



MAY 2024 CHELSEY PARK HEALTH CLUB CALENDAR


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
May	Please See Reverse Side of Calendar for Additional Information.		7:15 Recreational Swim 1 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Let's Fiesta Pool Games	Health Club Closed 2	7:15 Recreational Swim 3 8:30 Aquafit 10:00 Joint Fit 12:00 Health Club Closed 12-3pm	4
5	7:15 Recreational Swim 6 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Sombrero Shuffle	Health Club Closed Tuesdays in May 7	7:15 Recreational Swim 8 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Aqua Yoga	Health Club Closed 9	7:15 Recreational Swim 10 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Mother's Day Special	11
12	7:15 Recreational Swim 13 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Aquafit	14	7:15 Recreational Swim 15 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Aqua Cycle	7:15 Recreational Swim 16 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim	7:15 Recreational Swim 17 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Pool Darts	18
19	Health Club Closed Victoria Day 20	21	7:15 Recreational Swim 22 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Aquafit	7:15 Recreational Swim 23 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim	7:15 Recreational Swim 24 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Connect Four Pool Game	25
26	Health Club Closed 27	28	7:15 Recreational Swim 29 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim 2:00 Aquafit	Health Club Closed 30	7:15 Recreational Swim 31 8:30 Aquafit 10:00 Joint Fit 1:15 Recreational Swim	

312 - MAY 2024 CHELSEY PARK RECREATION CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LOCATION 312 Lobby (312 Lob) Auditorium (AUD) Cherryview Lounge 2nd Floor (CV) Nursing Home Activity Room (NHAR) Tulip Room 3rd Floor (TR)	Please See Reverse Side of Calendar for Additional Information.	9:30 Pedal Power (CV) 1 10:30 Word Games (CV) 2:30 Canadian Anti-Fraud Prevention Presentation (AUD)	9:30 Fun and Fitness 2 (AUD) 2:00 BINGO (AUD) 2:00 St. John Ambulance Therapy Dog Visits with Schatzi (1:1)	3	9:30 Manicures (CV) 4 2:30 Ladder Ball (AUD) 7:00 Movie Night "Three Amigos" (CV)
Cinco de Mayo 5	6:00 Line Dancing With 6 The McFARLANE'S (AUD)	10:00am-1:30pm 7 Execulink Sign-Up Session (TR) 9:30 Music Appreciation- Doris Day (CV) 10:30 One to One Visits 2:00 Euchre (AUD)	8:00 Massage Therapy with 8 Fanshawe Students (AUD) 9:30 Pedal Power (CV) 10:30 Word Games (CV) 1:00 Massage Therapy with Fanshawe Students (AUD)	9:30 Fun and Fitness 9 (AUD) 2:00 BINGO (AUD) 2:00 St. John Ambulance Therapy Dog Visits with Schatzi (1:1)	9:30 Fun and Fitness 10 (AUD) 2:30 Cheese and Crackers Social (AUD)	7:00 Movie Night 11 "Mamma Mia!" (CV)
Mother's Day 12	2:30 Mini Golf (AUD) 13 6:00 One to One Visits 7:00 Movie Night "Hope Springs" (CV)	9:30 Fun and Fitness (AUD) 14 10:30 Crokinole (CV) 2:00 Euchre (AUD)	8:00 Massage Therapy 15 with Fanshawe Students (AUD) 9:30 Pedal Power (CV) 10:30 Word Games (CV) 1:00 Massage Therapy with Fanshawe Students (AUD) 2:30 Root Beer Floats (312 Lob)	9:30 Fun and Fitness 16 (AUD) 2:00 Food Advisory Meeting (AUD) 2:00 St. John Ambulance Therapy Dog Visits with Schatzi (1:1)	17	10:00 BINGO (AUD) 18 2:30 Watercolour Painting (CV) 7:00 Movie Night "Out to Sea" (CV)
9:30 Manicures (CV) 19 2:30 Sunday Celebrations with Special Guest: Paster Mario (AUD)	Victoria Day 20	9:30 You Name the Tune 21 (CV) 10:30 One to One Visits 2:30 Euchre (AUD)	8:00 Massage Therapy 22 with Fanshawe Students (AUD) 9:30 Pedal Power (CV) 10:00 Catholic Mass (NHAR) 10:30 Word Games (CV) 2:00 BINGO (AUD)	9:30 Fun and Fitness 23 (AUD) 2:00 St. John Ambulance Therapy Dog Visits with Schatzi (1:1) 2:30 Make Your Own Sundaes (AUD)	8:00 Massage Therapy 24 with Fanshawe Students (AUD) 9:30 Fun and Fitness (CV) 2:30 Monthly Birthday Party Entertainment by Peter and Fred (AUD)	7:00 Movie Night 25 "Selena" (CV)
2:30 Sunday Celebrations 26 with Dorothy (AUD)	9:30 Fun and Fitness 27 (AUD) 10:30 Meditation (AUD) 2:00 Mini Putt (AUD)	9:30 Fun and Fitness (AUD) 28 10:30 One to One Visits (CV) 2:00 Euchre (AUD)	8:00 Massage Therapy 29 with Fanshawe Students (AUD) 9:30 Pedal Power (CV) 10:30 Word Games (CV) 2:00 BINGO (AUD)	9:30 Fun and Fitness 30 (AUD) 2:00 St. John Ambulance Therapy Dog Visits with Schatzi (1:1)	31	

