

# SALC PROGRAM CALENDAR: MAY 2026

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



1  
9:30 – SL  
Fit & Friendly  
  
11am - meet at SL  
Walking Club

2

3

4  
3:30 – 4:15pm – DC  
TRX Class

5  
11:00am – SL  
Tips for Organizing  
your Places & Spaces  
  
1:00 – depart for Food  
Basics (Strathroy)

6  
11:00AM – DEPART  
FOR AQUAFIT AT  
STONEYCREEK YMCA

7  
3:30pm – DC  
Community Movers  
  
Meal Program  
Drop off @ 4:30

8  
9:30 – SL  
Fit & Friendly  
  
10:30 – depart for  
Canadian Baseball  
Museum

9

10

11  
3:30pm – 4:15pm – DC:  
TRX Class

12  
10:30am – depart for  
Home Hardware  
Komoka (seniors’  
discount day)

13  
11:00am – DEPART  
FOR AQUAFIT AT  
STONEYCREEK YMCA

14  
12:00 – 1:30 – SL  
Lunch from the Piping  
Kettle (NO COST)  
  
3:30pm - DC  
Community Movers  
  
Meal Program  
Drop off @ 4:30

15  
9:30 – SL  
Fit & Friendly  
  
11am – meet at SL  
Walking Club

16

17

18  
**VICTORIA DAY**

19  
10:30am – depart for  
Costco North London  
  
2:00pm – TBD  
Virtual / Audio Book  
Club

20

21  
3:30pm – DC  
Community Movers  
  
4:30pm - DC  
Let’s Dine! (Delish  
meal from Union Pub)

22  
9:30 – SL  
Fit & Friendly  
  
11:00am – DEPART  
FOR AQUAFIT AT  
STONEYCREEK YMCA

23

24

25  
3:30pm – 4:15pm – DC:  
TRX Class

26  
1:30 – SL  
Crochet and Knitting  
Club

27  
11:00am – DEPART  
FOR AQUAFIT AT  
STONEYCREEK YMCA  
  
2:00pm – location TBD  
The Spring Gardener –  
container friendly  
vegetables

28  
10:30am – depart for  
Strathroy  
Conservation Area  
  
3:30pm – DC  
Community Movers  
  
Meal Program  
Drop off @ 4:30

29  
9:30 – SL  
Fit & Friendly

30

31

**Have Questions? Looking to Register?**  
Contact SALC Coordinator, Andrea Baker  

- [Salc@craigwielgardens.on.ca](mailto:Salc@craigwielgardens.on.ca)
- 519-293-3215 extension 240

**Sneak Peak for June Programming:**  

- Trail walk at Morrison Dam ( Exeter)
- Health Expert “in Residence”
- Outing to Royal Canadian Regiment Museum (London)

 & much more!

**LOCATIONS:**  
**SL: South Lounge**  
**DC: Day Centre**

**Walking Club** (Friday, May 1 & May 15)

Join in for a casual walk in the Ailsa Craig area twice a month. Please meet at the exit by the South Lounge.

**Tips for Organizing your Places & Spaces** (Tuesday, May 5)

SALC Coordinator, Andrea, will facilitate this workshop. Take the “Clutterbug Quiz” to find out what your organization style is. Once you know your style, you can implement a system that works for you. You will find yourself feeling more relaxed in your organized surroundings!

**Outing to Canadian Baseball Hall of Fame & Museum** (Friday, May 8<sup>th</sup>)

We will depart at 10:30 for the Canadian Baseball Hall of Fame & Museum in St. Mary’s. Seniors’ admission rate: \$10.

**Komoka Home Hardware** (Tuesday, May 12)

Stock up on your outdoor / gardening supplies for the warm months ahead at Komoka’s super-sized Home Hardware Store. Tuesdays are their seniors’ discount day!

**Lunch On Us! (SALC)** (Thursday, May 14)

Enjoy home-made style soup from the Piping Kettle, along with some extras to fill your belly. Let’s take this opportunity to get to know each other better, and feel free to provide feedback on or ask questions about the SALC program.

**Costco** (Tuesday, May 19)

By popular request, we will be making an outing to North London Costco. Please meet at the exit by the South Lounge at 10:30.

**Virtual / Audio Book Club** (May 19)

Join this book lovers’ club run by the CNIB for people with low vision. Andrea, the SALC coordinator, will run the virtual club for the attendees. Discussion will be around books we have read (or listened to!) lately – which ones receive high praise and which books did not get good reviews.! Discussion will also be around how we access our books and fuel our love of reading despite low vision.

**Let’s Dine!** (May 21)

The Union Pub comes to Craigwiel! Enjoy “Mama’s Meatloaf,” along with mashed potatoes, onion rings, seasonal vegetables, dessert and beverages.

**Crochet, Knit, Macrame or Whatever Club** (May 26)

Bring along your current project or start a new one! If you are new to yarn crafts, please inform Andrea so she can make sure you have supplies and resources to help you get started. If there is interest, we can continue to meet once a month.

**The Spring Gardener** (May 27)

Plant now, eat later! Supplies will be provided so we can plant some of our favourite container-friendly fruits, vegetables, and herbs.

**Nature Outing – Strathroy Conservation Area** (May 28)

Enjoy all the sights and sounds of nature as we walk the 3 kilometre trail through a beautiful floodplain forest. Please meet at the exit by the South Lounge at 10:30am.