



Davey, Brenda **May 8**
Peters, Jerry **May 8**
Leach, Trudy **May 13**
Gordon, Rita **May 17**
Biermann, Thelma **May 21**



**May
 Birth Stone:
 Emerald**

**May
 Birth Flower:
 Lily of the Valley
 and Hawthorn**



**MAY 2024
 THE MONTHLY
 BUZZ**

Important Dates:

- May 1 Brian Zalo Entertainment
- May 7 Due Date Library Book
- May 8 Duo Del Mar Entertainment
- May 11 Footcare
- May 12 Mother's Day Luncheon
- May 20 Victoria Day
- May 22 Shoe Shakers Entertainment NEW!
- May 27 Clark's Shoes
- May 29 Michelle Carlisle Entertainment
- May 30 Birthday Party & Welcome Tea

FUN TIMES AT SUNNYSIDE MANOR



April showers have transformed into May flowers at Sunnyside Manor! Take advantage of the beautiful weather and sunshine in our courtyard. As May arrives, we're gearing up for Mother's Day. Let's recognize and honour all the incredible mothers and mother figures in our community, whether they've raised children or cared for others in a maternal way. Mother's Day holds different meanings for everyone. Some cherish memories of their own mothers, while others celebrate the joys of motherhood with loved ones. Regardless, your role as a mother figure is invaluable, shaping and guiding those around you. Looking ahead, we're excited for Victoria Day on May 22nd. This Canadian holiday marks Queen Victoria's birthday and the unofficial start of summer. It's the perfect time to reconnect with friends and soak in the beauty of the season.

Warm regards,






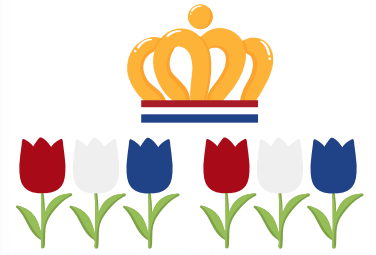













-Olga, Activity Coordinator



May 2024

Sunnyside Manor



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p>Wafaa's Hair Salon Open on Wednesdays 9:00AM-2:00PM</p> 	<p>10:30 Morning Exercises (NL) 1 2:30 Dutch Tulip Giveaway: Celebrating Dutch Heritage Day (WL) 3:00 Happy Hour with Brian Zalo (WL)</p> 	<p>9:45 Communion Service 2 (LIB) 10:30 Chair Yoga DVD (EL) 1:00 Shopping Trip to Walmart (Lo) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD 3 (EL) 1:00 Sudoku Games (EL) 3:00 Creative Colouring (EL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 4 5:30 Saturday Night Chat (WL)</p> 
<p>National Dutch Heritage Day 5</p> 	<p>10:30 Morning Exercises 6 (NL) 1:00 Baby Boomers Jeopardy and All About 50s! (EL) 3:00 Ladder Ball & Bean Bag Toss Games (WL)</p>	<p>Library Books & Tapes Due 7 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL)</p> 	<p>10:30 Morning Exercises 8 (NL) 1:00 Pool Table Shuffle and Shoot (Lo) 3:00 Happy Hour with Duo Del Mar (WL) </p>	<p>9:45 Communion Service 9 (LIB) 10:30 Chair Yoga DVD (EL) 11:00 Scenic Drive & Lunch at KFC (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD 10 (EL) 2:30 Mother's Day Glam & Dine Spa (BS) 4:30 Stylish Supper (DR)</p>	<p>8:00 Foot Care (EK) 11 10:40 Zumba Gold with Marifer (NL) 3:30 Piano Music with Finn (WL)</p> 
<p>11:30 Mother's Day Luncheon with Debbie Owen (DR) 12 1:00 Christian Service with Pastor Les (LIB)</p>	<p>10:30 Morning Exercises 13 (NL) 1:00 Word Search Games (WL) 3:00 Walking & Balance (WL)</p>	<p>10:30 Spiritual Yoga Presentation (EL) 14 1:00 Bingo with Prizes (WL) 3:00 Chair Yoga DVD (EL)</p> 	<p>10:30 Morning Exercises 15 (NL) 1:30 Walk 'n' Talk with Olga (Lo) 3:00 Happy Hour: Musical Memories (WL) </p>	<p>9:45 Communion Service 16 (LIB) 10:30 Chair Yoga DVD (EL) 1:00 Bus Outing to McArthur Glen Designer Outlet Vancouver (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD 17 (EL) 1:30 Chef Talk with Louise (EL) 3:00 Movie Time: The Sound of Music (EL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 18 5:30 Saturday Night Chat (WL)</p> 
<p>3:00 Student Musicians' Harmonious Hour (WL) 19</p> 	<p>Happy Victoria Day! 20 10:30 Stronger Seniors Exercise DVD (EL) 1:00 Victoria Day Jeopardy with Michelle (EL)</p> 	<p>10:30 Learning Technologies with New iPads (NL) 21 1:00 Bingo (WL) 3:00 Chair Yoga DVD (EL)</p>	<p>10:30 Morning Exercises 22 (NL) 1:00 Travelogue with Ann: Adventures in Egypt and Jordan (EL)  3:00 Happy Hour with Shoe Shakers (WL)</p>	<p>9:45 Communion Service 23 (LIB) 10:30 Chair Yoga DVD (EL) 11:00 Outing to Ling Yen Mountain Temple for Tour & Lunch (BUS) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD 24 (EL) 1:00 Horse Races with Michelle (WL) 3:00 Cards with Gigi (WL)</p>	<p>10:40 Zumba Gold with Marifer (NL) 25 3:30 Piano Music with Finn (WL)</p> 
<p>26</p> 	<p>10:30 Morning Exercises 27 (NL) 10:30 Clark's Shoes with Harpreet (WL) 1:00 Blood Pressure Clinic with Aspen Pharmacy (EL) 3:00 Wii Bowling (EL)</p>	<p>10:30 Knit & Chat (EL) 28 1:00 Bingo with Prizes (WL) 3:00 Chair Yoga DVD (EL)</p> 	<p>10:30 Parachute Fitness Party (WL) 29 2:00 Town Hall Meeting (DR) 3:00 Happy Hour with Michelle Carlisle (WL) </p>	<p>9:45 Communion Service 30 (LIB) 10:30 Chair Yoga DVD (EL) 1:00 Party Prep (DR) 1:30 Birthday Party & Welcome Tea (DR) 3:00 Scrabble with Gigi (EL)</p>	<p>10:30 Stronger Seniors - Chair Aerobics DVD 31 (EL) 2:00 Card Talk Cafe with Michelle (WL) 3:00 Brain Teasers: Giant Crossword (WL)</p>	<p><u>Locations Legend:</u> East Lounge (EL) West Lounge (WL) North Lounge (NL) Lobby (Lo) Library (LIB) Dining Room (DR) East Kitchenette (EK) Bus Trips (BUS)</p>