

# MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<div> <b>CALL: 1.855.703.8985</b>  <b>MEETING ID: 225.573.6467 #</b> </div>				<b>3</b> 11am: Frauds & Scams (Me vs. Them). 1pm Amazing Elders 3pm BINGO 5pm Cooking for 1 or 2 (Cheryl)
<b>4</b> 11am: Exercise 1pm: Fact or Fiction 3pm: Financial Tips for Women 5pm: Concerts from the Couch	<b>5</b> 9am: Chinese Association (for Cantonese/Mandarin Speakers) 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Did You Know?	<b>6</b> 11am: Indigenous Canada 1pm: Caregivers Aware 3pm: Leaving a Legacy of Values 4pm: Aging with Pride 5pm: Get up & Get Active	<b>7</b> 9am: Gratitude 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates & Support	<b>8</b> 11am: Strength Exercise 1pm: Amazing Elders 3pm: Pet Tales 5pm: Read Aloud Short Story
<b>11</b> 11am: Exercise 1pm: Planning to Age in Place 3pm: Just Keep Breathing 5pm: Coffee Chat	<b>12</b> 9am: Chinese Association 10am: Grandparents Who Parent 11am: Relaxation 1pm: Sing-a-Long 3pm: Armchair Travel	<b>13</b> 11am: Beginner's French 1pm: Spring Birds w Dr. Hannon 3pm: Protein and Healthy Aging 4pm: Aging with Pride 5pm: Get Up & Get Active	<b>14</b> 9am: Gratitude 11am: Super Sleuths 1pm: Chinese Association 3pm: Health Education	<b>15</b> 11am: Strength Exercise 1pm: Amazing Elders 3pm: Memory Practice 5pm: Museums at Home
<b>18</b> <b>VICTORIA DAY</b> <b>NO PROGRAMS</b>	<b>19</b> 9am: Chinese Association 10am: Grandparents Who Parent 11am: Beyond Meditation 1pm: Sing-a-Long 3pm: Working Through Grief	<b>20</b> 11am: Jeopardy 1pm: Men's Group 3pm: AB Government Updates 4pm: Aging with Pride 5pm: Get up & Get Active	<b>21</b> 9am: Gratitude 11am: The Storyteller 1pm: Chinese Association 3pm: COVID-19 Updates & Support	<b>22</b> 11am: Strength Exercise 1pm: Amazing Elders 3pm: Family Feud 5pm: Read Aloud Short Story
<b>25</b> 11am: Exercise 1pm: Armchair Travel 3pm: Current News 5pm: Live Music Night	<b>26</b> 9am: Chinese Association 10am: Grandparents Who Parent 11am: Dealing for Anxiety 1pm: Sing-a-Long 3pm: Guided Imagery	<b>27</b> 11am: Museum Talk: Nova Scotian Inventions & Innovations 1pm: Coffee Chat 3pm: Nutrition for Health 4pm: Aging with Pride 5pm: Get up & Get Active	<b>28</b> 9am: Gratitude Group 11am: Readers Corner 1pm: Chinese Association 3pm: Health Education	<b>29</b> 11am: Strength Exercise 1pm: Amazing Elders 3pm: BINGO 5pm: Come Dine with Us