

May 2024



Suncrest Retirement Community 2nd Floor - Ocean Park (O) / Pender (P)

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>  			9:30 Sit Fit (O) 1 10:30 Sit Fit (P) 1:30 Music Therapy With Angela 3:00 Adult Colouring (O)	9:30 Vitality! (O) 2 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 2nd "John Elton" 3:00 Reminiscing	9:30 Fitness (O) 3 10:30 Fitness (P) 2:00 Celebrating  Cinco de Mayo	
	5 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	6 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Afternoon Movie Matinee (4th Floor) 4:00 Walk About	7 10:00 Scenic Drive Bus Outing  1:30 Bingo (O) 3:00 Bingo (P)	8 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Group Sing A Long 3:00 Visits	9 9:30 Fitness (O) 10 10:30 Fitness (P) 2:30 Women's Group "Ode to Mother's" Tea Social (3rd Floor)	
	12 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	13 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)	14 9:30 Sit Fit (O) 10:30 Sit Fit (P) 1:30 Music Therapy With Angela 3:00 Adult Colouring (O)	15 9:30 Vitality! (O) 16 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 3rd "Nick Klassen" 3:00 Reminiscing	17 9:30 Fitness (O) 10:30 Fitness (P) 2:30 Victorian High Tea Social (3rd Floor)	
	19 	20 9:30 Fitness (O) 21 10:30 Fitness (P) 1:30 Pictionary (O) 3:00 Trivia Hour (P)	22 10:00 Scenic Drive Bus Outing  1:30 Cribbage (O) 3:00 Tennis (P)	23 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 4th "Gordon Oliver" 3:00 Reminiscing	24 9:30 Fitness (O) 25 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)	
	26 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Resident Meeting	27 9:30 Fitness (O) 28 10:30 Fitness (P) 2:30 Men's Pub Social (3rd Floor) 4:00 Walk About	29 9:30 Sit Fit (O) 10:30 Sit Fit (P) 1:30 Music Therapy With Angela 1:30 Cribbage (O)	30 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Trivia (O) 3:00 Comedy Hour (P)	31 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)	