

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2019

## River Ridge Retirement Village Independent Living

			1 7:00 Coffee 12:00 Sit and be Fit 2:00 Bingo	2 7:00 Coffee 12:00 Bodies in motion	3 7:00 Coffee 12:00 <i>Move it or Lose it!</i> 3:00 <b>May Birthday Party!</b>	4 10:30 Coffee/ donuts
	5 7:00 Coffee 12:00 Bodies in Motion 2:00 Bingo	6 7:00 Coffee 11:15 <b>St. Basil Communion</b> 11:15 Hymn sing 12:00 <i>Move it or lose it!</i>	7 7:00 Coffee 12:00 Sit and be Fit 2:00 Bingo	8 7:00 Coffee 12:00 Bodies in motion	9 7:00 Coffee 12:00 Sit and be Fit 3:00 <b>Mother's Day Tea</b>	10 10:30 Coffee/ donuts
12  Mother's Day	13 7:00 Coffee 12:00 Bodies in motion 2:00 Bingo	14 7:00 Coffee 11:15 <b>St. Basil Communion</b> 11:15 Hymn sing 12:00 <i>Move it or Lose it!</i>	15 7:00 Coffee 12:00 Sit and be Fit 2:00 <b>Creative Canvas</b>	16 7:00 Coffee 12:00 Bodies in motion	17 7:00 Coffee 12:00 Move it or Lose it	18 10:30 Coffee /donuts  Armed Forces Day
19	20 7:00 Coffee 12:00 Bodies in motion 2:00 Bingo	21 7:00 Coffee 11:15 <b>St. Basil Communion</b> 11:15 Hymn sing 12:00 <i>Move it or Lose it!</i> 2:15 <b>Broadway dancers</b>	22 7:00 Coffee 12:00 Sit and be Fit 2:00 Bingo	23 7:00 Coffee 12:00 Bodies in motion	24 7:00 Coffee 12:00 <i>Move it or Lose it!</i> 2:00 <b>Strumbums</b> 	25 10:30 Coffee/ donuts
26	27  Memorial Day	28 7:00 Coffee 11:15 <b>St. Basil Communion</b> 11:15 Hymn sing 12:00 <i>Move it or Lose it!</i>	29 7:00 Coffee 12:00 Sit and be Fit 2:00 Bingo	30 7:00 Coffee 12:00 Bodies in motion	31 7:00 Coffee 12:00 <i>Move it or Lose it!</i>	

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