




# May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Calendar Colour Codes: Activities for mental and emotional wellbeing Activities to promote physical health Virtual Tours Wacky Holidays</p>	<p>West Coast Reach Association (REACH!) is offering group singing via Zoom for free on Mondays from 7:00-8:00pm. Email <a href="mailto:westcoastreach@gmail.com">westcoastreach@gmail.com</a> to receive login information.</p>	<p>FREE Adaptive Cross Fit sessions from Crossfit LifeTree via Zoom. No equipment needed. Classes run <b>every Tuesday</b> at 11am on Zoom. You need to <u>register</u> in advance so they can keep the space safe.</p>	<p>Check out <u>Special Olympics BC's May in Motion Challenge</u> for weekly fitness schedules you can participate in at home!</p>	<p>Check out Lifetime Networks' <u>Resource and Activity Hub</u> for a collection on online games, activities, and other resources.</p>	<p><b>1</b> <b>Batman Day</b> Join <u>MOVE Adapted Fitness and Rehabilitation Society of BC on Facebook for Fun Fitness Friday Workouts</u>. <b>Art Therapy</b> via Zoom 1-2pm </p>	<p><b>2</b> <b>Astronomy Day</b> Did you know... When we look at the stars we see the past? The light that we see in the sky might have left the star a million years ago!</p>
<p><b>3</b> Looking to relax and reset? Join a <u>guided forest meditation</u> presented by Power to Be!</p>	<p><b>4</b>  <b>Star Wars Day</b> May the fourth be with you...</p>	<p><b>5</b> <b>Cinco de Mayo</b>  Did you know... Cinco de Mayo is actually more popular in the USA than it is in Mexico!</p>	<p><b>6</b> <b>Beverage Day</b> Make sure to sip on your favourite beverage today!</p>	<p><b>7</b>  Full Moon <u>Take a tour of the Eiffel Tower</u> and enjoy an elevator ride to the top floor!</p>	<p><b>8</b> <b>Art Therapy</b> via Zoom 1-2pm </p>	<p><b>9</b> <b>Lost Sock Memorial Day</b> Did you know... You can wear your mismatched socks on March 21<sup>st</sup> to celebrate World Down Syndrome Day!</p>
<p><b>10</b> <b>Mother's Day</b> </p>	<p><b>11</b> <b>Eat What You Want Day</b> Eat your favourite meals today!</p>	<p><b>12</b> <b>Lag B'Omer</b>  Take a virtual Zipline <u>Tour</u> in the Philippines</p>	<p><b>13</b></p>	<p><b>14</b> <b>Chicken Dance Day</b> Did you know... The Chicken Dance was first created in Switzerland and was actually called the Duck Dance!</p>	<p><b>15</b> <b>Pizza Party Day</b>  <b>Happy Birthday</b> Brendon <b>Art Therapy</b> via Zoom 1-2pm </p>	<p><b>16</b></p>
<p><b>17</b> <b>Happy Birthday</b> Gloria </p>	<p><b>18</b>  VICTORIA DAY</p>	<p><b>19</b> <b>Laylatul Qadr</b>  (Night of Power)</p>	<p><b>20</b> <u>Take a virtual tour of London</u> including Big Ben and Buckingham Palace</p>	<p><b>21</b> <b>Ascension Day</b> </p>	<p><b>22</b>  New Moon <b>Art Therapy</b> via Zoom 1-2pm </p>	<p><b>23</b></p>
<p><b>24</b> <b>Eid ul Fitr</b> </p>	<p><b>25</b> <b>Sing Out Day</b> Did you know... Singing alleviates bad moods and reduces stress? So sing extra loud today!</p>	<p><b>26</b> <b>Jitterbug Day</b> Break out your dancing shoes and do this dance that originated nearly 100 years ago!</p>	<p><b>27</b> <b>Sunscreen Day</b> Did you know... Sunscreen doesn't block 100% of UV rays so your body can still receive enough Vitamin D while wearing sunscreen!</p>	<p><b>28</b> <b>Hamburger Day</b> Did you know... Nearly 60-percent of all sandwiches sold worldwide are actually hamburgers!</p>	<p><b>29</b> <b>Shavuot</b> </p>	<p><b>30</b> <u>Take a virtual stroll</u> through the Jardin Exotique Garden and Cave in Monaco</p>
<p><b>31</b> <b>Pentecost</b>  <b>Happy Birthday</b> David </p>						