



# Every Day in May Calendar

**2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 *Spirit workshop	2	3 Report your Weekly Total: _____
4	5	6	7 *Body workshop	8	9	10 Report your Weekly Total: _____
11	12 *Mind (walking) workshop	13	14	15	16	17 Report your Weekly Total: _____
18	19	20	21	22	23	24 Report your Weekly Total: _____
25	26	27	28	29	30	31 Report your Weekly Total: _____

**\*Spirit:** The Joy of Singing  
- Hosted by Angie Reichenbach  
- **May 1 at 1:00 – 2:30 PM**  
- Chapel

**\*Body:** Workshop on Balance  
- Led by Heather Powell, Yoga Instructor  
- **May 8 at 1:30 PM**  
- Sheppard Hall

**\*Mind:** Walking Workshop on Blue Space  
- Led by Barbara Snelgrove  
- **May 13 at 9 AM**  
- Lions Pavilion, Victoria Park, Cobourg