 Walk About</p>	<p>9:30 ²³ Fitness</p> <p>1:30 Concert on 4th "Gordon Oliver"</p>	<p>9:30 ²⁴ Vitality!</p> <p>3:00 Afternoon Bingo!</p> 	<p>²⁵</p>
<p>²⁶</p> 	<p>9:30 Gym Fit! ²⁷</p> <p>1:30 Music Therapy Chime Choir (2nd Flr)</p> <p>3:00 Resident Meeting</p>	<p>²⁸</p> <p>9:30 Move 2 Music</p> <p>3:00 Target Toss</p>	<p>9:30 ²⁹ Sit Fit</p> <p>2:30 Music Therapy With Angela</p>	<p>9:30 ³⁰ Fitness</p> <p>1:30 Group Sing A Long</p>	<p>9:30 ³¹ Vitality!</p> <p>3:00 Afternoon Bingo!</p> 	<p>³¹</p>