


May



Winchester Glen Retirement Community – Event Calendar

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	<p>10:30- Falls Prevention Exercise (FR)</p> <p>10:00- OUTING- Great Blue Heron Casino (Sign up required)*</p> <p>3:30- Technology Corner: Help with computers, TV, cell phones (AR)</p>	<p>10:30- Coffee Club (B)</p> <p>11-2 Bling it on Vendor (LY)</p> <p>2:00- Manicures (SL)</p> <p>3:30- Laughing Out “Lawed”: Unusual laws around the world (SL)</p>	<p>10:30- Low Impact Cardio Exercise with Ashley (FR)</p> <p>2:00- DIY Paint Swirl Vases- first part of Pipe Cleaner Daisies craft (Sign up required)* (AR)</p> <p>3:30- Euchre- Come play some friendly euchre (SL)</p>	<p>10:30- Falls Prevention Exercise (FR)</p> <p>10:00- OUTING- Shoppers Drug Mart (Sign up required)*</p> <p>2:00- Movie Matinee with Popcorn: <i>80 for Brady</i> (TH)</p> <p>3:30- Tuck Shop Training- Meet in tuck shop</p>	<p>10:30- Morning Stretching & Breathing (FR)</p> <p>2:00- “Loonie” Bingo- Bring 4 loonies (AR)</p> <p>3:30- Cinco de Mayo Social (SL)</p>	<p>2:00- Billiards (SL)</p> <p>6:30 – TV Series: <i>Only Murders in the Building</i> (TH)</p>
7	8	9	10	11	12	13
<p>2:00pm- Movie Matinee- <i>The Second Time Around</i> (TH)</p> <p>2:00- Art Class (HY)</p> <p>3:00- Embassy Church Program (AR)</p>	<p>National Herb Week!</p> <p>10:30- Falls Prevention Exercise (FR)</p> <p>10:30- Herbal Tea Tasting Party- Learn the benefits of each tea (Sign up required)* (SL)</p> <p>2:00- OUTING- White Feather Farms (Sign up required)*</p> <p>2:00- Left, Right, Centre Game- Bring your quarters (SL)</p>	<p>10:30- Coffee Club (B)</p> <p>2:00- Card Bingo: \$3 (SL)</p> <p>3:30- Floor Curling (SL)</p>	<p>11:00- Balance & Coordination with Deepanjali (FR)</p> <p>2:00- Planting Herbs (Sign up required)* (HY)</p> <p>3:30- What Country is it? (TH)</p>	<p>10:30- Falls Prevention Exercise (FR)</p> <p>10:30- Finish the Sayings Game (B)</p> <p>2:00- “Loonie” Bingo- Bring 4 loonies (AR)</p> <p>3:00- Happy Hour with Musical Entertainment featuring Robert D Cruz (SL)</p>	<p>10:30- Strength & Conditioning Exercise (FR)</p> <p>2:00- Pamper Yourself- Ladies Hand Wax Therapy (HY)</p> <p>3:00- Mother’s Day High Tea & Wine Social (Sign up required)* (SL)</p>	<p>2:00- Euchre (Resident Led) (SL)</p> <p>2:00- Craft Club: Lady Bugs (HY)</p> <p>6:30- Tv Series: <i>Only Murders in the Building</i> (TH)</p>
14	15	16	17	18	19	20
<p>2:00- Art Class (HY)</p> <p>2:00pm – Movie Matinee: <i>The Lady in the Van</i> (TH)</p>	<p>10:30-Falls Prevention Exercise (FR)</p> <p>10:30- Brain Break with Deepanjali (AR)</p> <p>2:00- Photography Club: Bring your Camera or phone</p> <p>3:30- DIY Bird Feeders for Winchester Glen Gardens (Sign up required)* (AR)</p> <p>7:00- Community Concert Band of Whitby Performance (SL)</p>	<p>10:30- Coffee Club (B)</p> <p>2:00- Manicures (SL)</p> <p>3:30- Guesstures: The game of split-second charades (SL)</p>	<p>10:30- Aerobic Conditioning with Deepanjali (FR)</p> <p>2:00- Beer and Billiards (SL)</p> <p>3:30- Pipe Cleaner Daisies Craft (Sign up required)*</p>	<p>10:00- OUTING- Walmart (Sign up required)*</p> <p>10:30-Falls Prevention Exercise (FR)</p> <p>2:00- Spoons: Card Game (SL)</p> <p>3:00- Happy Hour with Musical Entertainment featuring Jeannette V</p>	<p>10:00-2:00- Dog Visiting with Oshawa Animal Services (AR)</p> <p>10:30- Balance & Coordination Exercise (FR)</p> <p>2:00- “Loonie Bingo”- Bring 4 loonies (AR)</p> <p>3:30- Ice Cream Sundae Social (SL)</p>	<p>2:00- Cribbage/cards- concierge to set up (SL)</p> <p>6:30 – TV Series: <i>Only Murders in the Building</i> (TH)</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday									
