

# May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Q</b> - What kind of bee can't make up it's mind?		You are never too old, to set a <b>new goal</b> - or <b>dream</b> a <b>new dream</b>	 <b>May Day International Workers Day!</b> <sup>1</sup>	 <b>Board Games and snacks</b> at Alex St. <b>2:00pm-4:00pm</b> <sup>2</sup>	<b>Free Comic Book Day at Strange Adventures!</b> 10:00am-4:00pm <sup>3</sup>
<i>Self Care Sunday</i> Practice self care today! <sup>4</sup>	<b>Games day</b> at Booth! <b>1:00pm-3:00pm</b> <sup>5</sup> 	One on one <b>tech support!</b> Bedford Public Library <b>2:00pm-3:00pm</b> <sup>6</sup>	Go for a free walk at the <b>Zatzman Sportsplex track</b> , 7 Days a week! <sup>7</sup>	<b>Pool Club</b> at Rockingham Dooly's <b>1:00pm-3:00pm</b> <sup>8</sup>	Nova Scotia Works <b>Resume Support</b> Sackville Public Library <b>9:00am-12:00pm</b> <sup>9</sup>	<b>Creative Studio DIY Drop-In</b> , at the Central Library, <b>2:00pm-4:00pm</b> <sup>10</sup>
 <sup>11</sup>	<b>"Soups on"</b> at 173 Old Sambro Rd. Free Lunch! <b>12:00pm-1:30pm</b> <sup>12</sup>	<b>Flower Craft</b> at Old Sackville <b>1:00pm-3:00pm</b> please rsvp <sup>13</sup>	 <i>Mindfulness Wednesday</i> Practice Deep Breathing Today <sup>14</sup>	 <b>Pool Club</b> at Rockingham Dooly's <b>1:00pm-3:00pm</b> <sup>15</sup>	<b>Board Games and snacks</b> at Alex St. <b>2:00pm-4:00pm</b> <sup>16</sup>	<b>Learn to Meditate</b> at the Woodlawn Public Library <b>10:00am-12:00pm</b> <sup>17</sup>
<b>Museum of Natural History</b> Sensory Friendly Sundays <b>9:30am -4:30pm</b> <sup>18</sup>	 <i>Victoria Day</i> <sup>19</sup>	<b>Go for a walk in nature today!</b> Share your pictures to be featured on instagram <sup>20</sup>	 <b>Chess Club</b> Keshen Goodman Library <b>5:30pm-7:30pm</b> <sup>21</sup>	<b>Pool Club</b> at Rockingham Dooly's <b>1:00pm-3:00pm</b> <sup>22</sup>	<b>Board Games</b> at the Keshen Goodman Library <b>1:30pm-4:30pm</b> <sup>23</sup>	<b>Random Acts of Kindness Saturday!</b> Do something nice for someone you care about today <sup>24</sup>
Free Zumba classes at the <b>Zatzman Sportsplex</b> , <b>9:00am</b> every Sunday <sup>25</sup>	<b>Games day</b> at Booth! <b>1:00pm-3:00pm</b> <sup>26</sup> 	<i>Share a smile today</i>  <sup>27</sup>	<b>Hamburger Day!</b> Share your creations with friends! <sup>28</sup>	<b>Pool Club</b> at Rockingham Dooly's <b>1:00pm-3:00pm</b> <sup>29</sup>	 <b>Board Games and snacks</b> at Alex St. <b>2:00pm-4:00pm</b> <sup>30</sup>	Write down your favorite activity on our calendar and submit it to have your name entered in a draw! <sup>31</sup>