














# May 2024 Suncrest Retirement Community Independent & Assisted Living Residence

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>10:30 <sup>1</sup> "Silver Sneakers" 1:30 Cruise Ship Shuffleboard <b>Wine Wednesday!</b></p>	<p><b>10:30 Hearing Clinic</b> <sup>2</sup> 10:30 Move 2 Music 3:00 Bingo Afternoon</p>	<p>10:30 <sup>3</sup> Chair Fit <b>1:30 Happy Hour with "Nick Klassen"</b></p> 	<p><sup>4</sup></p>
<p><b>Cinco de Mayo</b> <sup>5</sup> 1:30 </p>	<p>10:30 <sup>6</sup> Fun &amp; Fitness 1:30 <b>Baby Celebration For Shweta</b> </p>	<p>10:30 <sup>7</sup> Drum Fit 1:30 Bingo Afternoon</p>	<p>10:30 <sup>8</sup> "Silver Sneakers" <b>1:30 Scenic Drive Bus Outing</b> </p>	<p><b>10:30</b> <sup>9</sup> <b>Town Hall Meeting</b> 3:00 Bingo Afternoon</p>	<p>10:30 <sup>10</sup> Chair Fit <b>1:30 Mother's Day Mimosa Mingler With "Peter Paulus"</b></p>	<p><sup>11</sup> 1:30 Afternoon Fun with Courtney &amp; Jade</p>
<p><b>HAPPY Mother's Day</b> <sup>12</sup>  1:30 </p>	<p>10:30 <sup>13</sup> Fun &amp; Fitness 1:30 Ladder Ball</p>	<p>10:30 <sup>14</sup> Drum Fit 1:30 Bingo Afternoon</p>	<p>10:30 <sup>15</sup> "Silver Sneakers" 1:30 Scrambled Words</p>	<p>10:30 <sup>16</sup> Move 2 Music 3:00 Bingo Afternoon</p>	<p>10:30 <sup>17</sup> Chair Fit <b>1:30 Victorian High Tea with "Shawn McKee"</b></p>	<p><sup>18</sup> 1:30 Afternoon Fun with Courtney &amp; Jade</p>
<p>1:30 <sup>19</sup> </p>	<p><sup>20</sup>  <b>Stat Holiday</b></p>	<p>10:30 <sup>21</sup> Drum Fit 1:30 Bingo Afternoon</p>	<p>10:30 <sup>22</sup> "Silver Sneakers" <b>1:30 Scenic Drive Bus Outing</b> </p>	<p>10:30 <sup>23</sup> Move 2 Music 3:00 Bingo Afternoon</p>	<p>10:30 <sup>24</sup> Chair Fit <b>1:30 Birthday Bash with "True Blue"</b></p>	<p><sup>25</sup> 1:30 Afternoon Fun with Courtney &amp; Jade</p>
<p>1:30 <sup>26</sup> </p>	<p>10:30 <sup>27</sup> Fun &amp; Fitness 1:30 Knitting Club</p>	<p>10:30 <sup>28</sup> Drum Fit 1:30 Bingo Afternoon</p>	<p>10:30 <sup>29</sup> "Silver Sneakers" 1:30 Disk Dunk</p>	<p>10:30 <sup>30</sup> Move 2 Music 3:00 Bingo Afternoon</p>	<p>10:30 <sup>31</sup> Chair Fit <b>1:30 Happy Hour with "Colleen Durdon"</b></p> 	<p><sup>31</sup></p>