21	22	23	24	25	26	27									
<p>2:00pm- Movie Matinee: <i>On a Wing and a Prayer</i> (TH)</p> <p>2:00- Art Class (HY)</p>		<p>10:30- Coffee Club (B)</p> <p>2:00- Card Bingo:\$3 (SL)</p> <p>3:30- Floor Curling (SL)</p>	<p>10:30-Strength & Conditioning with Deepanjali (FR)</p> <p>2:00- May Birthday Party Musical Entertainment by Weiss, Price & Delong (SL)</p> <p>3:30- Kings in the Corner Card Game (SL)</p>	<p>8:30- Breakfast Club *</p> <p>10:30-Falls Prevention Exercise (FR)</p> <p>2:00- "Loonie" Bingo- Bring 4 loonies (AR)</p>	<p>10:30- Aerobic Conditioning Exercise (FR)</p> <p>2:30- Resident Town Hall & Food Committee Meeting- All Resident's Welcome! (TH)</p> <p>3:30- Happy Hour (SL)</p>	<p>10:00-2:00- Onsite fundraiser for "Golden Rescue:" BBQ, raffle table & more</p> <p>2:00- Craft Club: Peonies (HY)</p> <p>6:30 – TV Series: <i>Only Murders in the Building</i> (TH)</p>									
28	29	30	31												
<p>10:30- Walk Together for Alzheimer's. Invite Family & Friends to join as well. Donations are encouraged. All proceeds go to the Alzheimer's Society of Durham Region.</p> <p>2:00pm- Movie Matinee: <i>The Perfect Game</i> (TH)</p> <p>2:00- Art Class (HY)</p>	<p>8:30-OUTING- Casino Rama (Sign up required)*</p> <p>10:30-Falls Prevention Exercise (FR)</p> <p>10:30- Brain Break with Deepanjali (AR)</p> <p>2:00- Mandala Making (AR)</p> <p>3:30- Wii Bowling (TH)</p>	<p>10:30- Coffee Club (B)</p> <p>2:00- Manicures (SL)</p> <p>2:00- Book Club (L)</p> <p>3:30- Artful Talks Program- "Summer" (TH)</p>	<p>10:30-Balance & Coordination with Deepanjali (FR)</p> <p>1:00-2:30- Deegan Hearing: Hearing Aid Clinic (LB)</p> <p>2:00- Left, Right, Centre Game: Bring your quarters (SL)</p> <p>3:30- Smell it to Spell it with Deepanjali (SL)</p>												
<p>Note: Please sign up for any activities with an * beside them on the calendar. Also, please sign up in the mail room for all bus trips as well.</p>			<p>Find where you are going here.</p> <table border="0"> <tr> <td>Main Floor</td> <td>Second Floor</td> </tr> <tr> <td>B- Bistro</td> <td>SL- Second Floor Lounge</td> </tr> <tr> <td>L- Library</td> <td>TH - Theatre</td> </tr> <tr> <td>LB- Lobby</td> <td>HY- Hobby Room</td> </tr> <tr> <td>AR-Activity Room</td> <td>FR- Fitness Room</td> </tr> </table> <p>If you have any questions about programs on the calendar please call # 616.</p>	Main Floor	Second Floor	B- Bistro	SL- Second Floor Lounge	L- Library	TH - Theatre	LB- Lobby	HY- Hobby Room	AR-Activity Room	FR- Fitness Room		<p>Tv Series: <i>Only Murders in the Building</i></p> <p>Three strangers share an obsession with true crime and suddenly find themselves wrapped up in one. When a grisly death occurs inside their exclusive Upper West Side apartment building, the trio suspects murder and employs their precise knowledge of true crime to investigate the truth.</p> <p>Actors: Steve Martin, Martin Short & Selena Gomez</p>
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