



Recreation Choices **May 2019**

Assisted Living/Independent Living • McConachie Gardens • Josie Leiter, Director of Recreation, Fitness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00 Tiered Exercise – 1 (MR) 11:00 Reader's Theatre (MR) 2:00 What's Cooking- (DK) 3:30 Calendar Reveal & Coffee Connection (B) 7:00 Cribbage (P)	2 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club (AS) 1:30 Kulmann's Greenhouse (L) 2:00 Crafts–Cinco De Mayo Decoration(AS) 3:00 Chair Yoga* (MR) 7:00 Pub Night – Reaction Band (P)	3 10:00 Tiered Exercise -1 (MR) 11:00 Tiered Exercise Assessments (FC) 2:00 Sewing/Knitting Circle (AS) 3:30 Mix & Mingle – Welcome to all new Residents (P) 7:00 Movie & Popcorn- Marley and Me* (MR)	4 Open House 10:00 Tiered Exercise 2/3(MR) 11:00 Good News (MR) 1:00 Apollo Pharmacy-Presentation (MR) 1:00 Intro to Fitness Centre (FC) 1:00 Painting Demo (AS) 2:00 Intro to TEP (FC) 2:00 Planting Demo (AS) 3:00 Painting Demo (AS) 7:00 Games Night (P)
5 Cinco De Mayo Day 10:00 Strength & Mobility (MR) 10:45 Mexico Trivia & Fun Facts* (MR) 11:30 Garden Club Maintenance (AS) 2:30 Church Service (MR) 3:30 Cinco De Mayo Celebration 7:00 Documentary – History of Mexico* (MR)	6 10:00 Tiered Exercise 1 (MR) 11:00 News & Views (MR) 2:00 Painting (AS) 3:30 Rev it UP (FC) 4:00 Sing-a-long (P) 7:00 Bingo (P)	7 10:00 Tiered Exercise 2/3 10:30 Foot Care Clinic-By Appointment 11:00 Denturist Presentation (FC) 2:00 Garden Club (AS) 3:00 Qigong (FC) 7:00 Canasta (P)	8 10:00 Tiered Exercise 1 (MR) 11:00 Reader's Theatre (MR) 12:00 Newsies Production at M.E. LaZertte 2:00 What's Cooking – (DK) 3:30 Intro to NBS Sharing Dance Program* (MR) 6:30 Physio Therapy Presentation (MR) 7:00 Cribbage (P)	9 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club (AS) 1:30 Shopping-Londonderry Mall(L) 2:00 Crafts – Tea Cup Centre Pieces (AS) 3:00 Chair Yoga* (MR) 7:00 Pub Night – Bobby Vann (P)	10 10:00 Tiered Exercise –1 (MR) 11:00 Intro to Chip Carving (AS) 1:30 Spa Day at M.E. LaZertte (L) 2:00 Sewing/Knitting Circle (AS) 3:00 Karaoke (P) 4:30 Boys & Girls Club (AS) 6:30 Movie & Popcorn – Dinner Date* (MR)	11 11:00 Tiered Exercise 2/3(MR) 11:00 Jamming with Chris & Ian (MR) 2:00 Craft (AS) 3:00 Bowling (CY) 4:00 Bob Dylan Concert* (P) 7:00 Bingo Night (P)
12 Mother's Day 10:00 Strength & Mobility (MR) 10:45 Mindful Meditation (MR) 11:00 Garden Club Maintenance (AS) 2:30 Church Service MR 3:30 Mother's Day Tea with the Walton's (P) 7:00 Movie & Popcorn-Mother's Day*(MR)	13 10:00 Tiered Exercise–1 (MR) 11:00 Healthy Minds – Creativity & The Brain (MR) 2:00 Painting (AS) 3:30 Rev it Up (FC) 4:00 Sing-a-long (P) 7:00 Bingo (P)	14 10:00 Tiered Exercise 2/3 (MR) 11:00 Habitat for Humanity Presentation (MR) 1:30 Shopping – St. Albert Mall (L) 2:00 Garden Club (AS) 3:00 Qigong (MR) 7:00 Canasta (P)	15 10:00 Tiered Exercise 1 (MR) 11:00 Food for Thought with Chef Alyssa (MR) 1:30 Bronx Bowling (L) 2:00 What's Cooking – (DK) 3:30 NBS Sharing Dance Program* (MR) 7:00 Cribbage (P)	16 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club (AS) 1:00 Royal Alberta Museum (L) 1:30 Bible Study (LB) 2:00 Crafts-Garden Pots (AS) 3:00 Chair Yoga* (MR) 7:00 Pub Night – Denis Bourdon (P)	17 10:00 Tiered Exercise –1 (MR) 11:00 Chip Carving (AS) 1:00 Hearing Clinic -By Appointment (WC) 2:00 Sewing/Knitting Circle (AS) 3:00 Chace the Ace (P) 4:00 Karaoke (P) 6:30 Movie & Popcorn- The Switch* (MR)	18 10:00 Tiered Exercise 2/3(MR) 11:00 Good News (MR) 2:00 Bingo (P) 3:00 Ladder Golf (CY) 4:00 Leonard Cohan Concert* (P) 7:00 Games Night (P)

