



# 2019 MAY ACTIVITIES CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>TT = Trinity Tower</b>  <b>KT = KT</b>  <b>PT = Providence Tower</b>  <b>CT = Covenant Tower</b>  <b>HT = Hope Tower</b>  <b>PeT = Peace Tower</b>  <b>HeH = Heritage Hall</b>  <b>HaH = Harmony Hall</b>  <b>HoH = Horizon Hall</b>  <b>BR = Board Room</b>  <b>GMCP = Grace Manor Chapel</b></p> <p><i>Italics = Special Events/Bus Trips</i>  <u>Underline = Towers Nursing Office</u></p>			<p><b>1</b>            9am Busy Hands TTMR            9:45am Bus to Superstore            CT Entrance            9:45am Heritage Fellowship Bible            Study PTMR            10am KT Bible Study KTMR            1:30pm Art Expression Group TTMR            1:30pm <i>Flag Raising</i>            2pm Trinity Tower Coffee Social HaH            4-4:45pm LHIN Exercise &amp; Falls            Prevention Class –HeH            7pm Chess PTMR            7pm Bid Euchre HoH</p>	<p><b>2</b>  <u>Denturist</u>            9:30am-3:30pm <i>Vendor: Stephan's HeH hallway</i>            10am Line Dancing HaH  <u>1-4pm Hearing Aid Clinic</u>            3:30-4:15pm LHIN Exercise &amp;            Falls Prevention Class –            STRETCH N'KRACHT –            Stretch n' Strength HoH            4:30-5:15pm LHIN Exercise &amp;            Falls Prevention Class – STA            STERKE – Stand Strong HeH            6:45pm HCH Ktee Euchre Club            HoH            7pm Dutch Hymn Sing HaH</p>	<p><b>3</b>            9:30am-3:30pm <i>Vendor: Margi's HeH hallway</i>            9:45am Bus to Superstore            CT Entrance            10:30-11:15am – LHIN Exercise &amp;            Falls Prevention Class – STRETCH            N'KRACHT – Stretch n' Strength            HeH balcony            4-4:45pm LHIN Exercise &amp; Falls            Prevention Class – ZITTEN EN FIT            – Sit and Be Fit HeH            6:30pm Games Night HaH            7pm Games Night KTMR</p>	<p><b>4</b>            9:00am PT Coffee            Social PTMR            10am HT Coffee            Social HT            10am-11:30am KT            Coffee Social HoH</p>
<p><b>5</b>            10am English Service            HeH            2pm Coffee Social HaH            7pm English Service            HeH</p> 	<p><b>6</b>            10am Catholic Service HaH            10am PcT Coffee Social HoH            2pm <i>Advance Care Planning            Learning Session HaH</i>            4-4:45pm LHIN Exercise &amp; Falls            Prevention Class –HeH            7pm Klaverjassen HaH            7pm- Prayer Group PTMR</p>	<p><b>7</b>            9:30am Growing in Grace PTMR            9:45am Coffee Social HaH            10:30am Fun &amp; Fitness I HeH            1pm Bridge KTMR  <u>B12 Injections:</u>  <u>TT/HT/PT: 1:30 to 2:45 p.m. and</u>  <u>CT/KT/PT: 2:45 to 3:45 p.m.</u>            2pm CT Coffee Social CT Balcony            3:30-4:15pm LHIN Exercise &amp; Falls            Prevention Class – STRETCH            N'KRACHT – Stretch n' Strength HoH            4:30-5:15pm LHIN Exercise &amp; Falls            Prevention Class – STA STERKE – Stand            Strong HeH            7:30pm <i>Entertainment: Brampton Festival            Singers HeH</i></p>	<p><b>8</b>            9:30am-3:30pm <i>Vendor: Yeshu's Creations HeH hallway</i>            9am Busy Hands TTMR            9:45am Bus to Superstore CT            Entrance            9:45am Heritage Fellowship Bible            Study PTMR            10am KT Bible Study KTMR            1:30pm Cribbage PTMR            2pm <i>GM Special Events Tea HoH</i>            2pm Trinity Tower Coffee Social HaH            4-4:45pm LHIN Exercise &amp; Falls            Prevention Class –HeH            5pm <i>Bus Trip: St Jacob's Playhouse CT            Entrance</i>            7pm Chess PTMR            7pm Bid Euchre HoH</p>	<p><b>9</b>  <u>Denturist</u>            9:30am-3:30pm <i>Vendor: Stars of Modern Jewelry HeH hallway</i>            10am Line Dancing HaH            10:30am <i>Dance Class HeH</i>  <u>1-4pm Hearing Aid Clinic</u>            3:30-4:15pm LHIN Exercise &amp;            Falls Prevention Class –            STRETCH N'KRACHT –            Stretch n' Strength HoH            4:30-5:15pm LHIN Exercise &amp;            Falls Prevention Class – STA            STERKE – Stand Strong HeH            6:45pm HCH Ktee Euchre Club            HoH            7pm Dutch Hymn Sing HaH</p>	<p><b>10</b>            9:45am Bus to Superstore            CT Entrance            10:30-11:15am – LHIN Exercise &amp;            Falls Prevention Class – STRETCH            N'KRACHT – Stretch n' Strength            HeH balcony            1:30pm <i>Book Club PTMR</i>            4-4:45pm LHIN Exercise &amp; Falls            Prevention Class – ZITTEN EN FIT            – Sit and Be Fit HeH            6:30pm Games Night HaH            7pm Games Night KTMR</p>	<p><b>11</b>            9:00am PT Coffee            Social PTMR            10am HT Coffee            Social HT            10am-11:30am KT            Coffee Social HoH</p>

