

May 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Creative playdates 1pm-3pm Welcome to May water color 	2 Meal: Breakfast Casserole and croissants 11am-2pm Activity Bingo 
3	4 Jun 1-4:30	5 Mental Health Wellness Creat your own Mental Health Journal 1pm-3pm	6 Meal: Chicken wraps And Salad Chair Yoga & Acrylic Spring Landscape 11am-2pm 	7 Ice Cream Outing And hike on trail 11-1 	8 Concurrent Disorders Group 10am-11am Creative Playdates 1pm-3pm Love and Gratitude Cards For that special Lady in your life Celebrating feminine energy.	9 Meal: Pancakes and Sausages Activity: Minute to Win it 11am-2pm 
10 Soup for the Soul 10:30am Mothersday 	11 Jun 1-4:30	12 Mental Health Wellness Mental Health Myth vs Fact 1pm-3pm	13 Meal: Spaghetta and Meat sauce Garlic bread Chair Yoga & Acrylic Butterflies 11am-2pm 	14 Fill your Cup Womens Group 1pm-3pm Royal Tea all things British 	15 Creative playdates 1pm-3pm Water Color & Salt 	16 Meal: Sheppards pie/ salad Ice Cream Outing And Hike 11-2 
17	18 STAT	19 Mental Health Wellness Gratitude Wall 1pm-3pm	20 Meal: Cheese burgers and potato chips Chair yoga & Trivia 11am-2pm 	21 Lucy's Farm Leave club at 10am Fee \$9.00 Includes Bag lunch 	22 Concurrent Disorders Group 10am-11am Creative Playdates 1pm-3pm May Flowers 	23 Meal: Pulled Pork on Kaiser/ coleslaw Activity: Movie 11am-2pm 
24 Soup for the Soul 10:30am 	25 Jun 1-4:30	26 Mental Health Wellness Positive Affirmations 1pm-3pm	27 Meal: Chilli dogs and fries Chair Yoga & watercolor bookmarks 11am-2pm 	28 Fill your Cup Womens Group Spa Day 1pm-3pm 	29 Creative playdates 1pm-3pm Glowing Glue Window Gems 	30 Coldwater Duck Race Bag Lunch \$4.00 11am-4pm 
31	<p>  Delta BINGO GAMING </p>					

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Delta Bingo Penetanguishene

