





Selkirk Place
Residential Care the Family Way

May 2012

Main Street Recreation Calen-

Calendars for additional programs on each floor are available at nursing stations





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Flowers 		1. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:00 Bingo <i>Recreation Room</i>	2. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:00 Men's group 2:30 Seated Dance <i>Recreation Room</i>	3. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 1:45 Open Art <i>Studio</i>	4. 10:30 Tai Chi <i>Sunroom</i> 1-2 Market Open 2:30 Happy Hour with Averil <i>Recreation Room</i> 5:00 Cinco de Mayo Dinner <i>Recreation Room</i> See your Rec person to sign up	5. 10:00 Seated Yoga <i>Recreation Room</i> 1:45 Sing Along <i>Recreation Room</i>
6. 2:30 Rick Steves European Travelogue <i>Recreation Room</i>	7. 12-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness <i>Fitness Centre</i> Hand Hygiene Awareness Week 2:00 Roman Catholic Mass & Communion <i>Recreation Room</i>	8. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:00 Bingo <i>Recreation Room</i>	9. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness <i>Fitness Centre</i> 6:15 Piano and singing By Maureen Maguire <i>Recreation Room</i>	10. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:30 Mother's Day Tea <i>Recreation Room</i> <i>Entertainer</i> <i>Deb Myles on guitar</i>	11. 10:30 Tai Chi <i>Sunroom</i> 1-2 Market Open No PM Programs Spring Cleaning Time 	12. 10:00 Seated Yoga <i>Recreation Room</i> 1:45 Trivia <i>Recreation Room</i>
13. Mother's Day 2:30 Sunday Service Anglican Communion Service <i>Recreation Room</i>	14. 1-2 Market Open 1 3 Library Cart 1:15-2:45 Open Fitness <i>Fitness Centre</i>	15. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:00 Bingo <i>Recreation Room</i> 6:30 David Masters <i>Recreation Room</i>	16. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness <i>Fitness Centre</i> 2:00 Men's Group <i>Studio</i>	17. 1-2 Market Open 1:15-2:45 Open Fitness <i>Fitness Centre</i> 1:45 Open Art <i>Studio</i>	18. 10:30 Tai Chi <i>Sunroom</i> 1-2 Market Open 2:30 Happy Hour with Swing Street <i>Recreation Room</i>	19. 10:00 Seated Yoga <i>Recreation Room</i> 1:45 Movie Afternoon <i>Recreation Room</i>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20. 2:30 Sunday Service With Cornerstone Christian Fellowship Recreation Room</p>	<p>21. Victoria Day</p> 	<p>22. 1-2 Market Open 1:15-2:45 Open Fitness Fitness Centre 2:30 High Tea Mr. Lynn Dennis On piano Recreation Room 6:30 Conservatory Cello Students concert Recreation Room</p>	<p>23. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness Fitness Centre</p>	<p>24. 1-2 Market Open 1:45 Garage Sale Set up</p>	<p>25. 1-2 Market Open 12:00 Garage Sale</p> 	<p>26. 10:00 Selkirk Waterfront Festival 10:30-3:00</p> 
<p>2:30 Sunday Service With Rev. Alanna Menu Recreation Room</p>	<p>28. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness Fitness Centre</p>	<p>29. 1-2 Market Open 1:15-2:45 Open Fitness Fitness Centre 2:00 Bingo Recreation Room</p>	<p>30. 1-2 Market Open 1-3 Library Cart 1:15-2:45 Open Fitness Fitness Centre 2:00 Men's Group Studio 2:30 Celebration of Life Recreation Room</p>	<p>31. 1-2 Market Open 1:15-2:45 Open Fitness Fitness Centre 1:45 Open Art Studio 3:00 Resident's Meeting Conference Room</p>		

Happy Hours
Happy Hour takes place Fridays from 2:00-3:00 PM in the Recreation Room. Beer and wine \$3, low alcohol beer \$2, non-alcoholic punch and refreshments are also served.

Don't Miss...

Averil \$60
Deb Miles \$50
Dave Masters \$50
Lynn Dennis \$50