










Gladstone Seniors Residents

May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 9:30 am Chair Yoga/Fun and Fitness 2:00 pm	2 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Card games	3 9:30 am Chair Yoga/Fun and Fitness 2pm Card Bingo	4 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Pampering	5 9:30 am Chair Yoga/Fun and Fitness 2:00pm NO ACTIVITES TRADE SHOW	6 TRADE SHOW
7 	8 9:30 am Chair Yoga/Fun and Fitness 2:00 pm SING-A-LONG with Pearl	9 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Card games	10 9:30 am Chair Yoga/Fun and Fitness 2pm Bingo	11 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Movie and Popcorn	12 9:30 am Chair Yoga/Fun and Fitness 2:00 pm SING-A-LONG with Eleanor	13 
14	15 9:30 am Chair Yoga/Fun and Fitness 11:00 am VitaminB12 shots 2:00pm Cheryl & Nova	16 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Card games	17 9:30 am Chair Yoga/Fun and Fitness 2pm Card Bingo	18 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Scenic Walk	19 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Outside /Root Beer Floats	20 
21 	22 	23 9:30 am Brian Gym/ Fun and Fitness 2:00 pm Card games	24 9:30 am Chair Yoga/Fun and Fitness 2pm Bingo	25 9:30 am Brian Gym/ Fun and Fitness 2:00pm Scenic Walk	26 9:30 am Chair Yoga/Fun and Fitness 10:30 am BP/WTclinic 2:00 pm Social Tea	27 
28	29 9:30 am Chair Yoga/Fun and Fitness 2:00 pm Scenic Walk	30 9:30 am Brain Gym 2:00 pm Birthday Party with George M.	31 9:30 am Chair Yoga/Fun and Fitness 2pm Card Bingo	