

WEDNESDAYS IN MAY

MAY 6, 2026

Meal: Chicken Wraps
& Salad
Yoga/Acrylic Spring Landscaping

MAY 13, 2026

Meal: Spaghetti Meat
Sauce/Garlic Bread
ACTIVITY: Yoga/Minute To Win It

MAY 20, 2026

Meal: Cheese Burger & Chips
Yoga/Acrylic Butterflies

MAY 27, 2026

Meal: Chilly Dogs & Fries
ACTIVITY: Yoga/Trivia

EVERY WED

Chair Yoga

705-526-1305

EXT 1228

PLEASE CALL BEFORE 9 AM

ON THE DAY OF ACTIVITY