


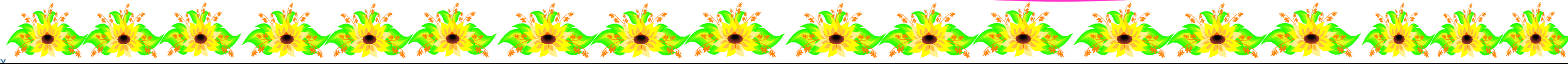


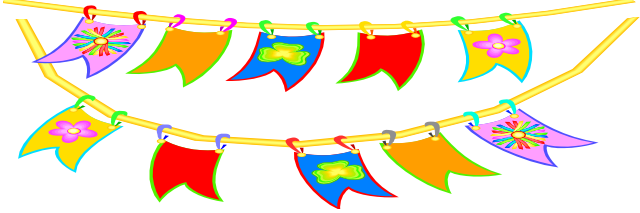


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>“This heart, my own dear Mother, bends, With love’s true instinct Back to thee.” ~Thomas Moore</p> 		<p><b>1</b> 10:00 Feel-Good Fitness—WVL 10:50 Group Games—WVL 1:15-2:45 Fitness Room OPEN 2:00 Bingo—Recreation Room <b>2:00 Manicures \$2—WVL</b></p>	<p><b>2</b> 10:00 Creative Group Project—WVL 6th Floor 1:15-2:45 Fitness Room OPEN 2:00 Men’s Group—Studio <b>2:30 Seated Dance with Eva Recreation Room</b> 6:30 Cribbage—WVL</p>	<p><b>3</b> <b>10:15</b> Feel-Good Fitness—WVL 11:00 Crossword—WVL 1:15-2:45 Fitness Room OPEN 1:45 Arts &amp; Crafts—Studio <b>2:00 Afternoon Strolls Please meet in lobby</b></p>	<p><b>4</b> 10:30 Tai Chi Recreation Room 2:30 Happy Hour with Averil on Piano! Everyone Welcome~ Recreation Room 5:00 Cinco De Mayo Dinner for those who signed up with Yvan Recreation Room</p>	<p><b>5</b> 10:00 Seated Yoga Recreation Room 1:45 Sing Along Recreation Room</p>
<p><b>6</b> 2:30 Rick Steves European Travels DVD Recreation Room</p>	<p><b>7 *Hand Hygiene Awareness Week*</b> 10:00 Brain Power! Trivia, Word Games &amp; Spelling Quiz—WVL 6th Floor 12:00 Library Cart—Dining Rm 1:15-2:45 Fitness Room OPEN 2:00 Roman Catholic Mass—Recreation Room 2:00 Reading Group—“Little House on the Prairie” Come listen and enjoy~ WVL 6th Floor Lounge 3:15 Documentary—WVL</p>	<p><b>8</b> 10:00 Feel-Good Fitness—WVL 10:50 Group Games—WVL 1:15-2:45 Fitness Room OPEN 2:00 Bingo!—Recreation Room <b>2:00 Ladies’ Portraits for all the women of the Lodge (not just the mothers)—See poster for details Meet in Fireside Lounge</b></p>	<p><b>9</b> 10:00 Creative Group Project—WVL 6th Floor 1:15-2:45 Fitness Room OPEN <b>2:00 Helping Hands: Help set up the Mother’s Day Photo Display~~Please bring photos of your Mother and/or your kids to share~~Dining Room</b> 6:15 Maureen Maguire on Piano—Recreation Room <b>6:30 Cribbage—WVL</b></p>	<p><b>10</b> <b>10:15</b> Feel Good-Fitness—WVL 11:00 Crossword Puzzle—WVL 1:15-2:45 Fitness Room OPEN 2:30 Mother’s Day Tea Everyone Welcome~ Recreation Room</p> 	<p><b>11</b> 10:30 Tai Chi Recreation Room  ~No Afternoon Programmes Today~ Recreation Department Spring Cleaning Day for Staff</p>	<p><b>12</b> 10:00 Seated Yoga Recreation Room 1:45 Trivia Recreation Room</p>
<p><b>13</b> <i>Happy Mother’s Day to all the Wonderful Women of the Lodge!</i></p>  <p>2:30 Sunday Service with Anglican Communion Service Recreation Room</p>	<p><b>14</b> 10:00 Brain Power! Trivia, Word Games &amp; Spelling Quiz—WVL 6th Floor 12:00 Library Cart—Dining Rm 1:15-2:45 Fitness Room OPEN 2:00 Reading Group—“Little House on the Prairie” Come listen and enjoy~ WVL 6th Floor Lounge 3:15 Documentary—WVL</p>	<p><b>15</b> 10:00 Feel Good Fitness—WVL 10:50 Group Games—WVL 1:15-2:45 Fitness Room OPEN 2:00 Bingo—Recreation Room <b>2:00 Ice Cream Sundae Social with friends from Fenton Lodge Dining Room</b> 6:30 David Master’s on Piano Recreation Room</p>	<p><b>16</b> 10:00 Creative Group Project—WVL 6th Floor Lounge 1:15-2:45 Fitness Room OPEN 2:00 Men’s Group—Studio <b>2:00 Gardening—Flowerbed Tidy-Up Dining Room Patio</b> 6:30 Cribbage—WVL</p>	<p><b>17</b> 10:00 Feel Good-Fitness—WVL 11:00 Crossword—WVL 1:15-2:45 Fitness Room OPEN 1:45 Arts &amp; Crafts—Studio <b>2:00 Manicures-\$2- pls. sign up—WVL</b></p>	<p><b>18</b> 10:30 Gentle Exercise Recreation Room 2:30 Happy Hour with Swing Street Brand Everyone Welcome! Recreation Room</p>	<p><b>19</b> 10:00 Seated Yoga Recreation Room 1:45 Movie Matinee Recreation Room</p>



