







*In the warm rays of your love, I left my sad winter  
 behind for a sweet, blossoming spring.* Jules Sandeau

# May 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Foot care with Michèle Côté, RN</b> <b>819-293-3168</b> <b>May 25-27</b> <b>Hugo the Barber: May 5</b>				9:30 (A) Active Living 1:30 (SL) Mother's Day Crafts <span style="float: right;">01</span>	1:30 (A) Movie on the big screen <span style="float: right;">02</span>
<span style="float: right;">03</span>	9:15 Library 9:30 (A) Yoga on screen 1:30 (SL) Cards/Scrabble 2:45 (SL) Petanque <b>(A) AS Fashion Boutique</b> <span style="float: right;">04</span>	9:30 (PIS) Aqua Aerobics 1:00 (SL) Military Whist 2:45 (SL) Dance Class <b>Hugo Barber</b> <span style="float: right;">05</span>	9:00 (SL) Mass 1:30 (SL) Bingo <span style="float: right;">06</span>	9:30 (PIS) Aqua aerobics <b>1:30 (SL) Lecture: "Demystifying Alzheimer's"</b> 6:00 SL Military Whist <span style="float: right;">07</span>	9:30 (A) Active Living <b>11:15 Mother's Day Musical Brunch</b> <b>1:30 (SL) Music with FADOQ</b> <span style="float: right;">08</span>	1:30 (A) Big-screen movie <span style="float: right;">09</span>
11:15 Violin: dining room 1:30 (SL) Music <b>1:30 (SL) Mother's Day with Jacques Therrien</b> <span style="float: right;">10</span>	9:15 Library 9:30 (A) Yoga on screen 1:30 (SL) Cards / Scrabble 2:45 (SL) Super Quiz <span style="float: right;">11</span>	9:30 (PIS) Aquafit 1:00 (SL) Military Whist 2:30 (SL) Washer Game <span style="float: right;">12</span>	9:00 (SL) Mass 1:30 (SL) Bingo <span style="float: right;">13</span>	9:30 (PIS) Aqua Aerobics 1:30 (SL) Brain Teaser 6:00 (SL) Military Whist <b>(A) Annie-Rose Boutique</b> <span style="float: right;">14</span>	9:30 (A) Active Living 1:30 (SL) Movie screening on the big screen <span style="float: right;">15</span>	1:30 (A) Big-screen movie <span style="float: right;">16</span>
	<b>Patriots' Day</b> <span style="float: right;">18</span>	9:30 (PIS) Aquafit 1:00 (SL) Military Whist 2:00 (A) Coffee and conversation 2:45 (SL) Dance Class <span style="float: right;">19</span>	9:00 (SL) Mass 1:30 (SL) Bingo <span style="float: right;">20</span>	9:30 (PIS) Aqua Aerobics <b>2:00 PM (SL) La poule aux œufs d'or</b> 6:00 (SL) Military Whist <span style="float: right;">21</span>	9:30 (A) Active Living 1:30 (SL) Softball <span style="float: right;">22</span>	1:30 (A) Movie on the big screen <span style="float: right;">23</span>
<span style="float: right;">24</span>	9:15 Library 9:30 (A) Yoga on Screen 1:30 (SL) Cards / Scrabble <b>Foot care</b> <span style="float: right;">25</span>	9:30 (PIS) Aquafit 1:00 (SL) Military Whist 2:30 (SL) Pocket 300 <b>(A) Mon Plaisir Boutique Foot Care</b> <span style="float: right;">26</span>	9:00 (SL) Mass 1:30 (SL) Bingo <b>Foot care</b> <span style="float: right;">27</span>	9:30 (PIS) Water aerobics 6:00 (SL) Military Whist <b>1:30 (SL) Music with DJ Joey</b> <span style="float: right;">28</span>	9:30 (A) Active Living <b>1:30 (SL) Perfume-making workshop</b> <span style="float: right;">29</span>	1:30 (A) Movie on the big screen <span style="float: right;">30</span>
<span style="float: right;">31</span>			<b>Song-Music Shop</b> <b>Special Activity</b> <b>Self-Care</b>	<b>Legend:</b> PIS=Pool A=Atmosphere SL=Recreation Room ACA=Acadian Lounge	