## 12 Mother's Day

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH



## 13

10am Catholic Service HaH  
10am PcT Coffee Social HoH

1-3 Chiropractic Clinic

2pm Bingo HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

## 14

8:30am Tenant Advisory Committee

9:30am Growing in Grace PTMR

9:30am Bus to Sobey's

9:45am Coffee Social HaH

1pm Bridge KTMR

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

7:30pm Entertainment: *Soli deo Gloria* HeH

## 15

9am Busy Hands TTMR

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10am KT Bible Study KTMR

1:30pm Cribbage PTMR

2pm Trinity Tower Coffee Social HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Chess PTMR

7pm Bid Euchre HoH

## 16

Denturist

10am Line Dancing HaH

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH

6:45pm HCH Ktee Euchre Club HoH

7pm Dutch Hymn Sing HaH

## 17

9:45am Bus to Superstore CT Entrance

10:30am Fun & Fitness I HeH  
10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

## 18

9:00am PT Coffee Social PTMR

10am HT Coffee Social HT  
10am-11:30am KT Coffee Social HoH

## 19

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH

## 20 Victoria Day

10am Catholic Service HaH  
10am PcT Coffee Social HoH

1-3 Chiropractic Clinic

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

## 21

9:30am Growing in Grace PTMR

9:45am Coffee Social HaH

10:30am Fun & Fitness I HeH

1pm Bridge KTMR

1-3pm Mobility Maintenance Clinic

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

7pm Movie Night: *Andre Rieu* HeH

## 22

9am Busy Hands TTMR

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10am KT Bible Study KTMR

1:30pm Cribbage PTMR

2pm Trinity Tower Coffee Social HaH

1:30pm Art Expression Group TTMR  
4-4:45pm LHIN Exercise & Falls Prevention Class –HoH

7pm Chess PTMR

7pm Bid Euchre HoH

## 23

Denturist

9:30am-3:30pm Vendor: *Nelly's Shoes* HeH

10am Line Dancing HaH

1-4pm Hearing Aid Clinic

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH

6:45pm HCH Ktee Euchre Club HoH

7pm Dutch Hymn Sing HaH

## 24

9:30am-3:30pm Vendor: *Mobile Senior Shop* HoH

9:45am Bus to Superstore CT Entrance

10:30am Fun & Fitness I HeH  
10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

## 25

9:00am PT Coffee Social PTMR

10am HT Coffee Social HT  
10am-11:30am KT Coffee Social HoH



## 26

10:00am English Service HeH

2pm Coffee Social HaH

7pm English Service HeH



## 27

10am Catholic Service HaH  
10am PcT Coffee Social HoH

1-3 Chiropractic Clinic

2pm Bingo HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HeH

7pm Klaverjassen HaH  
7pm- Prayer Group PTMR

## 28

9:30am Growing in Grace PTMR

9:30am Bus to Sobey's

9:45am Coffee Social HaH

10:30am Fun & Fitness I HeH

1pm Bridge KTMR

1:30pm Parkinson's Support Group HaH

2pm CT Coffee Social CT Balcony

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class HeH

7:30pm Entertainment: *Brampton Cardinals* HeH

## 29

9:30am-3:30pm Vendor: *Geri Fashions* HeH

9am Busy Hands TTMR

9:45am Bus to Superstore CT Entrance

9:45am Heritage Fellowship Bible Study PTMR

10am KT Bible Study KTMR

1:30pm Cribbage PTMR

1:30pm Art Expression Group TTMR

2pm Trinity Tower Coffee Social HaH

4-4:45pm LHIN Exercise & Falls Prevention Class –HoH

7pm Chess PTMR

7pm Bid Euchre HoH

## 30

Denturist

10am Line Dancing HaH

1-4pm Hearing Aid Clinic

1:30pm Plant Sale & Coffee Social

3:30-4:15pm LHIN Exercise & Falls Prevention Class – STRETCH N'KRACHT – Stretch n' Strength HoH

4:30-5:15pm LHIN Exercise & Falls Prevention Class – STA STERKE – Stand Strong HeH

6:45pm HCH Ktee Euchre Club HoH

7pm Ascension Day Service HeH

## 31

9:45am Bus to Superstore CT Entrance

10:30am Entertainment: *JKCS Oakville Choir & Band* HeH

10:30am Fun & Fitness I HeH  
10:30-11:15am LHIN Exercise & Falls Prevention Class – HeH balcony

4-4:45pm LHIN Exercise & Falls Prevention Class – ZITTEN EN FIT – Sit and Be Fit HeH

6:30pm Games Night HaH

7pm Games Night KTMR