Selkirk Place Residential Care the Family Way



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>20</p> <p>2:30 Sunday Service with Cornerstone Christian Fellowship Recreation Room</p>	<p>21</p> <p><b>Victoria Day!</b></p> 	<p>22</p> <p>10:00 Feel Good Fitness—WVL 10:50 Group Games—WVL 1:15-2:45 Fitness Room OPEN No Bingo Today 2:30 High Tea with Mr. Lynn Dennis on Piano Everyone Welcome Recreation Room 6:30 Cello Students from the Conservatory of Music Recital Recreation Room</p>	<p>23</p> <p>10:00 Creative Group Project—WVL 6th Floor Lounge 1:15-2:45 Fitness Room OPEN 2:00 Gardening—Plant out the Flowers Dining Room Patio 6:30 Cribbage—WVL</p>	<p>24</p> <p>10:00 Feel Good Fitness WVL 6th Floor Lounge 11:00 Crossword—WVL No Afternoon Programmes—Garage Sale Set-Up for Staff</p>	<p>25</p> <p><u>12 - 2:00</u> Selkirk Place Garage Sale! Recreation Room See poster for details</p>	<p>26</p> <p><b>Selkirk Waterfront Festival!</b> 10:30-3:00PM See box below for details</p>
<p>27</p> <p>2:30 Sunday Service with Alanna Menu Recreation Room</p>	<p>28</p> <p>10:00 Brain Power! Trivia, Word Games &amp; Spelling Quiz—WVL 6th Floor 1:15-2:45 Fitness Room OPEN 12:00 Library Cart-Dining Rm 2:00 Movie Matinee—WVL 6th Floor Lounge</p>	<p>29</p> <p>10:00 Feel Good Fitness—WVL 11:30 Lunch at the Legion Pls. sign up; Meet in lobby 1:15-2:45 Fitness Room OPEN 2:30 Afternoon Strolls—Please meet in lobby 2:00 Bingo—Recreation Room</p>	<p>30</p> <p>10:00 Creative Group Project—WVL 6th Floor Lounge 1:15-2:45 Fitness Room OPEN 2:00 Men's Group—Studio 2:00 Manicures—\$2 WVL 2:30 Celebration of Life Recreation Room 6:30 Cribbage—WVL</p>	<p>31</p> <p>10:00 Tenant Meeting with Janet—WVL 6th Floor 1:15-2:45 Fitness Room OPEN 1:45 Arts &amp; Crafts—Studio 2:00 Lodge Bingo! \$1 a card—Dining Room</p> 	<p><b>Selkirk Waterfront Festival</b> Saturday 26th May ~ 10:30 am—3:00 pm Live music &amp; entertainment, tasty food, Family Fun Fair &amp; vendors market, all taking place along the Selkirk Waterfront Head on down for this family-friendly, FREE event, put on by the Burnside Gorge Community Centre.</p> 	

Happy May Birthdays!

Diane H. ~ Saturday 5th May

Peggy S. ~ Tuesday 22nd May

Nick C. ~ Tuesday 22nd May



Remember...

Programmes printed in bold were created especially for you at The Lodge at Selkirk Place.

You can reach Onami (Lodge Recreation Coordinator) at 250-940-1028 ext 1120 with questions, comments, kudos or suggestions.

"WVL" means 'Water View Lounge'—it's on the 6th Floor of The Lodge.

The Front Desk, Management Office, Mailboxes, Fireside Lounge, Sunroom, Hair Salon, Recreation Room, Fitness Studio, Art Studio, Resident Kitchen and Recreation Office are all on the Main Floor.

Programmes are subject to change or cancellation—Please check the bulletin board outside the dining room daily for the latest updates and for all Lodge sign-up forms.