

MAY



2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>MENTAL HEALTH WEEK</p> <p>UNMASKING MENTAL HEALTH</p>			<p>Seniors Expo Collin's Hall 10am - 4pm FREE ADMISSION</p> <p>Come check it out</p>	<p>BINGO @ 2pm</p>
05	06	07	08	09
<p>Mental Health Week May 5th to 11th Unmasking Mental Health</p> <p>See attached program in Stepping Stones or website</p>				
12	13	14	15	16
<p>Self Portraits of how we see ourselves! Painting on Canvas Starts 1pm</p>	<p>Come make crafts to decorate the Club for Spring</p>	<p>30 min workout with Heather 2pm</p>	<p>Coffee Socials</p> <p>Junk Journaling at 11am Round table social at 2pm</p>	<p>BBQ 12-3pm Have fun with your Club 90 Friends</p>
19	20	21	22	23
<p>SEE YOU TUESDAY</p> <p>Happy May 2-4 weekend</p>	<p>Clean up and flower planting outside in the flower bed @1pm</p>	<p>30 min workout with Heather 2pm</p>	<p>Coffee Socials</p> <p>Junk Journaling at 11am Round table social at 2pm</p>	<p>BBQ 12-3pm Have fun with your Club 90 Friends</p>
26	27	28	29	30
<p>Spa Day face mask and manicure starting at 1pm with Cindy & Heather</p>	<p>Charades 1pm</p>	<p>30 min workout with Heather 2pm</p>	<p>Coffee Socials</p> <p>Junk Journaling at 11am Round table social at 2pm</p>	<p>BBQ 12-3pm Have fun with your Club 90 Friends</p>



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Monday	Tuesday Free Lunch	Wednesday	Thursday Free Lunch	Friday I- CHEF
<p>Please see the flyer to get the different activities happening at the club during Mental Health Week.</p> <p>If any member wants to cook in the month of June, please talk to Ajay by 23rd May. 😊</p>			<p>Supper: Sloopy Joe's</p> 	<p>Supper: Butter Chicken</p> 
5 Mental	6 Health	7 Week	8 Free Lunch	9 I- CHEF
<p>Free Brunch Cold Plate</p> 	<p>Supper: Community BBQ</p> 	<p>Supper: Community Lunch</p> 	<p>Supper: Tortellini Pasta with Strawberry feta cheese salad</p> 	<p>Supper: Chicken Burgers with Ceaser salad</p> 
12	13 Free Lunch	14	15 Free Lunch	16 I- CHEF
<p>Supper: Pizza Day</p> 	<p>Supper: Shepherd's pie</p> 	<p>Supper: Stir Fry</p> 	<p>Supper: Tater tots Tacos</p> 	<p>Supper: BBQ</p>  <p>WEATHER PERMITTING</p>
19	20 Free Lunch	21	22 Free Lunch	23 I-CHEF
<p>Supper: see you TOMORROW</p> 	<p>Supper: Chicken Ceaser Wrap</p> 	<p>Supper: Goulash</p> 	<p>Supper: Pulled pork sandwiches.</p> 	<p>Supper: BBQ</p>  <p>WEATHER PERMITTING</p>
26	27	28	29	30
<p>Supper: Cold plate</p> 	<p>Supper: Western sandwiches</p> 	<p>Supper: Pizza Day</p> 	<p>Supper: Taco Salad</p> 	<p>Supper: BBQ</p>  <p>WEATHER PERMITTING</p>