















May 2024



Suncrest Retirement Community 3rd Floor - Bay View (B) / Gabriola

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 Sit Fit (B) 1 10:30 Sit Fit (G) 1:30 Badminton (B) 3:00 Tennis (G)</p>	<p>9:30 Vitality! (B) 2 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 2nd "John Elton" 3:00 Reminiscing</p>	<p>9:30 Fitness (B) 3 10:30 Fitness (G) 2:00  Celebrating Cinco de Mayo</p> 	4
<p>5 </p>	<p>9:30 Gym Fit! (B) 6 10:30 Gym Fit! (G) 1:30 Sing A Long (B) 3:00 Comedy Hour (G)</p>	<p>9:30 Fitness (O) 7 10:30 Fitness (P) 1:30 Afternoon Movie Matinee (4th Floor) 4:00 Walk About</p>	<p>10:00 Scenic Drive Bus Outing  1:30 Music Therapy With Angela 3:00 Soccer</p>	<p>9:30 Vitality! (B) 9 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Group Sing A Long 3:00 Visits</p>	<p>9:30 Fitness (B) 10 10:30 Fitness (G) 2:30 Women's Group "Ode to Mother's" Tea Social (3rd Floor)</p> 	11
<p>12 </p>	<p>9:30 Gym Fit! (B) 13 10:30 Gym Fit! (G) 1:30 Bocce (B) 3:00 Price is Right (G)</p>	<p>9:30 Fitness (B) 14 10:30 Fitness (G) 1:30 Bingo (M) 3:00 Balloon Volleyball (G)</p>	<p>9:30 Sit Fit (B) 15 10:30 Sit Fit (G) 1:30 Adult Colouring (B) 3:00 Bowling (G)</p>	<p>9:30 Vitality! (B) 16 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 3rd "Nick Klassen" 3:00 Reminiscing</p>	<p>9:30 Fitness (B) 17 10:30 Fitness (G) 2:30 Victorian High Tea Social (3rd Floor)</p> 	18
<p>19 </p>	<p>20 </p>	<p>9:30 Fitness (B) 21 10:30 Fitness (G) 1:30 Proverbs (B) 3:00 Shoot Em' Down (G)</p>	<p>10:00 Scenic Drive Bus Outing  1:30 Music Therapy With Angela 3:00 Active Games</p>	<p>9:30 Vitality! (B) 23 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 4th "Gordon Oliver" 3:00 Reminiscing</p>	<p>9:30 Fitness (B) 24 10:30 Fitness (G) 1:30 Bingo (B) 3:00 Bingo (G)</p> 	25
<p>26 </p>	<p>9:30 Gym Fit! (B) 27 10:30 Gym Fit! (G) 1:30 Disk Dunk (B) 3:00 Resident Meeting</p>	<p>9:30 Fitness (O) 28 10:30 Fitness (P) 2:30 Men's Pub Social (3rd Floor) 4:00 Walk About</p>	<p>9:30 Sit Fit (B) 29 10:30 Sit Fit (G) 1:30 Soccer (B) 3:00 Trivia (G)</p>	<p>9:30 Vitality! (B) 30 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Target Toss (B) 3:00 "Give Me 5"(G)</p>	<p>9:30 Fitness (B) 31 10:30 Fitness (G) 1:30 Bingo (B) 3:00 Bingo (G)</p> 