



Specialty Living
Cedarvale Lodge
Retirement Community

“Zest for Life” 

<p>Program Locations: Ch=Chapel DR=Dining Room GR= Games Room FL=Front Lobby L=Library P= Patio by the Games Room</p>	<p>Program Locations: O=outside (Front Entrance) OT= Outing</p>				<p>1</p>	<p>2</p>	<p>3</p>
<p>4</p> <p>10:30 Catholic Mass</p> <p>2:30 United Church Service (Ch)</p> <p>7:00 Lawrence Welk (L)</p>	<p>5</p> <p>10:45 Exercise with physio (Ch)</p> <p>2:00 Giant Cross Word Puzzle (C)</p> <p>3:15 Pub (FL)</p> <p>4:00 Horoscopes (FL)</p> <p>7:00 Bingo (DR)</p>	<p>6</p> <p>9:30 Walking Club (O)</p> <p>10:30 Yoga (C)</p> <p>10:45 Card Games (GR)</p> <p>1:45 Balance Class (C)</p> <p>2:30 Smile Theatre Presents “Twilight Cabaret”</p> <p>7:00 Lemonade Making (C)</p>	<p>7</p> <p>10:45 Exercise with Physio (Ch)</p> <p>2:00 Welcome Tea (FL)</p> <p>3:30 Crafters Corner (GR)</p> <p>7:00 Manicures (C)</p>	<p>8</p> <p>10:00 Bible Study (L)</p> <p>1:45 Balance Class(C)</p> <p>3:15 Pub (FL)</p> <p>7:00 Word Games (C)</p>	<p>9</p> <p>10:30 Catholic Mass (Ch)</p> <p>10:45 Exercise with physio (Ch)</p> <p>2:00 Resident Picture taking (C)</p> <p>3:15 Pub (FL)</p> <p>4:00 Current Events (FL)</p> <p>7:00 Bingo (DR)</p>	<p>10</p> <p>10:00 Card Hour (GR)</p> <p>7:00 Scrabble (C)</p>	
<p>Mother’s Day 11</p> <p>10:30 Catholic Communion (Ch)</p> <p>2:30 Anglican Church Service (Ch)</p> <p>7:00 Movie Night (L)</p>	<p>12</p> <p>10:45 Exercise with physio (Ch)</p> <p>2:00 Lawn Darts (O)</p> <p>3:15 Pub (FL)</p> <p>4:00 Discussion Group (FL)</p> <p>7:00 Healthy Snacks (C)</p>	<p>13</p> <p>9:30 Walking Club (O)</p> <p>10:45 Word Jumbles (C)</p> <p>1:45 Balance Class (C)</p> <p>2:30 Living Waters Church Tea (FL)</p> <p>7:00 Volunteer Fair (FL)</p> <p>7:00 Scrabble (GR)</p>	<p>14</p> <p>10:45 Exercise with Physio (Ch)</p> <p>12:00 Picnic at the beach (OT)</p> <p>3:00 Bus Washing (O)</p> <p>7:00 Giant Crossword Puzzle (C)</p>	<p>15</p> <p>10:00 Bible Study (L)</p> <p>1:45 Balance Class(C)</p> <p>7:00 Lawn Darts (O)</p>	<p>16</p> <p>10:45 Exercise with physio (C)</p> <p>2:00 Bird Watching (O)</p> <p>3:15 Pub (FL)</p> <p>4:00 Horoscopes (FL)</p> <p>7:00 Bingo (DR)</p>	<p>17</p> <p>10:00 Card Hour (GR)</p> <p>2:00 Irish Dancers (NH)</p> <p>7:00 Mock-Tail Hour (FL)</p>	
<p>18</p> <p>10:30 Catholic Communion (Ch)</p> <p>2:30 Spirit & Word Ministries Church Service (Ch)</p> <p>7:00 Lawrence Welk (L)</p>	<p>19</p> <p></p> <p>7:00 Word Games (C)</p>	<p>20</p> <p>9:30 Walking Club (O)</p> <p>10:30 Yoga (C)</p> <p>10:45 Gardening (O)</p> <p>1:45 Balance Class (C)</p> <p>2:00 Resident Council Mtg. (Ch)</p> <p>7:00 Shuffleboard (GR)</p>	<p>21</p> <p>10:45 Exercise with Physio (Ch)</p> <p>2:00 Dollar-Rama Shopping (OT)</p> <p>4:00 Puzzle Hour (GR)</p> <p>7:00 Hand massages (C)</p>	<p>22</p> <p>10:00 Memorial Service (Ch)</p> <p>1:45 Balance Class(C)</p> <p>3:15 Pub (FL)</p> <p>7:00 Ice Cream Social (FL)</p>	<p>23</p> <p>10:45 Exercise with Physio (Ch)</p> <p><i>Pick up the weekenders booklet in the café.</i></p> <p>7:00 Bingo (DR)</p>	<p>24</p> <p>10:00 Card Hour (GR)</p> <p>2:00 Making Gift Baskets (Welcoming) (C)</p> <p>3:15 Pub (FL)</p> <p>7:00 Music Appreciation (FL)</p>	
<p>25</p> <p>10:30 Catholic Communion (Ch)</p> <p>2:30 Free Methodist Church Service (Ch)</p> <p>7:00 Movie Night (FL)</p>	<p>26</p> <p>10:45 Exercise with physio (Ch)</p> <p>2:00 Memorial Book (scrap booking) (C)</p> <p>3:15 Pub (FL)</p> <p>4:00 News & Views (FL)</p> <p>7:00 Bingo (DR)</p>	<p>27</p> <p>9:30 Walking Club (O)</p> <p>10:30 Medication Seminar (C)</p> <p>1:45 Balance Class (C)</p> <p>2:30 Keswick United Church Tea (FL)</p> <p>7:00 Darts (GR)</p>	<p>28</p> <p>10:45 Exercise with Physio (Ch)</p> <p>1:30 Puzzle Hour (GR)</p> <p>3:00 Birthday Party (FL)</p> <p>7:00 Painting (C)</p>	<p>29</p> <p>10:00 Bible Study (L)</p> <p>1:45 Balance Class(C)</p> <p>2:30 Food Committee Mtg. (FL)</p> <p>7:00 Shuffleboard (GR)</p>	<p>30</p> <p>10:30 Anglican Communion (Ch)</p> <p>10:45 Exercise with physio (C)</p> <p>2:00 Bowling (FL)</p> <p>3:15 Pub (FL)</p> <p>4:00 Horoscopes (FL)</p> <p>7:00 Bingo (DR)</p>	<p>31</p> <p>10:00 Card Hour(GR)</p> <p>2:00 Georgina Race Of Champions (NH)</p> <p>7:00 Bowling (FL)</p>	

