# Lifestyle Options

#### \* Please sign-up for Outings at the Front Desk; payment due upon sign-up \* Calendar is subject to change without notice.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 6:30 Bingo (2)	10:00 Food Committee Meeting (DR)210:00 Catholic Service (4)11:00 Fall Prevention Exercise (3)2:00 Tea & Card Games (M)6:30 Shuffleboard (4)	<b>3</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 2:00 Nail Care (M) 6:30 Bingo (2)	4 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Ladder Golf (M) 2:00 Tea & Card Games (M) 6:30 Horse Racing (2)	9:00 Blood Pressure (M) 5 10:00 Social Gathering (M) 11:00 Exercise (3) 1:15 Outing: Country Drive & Ice Cream (Devon)* 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 6:30 Bingo (2)	<b>6</b> 10:00 Social Gathering (M) 2:00 Card Bingo (2)
7 10:00 Social Gathering (M) 2:00 Horse Racing (2) 6:30 Shuffleboard (4)	8 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 6:30 Bingo (2)	6:30 Indoor Curling (2) 9 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Wine & Sing-Along with Kathy Hicks (2) 6:30 Shuffleboard (4) 6:30 Indoor Curling (2)	<b>10</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 6:30 Bingo (2)	<b>11</b> 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Ladder Golf (M) 2:00 Tea & Card Games (M) 6:30 Horse Racing (2)	12 10:00 Social Gathering (M) 11:00 Exercise (3) 1:15 Outing: Country Drive & Ice Cream (Wetaskiwin)* 1:30 Adult Colouring (3) 2:00 Mother's Day Tea (DR) 2:00 Card Games (M) 6:30 Bingo (2)	<b>13</b> 10:00 Social Gathering (M) 2:00 Card Bingo (2)
Mother's Day1410:00 Social Gathering (M)11:00 Church Service (4)2:00 Card Bingo (2)6:30 Shuffleboard (4)	<b>15</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 1:30-4:00 Vendor: Fifth Avenue Jewelry (M) 2:00 Tea & Card Games (M) 6:30 Bingo (2)	<b>16</b> 10:00 Catholic Service (4) 11:00 Fall Prevention Exercise (3) 2:00 Special Event with Ted & Dian (2) 6:30 Shuffleboard (4) 6:30 Indoor Curling (2)	<b>17</b> 10:00 Social Gathering (M) 11:00 Exercise (3) 1:30 Adult Colouring (3) 2:00 Tea & Card Games (M) 2:00 Nail Care (M) 6:30 Bingo (2)	18 10:00 Social Gathering (M) 11:00 Fall Prevention Exercise (3) 2:00 Ladder Golf (M) 2:00 Tea & Card Games (M) 6:30 Horse Racing (2)	<ul> <li>9:00 Blood Pressure (M) 19</li> <li>10:00 Social Gathering (M)</li> <li>10:30 Outing: River Cree</li> <li>Casino</li> <li>11:00 Exercise (3)</li> <li>1:15 Outing: Country Drive</li> <li>&amp; Ice Cream (Beaumont)*</li> <li>1:30 Adult Colouring (3)</li> <li>2:00 Tea &amp; Card Games (M)</li> <li>6:30 Bingo (2)</li> </ul>	<b>20</b> 10:00 Social Gathering (M) 1:00 Crib Tournament (M)

### May 2023 Leduc – Supportive

#### Lifestyle Options RETIREMENT COMMUNITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21	Victoria Day 22	23	24	25	26	27
10:00 Social Gathering (M)	10:00 Social Gathering (M)					
11:00 Church Service (4)	1:30 Adult Colouring (3)	11:00 Fall Prevention	11:00 Exercise (3)	11:00 Fall Prevention	11:00 Exercise (3)	2:00 Card Bingo (2)
2:00 Card Bingo (2)	2:00 Tea & Card Games (M)	Exercise (3)	1:30 Adult Colouring (3)	Exercise (3)	1:15 Outing: Country Drive	
6:30 Shuffleboard (4)	6:30 Bingo (2)	2:00 Tea & Card Games (M)	2:00 Tea & Card Games (M)	2:00 Ladder Golf (M)	& Ice Cream (Pigeon Lake)*	
	0-(7	6:30 Shuffleboard (4)	6:30 Bingo (2)	2:00 Tea & Card Games (M)	1:30 Adult Colouring (3)	
		6:30 Indoor Curling (2)		6:30 Horse Racing (2)	2:00 Tea & Card Games (M)	
					6:30 Bingo (2)	
28	29	30	31		Legend	
10:00 Social Gathering (M)		Dining Room (DR)				
11:00 Church Service (4)	11:00 Exercise (3)	11:00 Fall Prevention	11:00 Exercise (3)		Private Dining Room (PDR)	
2:00 Card Bingo (2)	1:30 Adult Colouring (3)	Exercise (3)	1:30 Adult Colouring (3)		Main Floor Amenity Room (M)	
6:30 Shuffleboard (4)	2:00 Tea & Card Games (M)	2:00 Birthday Party with	2:00 Tea & Card Games (M)		2nd Floor Amenity Room (2)	
	6:30 Bingo (2)	Frank & M2 (2)	6:30 Bingo (2)		3rd Floor Amenity Room (3)	
		6:30 Shuffleboard (4)	0.00 580 (2)		3rd Floor Library (3L)	
		6:30 Indoor Curling (2)			4th Floor Chapel or Games Ro	om (4)

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