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19 10:00 Strength & Mobility (MR) 10:45 Mindful Meditation (MR) 11:00 Garden Club Maintenance (AS) 2:30 Church Service (MR) 3:30 Walking Club (L) 7:00 Wayne & Schuster 50 Years of Comedy* (MR)	20 Victoria Day 10:00 Tiered Exercise –1 (MR) 11:00 Royal Trivia* (MR) 2:00 Victoria & Albert - Part *(MR) 3:30 High Tea (DR) 7:00 Victoria & Albert – Part II* (MR)	21 10:00 Tiered Exercise 2/3 (MR) 11:00 Resident Council (MR) 12:00 Fort Road/Century Casino (L) 2:00 Gardening Club (AS) 3:00 Qigong (MR) 6:30 Care Givers Coffee Group (TH) 7:00 Canasta (P)	22 10:00 Tiered Exercise – 1 (MR) 11:00 Intro & Demo to Reader's Theatre (MR) 1:00 Stony Plain Museum & Tea House (L) 3:30 NBS Sharing Dance Program* (MR) 7:00 Cribbage (P)	23 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club (AS) 1:30 Shopping- Londonderry Mall (L) 2:00 Crafts-Photo Collage (AS) 3:00 Chair Yoga* (MR) 7:00 Pub Night – Old Crusty Minstrels (P)	24 10:00 Tiered Exercise -1 (MR) 11:00 Chip Carving (AS) 3:00 Birthday Party- A Musical Journey (P) 4:30 Boys & Girls Club (MR) 6:30 Movie & Popcorn - Book Club* (MR)	25 10:00 Tiered Exercise 2/3(MR) 11:00 Jamming with Chris & Ian (MR) 2:00 Lawn Darts 3:30 Coffee Connections 4:00 Elton John Concert* 7:00 Bingo Night (P)
26 10:00 Strength & Mobility (MR) 10:45 Mindful Meditation (MR) 11:00 Garden Club Maintenance (AS) 2:30 Church Service (MR) 3:30 Walking Club L 7:00 Comedy Hour with Carol Burnette*(MR)	27 10:00 Tiered Exercise –1 (MR) 11:00 Healthy Minds- Mental Health & Stress Busters (MR) 1:30 Shopping – Northgate Mall (L) 2:00 Painting (AS) 3:30 Rev it Up (FC) 4:00 Sing-a-long (P) 7:00 Bingo (P)	28 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club (AS) 1:30 Visit to Habitat for Humanity (L) 2:00 Gardening Club (AS) 3:00 Qigong (MR) 7:00 Canasta (P)	29 10:00 Tiered Exercise -1 (MR) 11:00 Reader's Theatre (MR) 1:30 Bronx Bowling (L) 2:00 What's Cooking (DK) 3:30 NBS Sharing Dance Program* (MR) 7:00 Cribbage (P)	30 10:00 Tiered Exercise 2/3 (MR) 11:00 Garden Club AS 1:30 Geriactors Performance & Workshop (MR) 3:00 Chair Yoga* (MR) 7:00 Pub Night – Gallow Glass (P)	31 10:00 Tiered Exercise -1 (MR) 11:00 Chip Carving (AS) 2:00 Sewing/Knitting Circle 3:00 Writer's Circle 4:00 Karaoke (P) 6:30 Movie & Popcorn Going In Style* (MR)	
		ROOM LEGEND AL Assisted Living AS Art Studio B The Dash - Bistro DK Demo Kitchen DR Northern Lights Dining Room FC Fitness Centre L Lobby LB Library	ROOM LEGEND MC Memory Care MR Multipurpose Room P The Hub - Pub TH The Hanger - Private Dining Room WC Wellness Clinic CY Court Yard	CALENDAR LEGEND Highlights Outings *iPad/Apple Tv Programs	IMPORTANT DATES May 4 – Open House May 5 – Cinco De Mayo Celebration May 8 – Newsies Theatre Production May 12 – Mother's Day Tea & Prime Rib Dinner May 20 – High Tea May 26 – Birthday Party May 30 – Geriactors Performance	