




# May 2012

## Gladston Recreation Calendar

Programs are both on  
Gladston and the Main Floor




| Sunday   | Monday   | Tuesday  | Wednesday   | Thursday   | Friday   | Saturday   |
|--|--|--|---|--|--|--|
|    |  | <b>1.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:15 - 3 Open Fitness<br><i>Fitness Center</i><br>1:15 Music with Rachelle<br>2:00 Bingo<br><i>Recreation Room</i><br>3:30 One to One Visits  | <b>2.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1:15 - 2:30<br>Open Fitness<br><i>Fitness Centre</i><br>2:00 Men's Group Studio<br>2:30 Seated Dance<br><i>Recreation Room</i><br>4:00 One to One visits | <b>3.</b><br>10:00 Exercise & News<br>10:30 Trivia<br>11:00 Music Video<br>1:00 Movie Matinee<br>1:15 - 3 Open Fitness<br><i>Fitness Centre</i><br>1:45 Open Art Studio<br>3:45 St. Aidans Church<br>Choir Gladston Lounge | <b>4.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>10:30 Tai Chi <i>Rec.Room</i><br>10:45 Travelogue Video<br>2:30 Happy Hour<br>With Averil<br><i>Recreation Room</i><br>4:00 One to One Visits<br>5:00 Cinco de Mayo<br>Dinner <i>Rec.Room</i> | <b>5.</b><br>10:00 Seated Yoga<br><i>Recreation Room</i><br>1:45 Sing Along<br><i>Recreation Room</i>  |
|  | <b>6.</b><br>2:30 Rick Steves<br>European<br>Travelogue<br><i>Recreation Room</i>  | <b>7.</b><br>9:45 Exercise & News<br>10:30 Hand Washing<br>Information Session<br>11:00 Travelogue Video<br>1-3 Library Cart<br>1:15 Open Fitness <i>FC</i><br>2:00 Roman Catholic<br>Mass & Communion<br><i>Recreation Room</i><br>3:00 Brain Games<br>4:00 One to One Visits         | <b>8.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:15 - 3 Open Fitness<br><i>Fitness Center</i><br>1:15 Music with Rachelle<br>2:00 Bingo<br><i>Recreation Room</i><br>3:30 One to One Visits             | <b>9.</b><br>9:45 Music Video<br>1:15 - 2:30<br>Open Fitness <i>FC</i><br>3:00 Cards and Games<br>4:00 One to One visits<br>6:15 Entertainment by<br>Maureen Maguire<br><i>Recreation Room</i>                             | <b>10.</b><br>10:00 Exercise & News<br>10:30 Trivia<br>11:00 Music Video<br>1:00 Movie Matinee<br>1:15 - 3 Open Fitness<br><i>Fitness Centre</i><br>2:30 Mother's Day Tea<br>With Deb Miles<br><i>Recreation Room</i><br>3:30 One to One Visits    | <b>11.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>10:30 Tai Chi <i>Rec.Room</i><br>10:45 Travelogue Video<br> |
| <b>13. Mother's Day</b><br>2:30 Sunday Service<br>with Anglican<br>Communion<br>Service<br><i>Recreation Room</i><br> | <b>14.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1-3 Library Cart<br>1:15 - 2:30<br>Open Fitness<br><i>Fitness Centre</i><br>3:00 Brain Games<br>4:00 One to One Visits | <b>15.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:15 - 3 Open Fitness<br><i>Fitness Center</i><br>1:00 Music With Rachelle<br>2:00 Bingo <i>Recreation Room</i><br>3:30 One to One Visits<br>6:30 Music and Singing by<br>David Masters <i>Rec.Rm.</i> | <b>16.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1:15 - 2:30<br>Open Fitness<br><i>Fitness Centre</i><br>2:00 Men's Group Studio<br>3:00 Walking Group<br>4:00 One to One visits                         | <b>17.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:00 Movie Matinee<br>1:15 - 3 Open Fitness<br><i>Fitness Centre</i><br>1:45 Open Art Studio<br>3:30 One to One Visits                     | <b>18.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>10:30 Tai Chi <i>Rec.Room</i><br>10:45 Travelogue Video<br>2:30 Happy Hour with<br>The Swing<br>Street Band<br><i>Recreation Room</i><br>4:00 One to One Visits                              | <b>19.</b><br>10:00 Seated Yoga<br><i>Recreation Room</i><br>1:45 Movie Afternoon<br><i>Recreation Room</i>  |

Turn page over to see more great programs happening at Selkirk Place!

# May 2012

## Gladston Recreation Calendar

Programs are both on Gladston and the Main Floor

| Sunday  | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  | Saturday   |
|---|---|---|--|--|---|--|
| <b>20.</b><br>2:30 Sunday Service with Cornerstone Christian Fellowship<br><i>Recreation Room</i> | <b>21. Victoria Day</b><br>  | <b>22.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia & Music Video<br>1:15 - 3 Open Fitness <i>FC</i><br>1:15 Music With Rachelle<br>2:00 High Tea with Lynn Dennis<br><i>On Piano Rec.Room</i><br>3:30 One to One Visits<br>6:30 Cello Students<br><i>Recreation Room</i> | <b>23.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1:15 - 2:30 Open Fitness <i>FC</i><br>3:00 Walking Group<br>4:00 One to One visits   | <b>24.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:00 Movie Matinee<br>1:45 Garage Sale Set-up  | <b>25.</b><br>9:45 Travelogue Video<br>12:00 - 2 Garage Sale<br> | <b>26. Selkirk Waterfront Festival</b><br>                              |
| <b>27.</b><br>2:30 Sunday Service with Reverend Alanna Menu<br><i>Recreation Room</i>             | <b>28.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1-3 Library Cart<br>1:15 - 2:30 Open Fitness<br><i>Fitness Centre</i><br>3:00 Brain Games<br>4:00 One to One Visits | <b>29.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:15 - 3 Open Fitness<br><i>Fitness Center</i><br>1:15 Music With Rachelle<br>2:00 Bingo<br><i>Recreation Room</i><br>3:30 One to One Visits  | <b>30.</b><br>9:45 Exercise & News<br>10:30 Trivia<br>11:00 Travelogue Video<br>1:30 Manicures<br>2:00 Men's Group <i>Studio</i><br>1:15 - 2:15 Open Fitness <i>FC</i><br>2:30 Celebration of Life<br><i>Recreation Room</i><br>4:00 One to One visits | <b>31.</b><br>9:45 Exercise & Newsgroup<br>10:30 Trivia<br>11:00 Music Video<br>1:00 Movie Matinee<br>1:15 - 3 Open Fitness<br><i>Fitness Centre</i><br>1:45 Open Art <i>Studio</i><br>3:00 Resident's Meeting<br><i>Conference Room</i><br>3:30 One to One Visits | <b>Symbols</b><br><i>RR - Recreation Room</i><br><i>SR - Sunroom</i><br><i>FC - Fitness Centre</i><br><i>CR - Conference Room</i>                   | <b>Market Place Hours</b><br>Monday 1:00-2:00<br>Tuesday 1:00- 2:00<br>Wednesday 1:00-2:00<br>Thursday 1:00-2:00<br>Friday 1:00-2:00<br>Saturday 1:00-2:00 |



**Happy Hours**  
 Happy Hour takes place Fridays from 2:30-3:30 PM in the Recreation Room. Beer and wine \$3, low alcohol beer \$2, non-alcoholic punch and refreshments are also served.

