

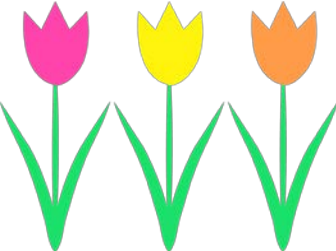

# Heritage HOUSE

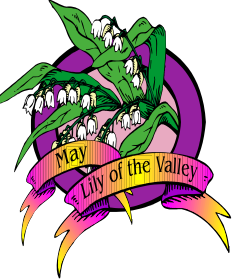
## MAY, 2018



*“Motherhood:  
All love begins and ends there.”*

*Robert Browning*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>MAY BIRTHDAYS</b></p> <p><b>May 20<sup>th</sup> Don &amp; Dorothy</b></p> <p>Key: (LH) = Laurier House</p>	<p>1</p> <p>10:15 Protestant Communion (LH) 10:30 Today's Topics 10:30 Manicures 11:00 Social</p> <p>1:30 Walk Abouts 2:30 Creative Hands 3:30 Exercises</p>	<p>2</p> <p>10:30 Music with Margie</p> <p>1:30 Active Games 2:30 Short Stories 3:30 Exercises</p> <p>6:30 OLPH Singers</p>	<p>3</p> <p>10:45 St. Thomas Anglican Church</p> <p>12:30 "Wes Hosford School Seniors Tea" <b>Bus Trip</b></p> <p>2:00 Bingo (LH) 2:30 Story Building 3:30 Exercises 7:00 Pub Night with Jason Kodie &amp; Friends(LH)</p>	<p>4</p> <p>10:30 Exercises 11:00 Tabletop Exercise</p> <p>1:30 Memories of Yesteryear with Lam-chops</p> <p>2:45 Art Class 4:00 Social</p>	<p>5</p> 	
<p>6</p> 	<p>7</p> <p>10:30 Today's Topics 11:00 Hand Bells</p> <p>1:45 Farewell Social with Holy Spirit Grade 4's</p> <p>2:45 Men's Group 2:45 Friendly Visits 3:30 Exercises</p>	<p>8</p> <p>10:30 Today's Topics – Make a Wish</p> <p>10:30 Manicures 1:30 Creative Hands</p> <p>2:30 Ice Tea Social 3:30 Exercises</p>	<p>9</p> <p>10:30 Today's Topics</p> <p>11:00 Lemonade Social</p> <p>1:30 Active Games: Bocce Ball</p> <p>2:30 Friendly Visits</p>	<p>10</p> <p>10:45 Hymn Sing</p> <p>2:00 Bingo (LH)</p> <p>2:30 Performance Story Telling</p> <p>3:30 Exercises 7:00 Pub Night (LH)</p>	<p>11</p> <p>10:30 Exercises 11:00 Tabletop Exercise</p> <p>1:30 Music with Larry Begoray</p> <p>2:30 Smoothie Social 3:45 Short Stories</p>	<p>12</p> <p>10:30 Baking – Apple Tarts</p> <p>1:30 Today's Topics 2:30 Tribute to Mothers 3:30 Social</p>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

<p>13</p> <p><i>Mother's Day</i></p> <p>10:30 The Park Church</p>	<p>14</p> <p>10:30 Today's Topics 11:30 Flower Arranging <b>1:45 Celebrating Mothers with Doug Mitchell and the Holy Spirit Grade 4's</b> 3:00 Exercises 4:00 Smoothie Social</p>	<p>15</p> <p>10:30 Manicures <b>10:30 Butterflies &amp; Bugs Presentation</b> 11:30 Prepping Butterfly Larvae 1:30 Travel Club 2:45 Sing Along 3:30 Exercises</p>	<p>16</p> <p>10:30 Baking Cookies <i>1:30 Strathcona Library Book Mobile</i> 1:30 Trivia Social 2:30 Friendly Visits</p>	<p>17</p> <p>10:45 OLPH Roman Catholic Mass 2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Sing Along 7:00 Pub Night (LH)</p>	<p>18</p> <p>10:30 Walkabouts 11:30 Relaxing Moments 1:30 Smoothie Social 2:30 Tabletop Exercise 3:30 Exercises 4:30 Cooking 6:15 BINGO</p>	<p>19</p> 
<p>20</p> <p>3:00 St. John's Lutheran Church</p>	<p>21</p> <p><i>Victoria Day</i></p>	<p>22</p> <p><b>10:30 "Salisbury Greenhouse to pick plants for courtyards" Bus Trip</b> 10:30 Today's Topics – Make a Wish 11:00 Coffee Social 1:30 Hand Bells 1:30 Manicures 2:30 Planting Gardens 3:30 Exercises</p>	<p>23</p> <p><i>10:30 Music with Terry Jordan</i>  1:30 Active Games 2:30 Friendly Visits 3:30 Exercises <b>5:30 Diner's Club "Boston Pizza"</b>  6:15 BINGO</p>	<p>24</p> <p>10:45 United Church  2:00 Bingo (LH) <b>2:30 GeriActors Performance</b> 3:30 Exercises  7:00 Pub Night (LH)</p>	<p>25</p> <p>10:30 Exercises  11:00 Friendly Visits  1:30 Smoothie Social  2:30 Gardening</p>	<p>26</p> <p>10:30 Baking Carrot Cake Oat Muffins  1:30 Garden Social  2:30 Relaxing Moments</p>
<p>27</p> <p>2:00 Heartland Alliance Church  3:00 Eskimos vs Roughriders Football on TV</p>	<p>28</p> <p>10:30 Resident/Family Council Meeting 11:00 Today's Topics  1:45 Outside Walks and Gardening with Glen Allan School Grade 4's 3:00 Exercises 3:30 Smoothie Social</p>	<p>29</p> <p>10:30 Today's Topics 10:30 Relaxing Moments 11:00 Social in Car Courtyard <b>1:30 Welcome Tea with Margie</b> 2:30 Creative Hands: Centerpieces for Seniors Tea June 4<sup>th</sup> 3:30 Exercises</p>	<p>30</p> <p>9:30 Watering Plants 10:15 Today's Topics  1:30 Active Games 2:30 Ice Cream Social 3:30 Butterfly Facts &amp; Care  6:15 BINGO</p>	<p>31</p> <p>10:45 Glory Lutheran Church  2:00 Bingo (LH) 2:15 Knitting Club 3:15 Harp Relaxation 3:30 Exercises 4:00 Harp Sing Along  7:00 Pub Night (LH)</p>	<p><b>ZODIAC</b></p> <p><b>Taurus</b> Apr. 20 – May 20 <b>Gemini</b> May 21 - June 20</p>	

**Please be advised that the monthly calendar is subject to last minute changes. If you have any questions, please contact Recreation @ 780-417-4330 or [heather.rozak@capitalcare.net](mailto:heather.rozak@capitalcare.net)**

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