Happy Mother's Day!

314 - MAY 2024 CHELSEY PARK RECREATION CALENDAR

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	LOCATION Auditorium (AUD) Nature's Nook (NN) Nursing Home Activity Room (NHAR) Tulip Room 3rd Floor (TR)	Please See Reverse Side of Calendar for Additional Information.	10:00 Fun and Fitness (NN) 1 2:30 Canadian Anti- Fraud Presentation (AUD)	10:00 Fun and Fitness (NN) 2 2:00 Euchre (NN)	2:00 BINGO (NN) 3	4
2:30 Sunday Celebrations and Communion with Jiji (AUD) 5	12:00 Cinco De Mayo Social (NN) 6 6:00 Line Dancing With The McFARLANE'S (AUD)	10:00 Execulink Sign-Up Session (TR) 7 10:00 The Walking Group (NN) 2:00 Knitting Group (TR) 2:00 Word Games (NN)	8:00 Massage Therapy with Fanshawe Students (AUD) 8 10:00 Fun and Fitness (NN) 2:00 Family Feud (NN)	10:00 Fun and Fitness (NN) 9 2:00 Euchre (NN)	10:00 Chair Yoga (NN) 10 2:00 BINGO (NN)	10:00 Drum Fit (AUD) 11 2:00 Creative Writing (NN)
9:30 Mother's Day Brunch Social (TR) 12 11:30 Mother's Day Brunch Social (TR) 2:30 Mother's Day Social Entertainment by: Suzie Q (AUD)	13	2:00 Knitting Group (TR) 14	8:00 Massage Therapy with Fanshawe Students (AUD) 15 10:00 Fun and Fitness (NN) 2:00 Who Wants to be a 'Millionaire' (NN)	10:00 Fun and Fitness (NN) 16 2:00 Euchre (NN)	10:00 Chair Yoga (NN) 17 2:00 BINGO (NN)	18
2:30 Sunday Celebrations with Pastor Mario 19	12:00 Victoria Day Social (NN) 20 5:00 Wine & Cheese Night (TR)	10:00 The Walking Group (NN) 21 2:00 Knitting Group (TR) 2:00 Table Top Curling (NN)	8:00 Massage Therapy with Fanshawe Students (AUD) 22 10:00 Catholic Communion (NHAR) 10:00 Fun and Fitness (NN) 2:00 Jeopardy (NN)	10:00 Fun and Fitness (NN) 23 2:00 Euchre (NN)	8:00 Massage Therapy with Fanshawe Students (AUD) 24 10:00 Chair Yoga (NN) 2:30 Monthly Birthday Party Entertainment by: Fred and Peter	10:00 Drum Fit (AUD) 25 2:00 Scrabble (NN)
9:00 Sunday Morning Coffee Social (NN) 26 2:30 Sunday Celebrations with Dorothy (AUD)	27	2:00 Knitting Group (TR) 28	8:00 Massage Therapy with Fanshawe Students (AUD) 29 10:00 Fun and Fitness (NN) 2:00 Bracelet Making (NN)	10:00 Fun and Fitness (NN) 30 2:00 Euchre (NN)	10:00 Chair Yoga (NN) 31 2:00 BINGO (NN)	