

SPOTLIGHT

Garden Club: Calling all gardening lovers! The Richmond Woods flower & herb garden will start Thursday, May 19th. Join in on the fun as we grow delicious herbs to spice up our kitchen and enjoy beautiful flowers in our court yard.

LIVING WELL PERKS & PLUSES - MAY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00-4:00 Reflections Salon Dry cleaning pick-up at Front Desk	3 9:00-4:00 Reflections Salon	4 9:00-4:00 Reflections Salon	5	6 9:00-3:00 Manicure & Pedicure Dry Cleaning Returned
9 9:00-4:00 Reflections Salon Dry cleaning pick-up at Front Desk	10 9:00-4:00 Reflections Salon	11 9:00-4:00 Reflections Salon 10:00-1:00 In Home Hearing— Audiology WC	12	13 9:00-3:00 Manicure & Pedicure Dry Cleaning Returned
16 9:00-4:00 Reflections Salon Dry cleaning pick-up at Front Desk	17 9:00-4:00 Reflections Salon	18 2:30 Walker Tune Up 9:00-4:00 Reflections Salon	19	20 9:00-3:00 Manicure & Pedicure Dry Cleaning Returned
23 9:30 Foot Care WC	24 9:00-4:00 Reflections Salon	25 9:00-4:00 Reflections Salon	26	27 9:00-3:00 Manicure & Pedicure Dry Cleaning Returned
30 9:00-4:00 Reflections Salon Dry cleaning pick-up at Front Desk	31 9:00-4:00 Reflections Salon			

MAY BIRTHDAYS

Libby McGregor — May 2 **Joan Evans** — May 4 **Vida Rezar** — May 10
Walter Veldhuizen — May 16 **Gerald Mcauley** — May 22 **Arlene Simpson** — May 27

EVENTS CALENDAR | MAY 2022

HIGHLIGHTS



Mother's Day High Tea—Friday, May 6th at 3:00pm

Please join us as we honour mothers, and women alike for this ladies only event. Wear your favourite outfit, and hat as we celebrate the joy of motherhood, and friendship. Enjoy a glass of pink bubbly, and a sweet treat.

Feel the Rhythm: Hand Drum Circle - Friday, May 13th at 2:30pm

Hand Drum Circle is an opportunity for residents to play hand drums, learn new rhythms, and immerse themselves with the music ranging from different themes! This session is facilitated by enabling individuals to learn new rhythm patterns independently and with partners and then as an ensemble. This program can be adapted to meet the needs of each individual. The session comprises a grounding, energizing and calming portion.

- Joel Horvath (Entertainment)
Thursday, May 4
- Mother's Day Social
Friday, May 5
- Mobile Senior Clothing Shop
Saturday, May 7
- Sifton Bog
Tuesday, May 10
- Feel the Rhythm: Hand Drum Circle
Friday, May 13
- Town Hall Meeting
Wednesday, May 18
- Emily Goodchild (Entertainment)
Wednesday, May 18
- Jan Denk (Entertainment)
Friday, May 20
- Heeman's Garden Centre
Tuesday, May 24
- Shaw's Ice Cream St. Thomas
Tuesday, May 24
- Tap Dancer Performance
Wednesday, May 25
- Tara & Larry (Entertainment)
Friday, May 27

