

# May 2024

## Forward Club House Monday–Friday 1-5:30, Saturday 10-5:30

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Learn to cook with Brianna 10-12*	Connect grp 10-11*	Meditation & QiGong 10:30*	Swimming 9:30-1* Young Adults 10:30-12*		<b>* PLEASE SIGN UP TO BE INCLUDED IN THESE ACTIVITIES</b>
LGBTQ+ 1:30-2:30  Music Fun 3-4:30 on 8th, 15th & 25th  Event Planning 3-4 on 22nd  Dinner 5-5:30	Stephen's Stories 1:30-2  Art in the Den 2:30-4:30  Get Moving* 2:30-4:30  Coffee House & Games 4:30-5:30	Gardening 1:30-3  Men's Group 3:30-4:30  Dinner 5-5:30	Craft Time 1:30-2:30  Walking Group 2:30-3:30  Documentaries & Coffee House 4-5:30	HUG Meeting 1:30-2  Writing Circle 2-3  Mexican Train (2 games in Den) 3-4:30  Dinner 5-5:30	<b>4th</b> Quiz Time 10:30-11:30 Comedy Hour 11:30-12:30 Chess Tournament 2-4 Outdoor Fun 4-5:30  <b>11th</b> Meditation 10:30-11:30 Comedy Hour 11:30-12:30 Chess Tournament 2-4 Bingo 4-5:30  <b>18th</b> Discussion 10:30-11:30 Comedy Hour 11:30-12:30 Chess Tournament 2-4 Outdoor Fun 4-5:30  <b>25th</b> Relaxation 10:30-11:30 Comedy Hour 11:30-12:30 Chess Tournament 2-4 Trivia 4-5:30
<b>CLOSED on Monday 20th May for Victoria Day</b>	<b>Music Therapy on 14th &amp; 28th 11:30-12:30*</b>	<b>Lunch served daily at 1pm</b>	<b>House is open daily from 10-1 for quiet activities</b>	<b>Get Moving*</b>	
<b>CLOSED on Thursday 30th for staff training</b>		<b>Dinner served on Mondays, Wednesdays &amp; Fridays at 5pm</b>	<b>Young adult group starts Thursday 9th</b>	7–Driving Range 14–Fun @ Beach 21–Hamilton Hobby Farm 28–Little Qualicum Falls	