

May
2019



Action on Alzheimer's & Dementia

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	1	2	3	4
			WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11:45AM - 1PM Joaky Ball w/Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S, PAGET 1PM - 2:30PM Holistic Chair Yoga with Kerri Seniors Art Exhibition at BSOA, City Hall opens today	
5	6	7	8	9	10	11
	PEACE LUTHERAN HALL 11AM - 12:15PM Music with Tony	WINDREACH * 2PM - 4PM Boccia Ball	WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11:45AM - 1PM Joaky Ball w/Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S, PAGET 1PM - 2:30PM Holistic Chair Yoga with Kerri	
12	13	14	15	16	17	18
	PEACE LUTHERAN HALL 11AM - 12:15PM Music with Tony Alzheimer's Family Support Group meeting at KEMH (1st Floor conference room, old wing) from 5:30pm	WINDREACH * 2PM - 4PM Boccia Ball	WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11:45AM - 1PM Joaky Ball w/Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	ST. PAUL'S, PAGET 1PM - 2:30PM Holistic Chair Yoga with Kerri	
19	20	21	22	23	24	25
AAD FAMILY SUPPORT MEETING 4:30pm - 5:30pm Markel House, Front Street, Hamilton	PEACE LUTHERAN HALL 11AM - 12:15PM Music with Tony	WINDREACH * 2PM - 4PM Boccia Ball	WINDREACH * 11:15AM - 12 Noon Older Adult Seated Exercise Class 1PM - 3PM Music & Drumming	PEACE LUTHERAN HALL 11:45AM - 1PM Joaky Ball w/Dennis WINDREACH * 2PM - 4PM Horticulture, Arts & Crafts	 PUBLIC HOLIDAY No Activities Today	
26	27	28	29	30	31	1
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