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SOCIAL & RECREATIONAL ACTIVITIES - MAY 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Online Church Service GH (Anglican) 7:00 Bridgerton—Season 1 Episode 5 GH (TV Series)	9:45 Exercise GH 10:00 Masonville Mall SU 1:30 Piano with Nicky CC 1:30 Cribbage GR 3:00 25cent BINGO GH	10:20 VON Exercise GH 10:30 Trivia Tuesday GR 1:00 Western Fair Casino SU 2:00 Bridge GR 2:30 Paint Class with Donna AC 3:00 Monthly Gazette GH	9:45 Exercise GH 10:30 Junk Drawer Detective GH 1:30 Euchre GR 2:00 Colour Your World L 2:30 Book Club PDR 3:00 Jeopardy GH	10:20 VON Exercise GH 10:30 Culinary Committee Meeting PRD 1:30 Cribbage GR 3:00 Joel Horvath GH (Entertainment)	9:45 Exercise GH 2:00 Bridge GR 2:30 Billiards Drop In CP 3:00 Mother's Day Social GH	10:00-2:00pm Mobile Senior Clothing Shop GH 7:00 Movie Night & Popcorn (Emma)
HAPPY MOTHER'S DAY 10:30 Online Church Service GH (Anglican) 7:00 Bridgerton—Season 1 Episode 6 GH (TV Series)	9:45 Exercise GH 10:00 Cherryhill Mall SU 10:30 Scattergories GH 1:30 Piano with Nicky CC 1:30 Cribbage GR 3:00 25cent BINGO GH	10:00 Giant Tiger & Dollar Tree SU 10:20 VON Exercise GH 10:30 Trivia Tuesday GR 1:30 Sifton Bog SU 2:00 Bridge GR 2:30 Paint Class with Donna AC 3:00 Lasso Golf GH	9:45 Exercise GH 10:30 Craft Nook GH 1:30 Euchre GR 2:00 Colour Your World L 3:00 Birthday Party (Invitation Only) PDR 3:00 Jeopardy GH	10:20 VON Exercise GH 1:30 Cribbage GR 2:00 St. Aiden's Anglican Church Service GH 3:00 Sing-a-Long Choir GH	9:45 Exercise GH 10:30 Wellness & You with Karon GH 2:00 Bridge GR 2:30 Billiards Drop In CP 2:30 Feel the Rhythm : Hand Drum Circle GH	10:30 Zumba GH 2:00 Group Crosswords GH 3:00 25cent BINGO GH 7:00 Movie Night & Popcorn GH (Flypaper)
10:30 Online Church Service GH (Anglican) 1:30 First St. Andrew's United Church Service GH 7:00 Bridgerton—Season 1 Episode 7 GH	9:45 Exercise GH 10:00 Wal-Mart SU 10:30 Where In the World GH 1:30 Piano with Nicky CC 1:30 Cribbage GR 3:00 25cent BINGO GH	10:20 VON Exercise GH 10:30 Trivia Tuesday GR 2:00 Bridge GR 2:30 Paint Class with Donna AC 3:00 Tea Tuesday GH	9:45 Exercise GH 10:30 Who, What, Where GH 1:30 Euchre GR 2:00 Colour Your World L 3:00 Town Hall Meeting GH 3:45 Cheese & Mocktails CC 7:00 Emily Goodchild GH (Entertainment—Keyboard)	10:20 VON Exercise GH 10:30 Garden Club PDR 1:30 Cribbage GR 2:00 Siloam United Church Service GH 3:00 Card Making with Judy GH/SU 3:00 Gentleman's Club GR	9:45 Exercise GH 10:30 Coffee & Musical Notes GH 2:00 Bridge GR 2:30 Billiards Drop In CP 3:00 Jan Denk GH (Entertainment—Guitar and Harmonica)	10:30 Bocce Ball GH 2:00 Giant Jenga CC 3:00 25cent BINGO GH 7:00 Movie Night & (Cats)
10:30 Online Church Service GH (Anglican) 7:00 Bridgerton—Season 1 Episode 8 GH (TV Series)	HAPPY VICTORIA DAY 1:30 Piano with Nicky CC 1:30 Cribbage GR 3:00 25cent BINGO GH	10:00 Heeman's Garden Centre SU 10:20 VON Exercise GH 10:30 Trivia Tuesday GR 1:30 Shaw's Ice Cream St. Thomas SU 2:00 Bridge GR 2:30 Paint Class with Donna AC 3:00 Connect 4 CC	NATIONAL TAP DANCE DAY 9:45 Exercise GH 10:30 Craft Nook GH 1:30 Euchre GR 2:00 Colour Your World L 3:30 Mother & Daughter Tap Dance Performance GH	10:20 VON Exercise GH 10:30 Garden Club PDR 1:30 Cribbage GR 3:00 Sing-a-Long Choir GH	9:45 Exercise GH 10:30 Facebook Friday GH 2:00 Bridge GR 2:30 Billiards Drop In CP 3:00 Tara & Larry GH (Entertainment—Guitar and Fiddle)	10:30 Zumba GH 2:00 Group Crosswords GH 3:00 25cent BINGO GH 7:00 Movie Night & Popcorn GH (Crocodile Dundee)
10:30 Online Church Service GH (Anglican) 7:00 Bridgerton—Season 1 Episode 9 GH (TV Series)	9:45 Exercise GH 10:30 Scattergories GH 1:30 Piano with Nicky CC 1:30 Cribbage GR 3:00 25cent BINGO GH 5:00 June Calendar Released	10:20 VON Exercise GH 10:30 Trivia Tuesday GR 2:00 Bridge GR 2:30 Paint Class with Donna AC 3:00 Lasso Golf GH				

BF: Blackfriars **CP:** Corner Pocket **GH:** Great Hall **WC:** Wellness Center **CC:** Central Court Room **L:** Oxford Street Library
AC: Arts & Crafts 3rd Floor **MF:** Mayfair Dining Room **F:** Exercise & Fitness Room **PDR:** Private Dining Room **SU:** Sign Up Activity **GR:** Games Room
CY: Court Yard **BR:** Boardroom **FB:** Front of Building **Events in Purple:** Sign Up