

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# May 2026

1



May is Footcare Month

2



3

Monday Morning Mingle  
Wellness Checks  
8:30-10:00am  
Whittaker Room WRM

Tuesday to Town (Oromocto)  
Call to reserve a seat



5



Friendly Calls

6

Grief Cafe  
2-3:30pm  
Whittaker Room WRM

7

Footcare Clinic  
Tracy Senior Centre  
9:00am  
Call for appointment

8



9

10



Monday Morning Mingle  
TOPIC  
"Stress Management and Mindfulness"  
8:30-10:00am  
Whittaker Room WRM

Lunch and Learn Gladstone Curling Club 12pm  
Presentation from "The Fredericton Botanic Gardens"  
Call to reserve a seat

12

13

14

Footcare Clinic  
Tracy Senior Centre  
9:00am  
Call for appointment

15

16

17

18



Tuesday to Town (Fredericton)  
Call to reserve a seat

19



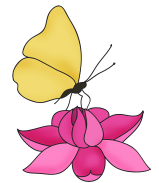
20



21

22

23



24



Monday Morning Mingle  
Wellness Checks  
8:30-10:00am  
Whittaker Room WRM

Tuesday to Town (Fredericton)  
Pickup at Rusagonis Baptist Church  
9:30am  
Call to reserve a seat

26

27

28



29

30



31

**NURSING HOME WITHOUT WALLS/WHITE RAPIDS MANOR 506-368-6504 onthego@whiterapidsmanor.nb.ca**