

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
<h1>May 2024</h1> <h2>North Shore, West Shore &amp; Lakeview Residents</h2>			10:00- Sit- N – Fit-FR 1	10:00- Sit- N – Fit-FR 2 NO EXERCISE today	10:00- Sit- N – Fit-FR 3	4			
5	10:00- Sit- N – Fit-PR 6	10:00- Sit- N – Fit-FR 7 No Exercise Today!!	10:00- Sit- N – Fit-FR 8	9:00- Gershwin fun tunes Aerobics 10:00- Sit- N – Fit-FR	10:00- Sit- N – Fit-FR 10	11			
Cinco de Mayo			May Day						
<b>HAPPY MOTHER'S DAY!!</b>	12	10:00- Sit- N – Fit-FR 13	11:30- Mother's Day Lunch RSVP should have been turned in May 3 <sup>rd</sup> . NO Exercise	14	10:00- Sit- N – Fit-FR 15	9:00- Fitter sitters 10:00- Sit- N – Fit-FR	16	10:00- Sit- N – Fit-FR 17	18
Mother's Day National Skilled Nursing Care Week									Armed Forces Day
19	10:00- Sit- N – Fit-FR 20	10:00- Sit- N – Fit-FR 21 1:30- Light and lively	10:00- Sit- N – Fit-FR 22	9:00-Light and lively 10:00- Sit- N – Fit-FR	23	10:00- Sit- N – Fit-FR 24	25		
	Victoria Day (Canada)								
26	10:00- Sit- N – Fit-FR 27	10:00- Sit- N – Fit-FR 28 1:30- Chair Exercises	10:00- Sit- N – Fit-FR 29	9:00- Chair Exercises 10:00- Sit- N – Fit-FR	30	10:00- Sit- N – Fit-FR 31			
	Memorial Day								

TO-Three Oaks, SMS-Sugar Maple Suites, PP-Patio Pines, WL-Willow Lane, CH-Chapel, FR-Fellowship Room SMS-Sugar maple suites \*calendar is subject to change.