

# MAY

M	T	W	T	F	S	S	
						White Rock Farmers' Market kicks off the season!	Move 4 Life Semiahmoo Hockey Player registration opens
2 Mental Health Week	3	4	5	6 National Nurses Day	7 The Peace Arch Hospital Gala – La Dolce Vita	8 MOTHER'S DAY Farmers' Market	
9	10	11 Try a yoga class	12	13	14	15 Farmers' Market	
16	17	18	19	20 Fill your plate with a rainbow of colourful fresh local veggies from the Farmers' Market	21	22 Farmers' Market	
23 VICTORIA DAY	24	The Chamber Dying to Learn More: Aging Mindfully 10:00am - 3:00pm	Seniors Planning Table Self Defense for Seniors 12:00pm - 2:00pm	The Chamber A Celebration of Resilience: Business Excellence Awards 6:00pm - 9:00pm	28	29 National AccessAbility Week Farmers' Market	
30	31	Live Yoga offers high quality instruction in a friendly and encouraging environment, where our exceptional teachers and vibrant community come together to make every student feel welcome, and included. Yoga and fitness classes can be taken in-person, live streamed online, or enjoyed on your own schedule via our online library.					

## MAY GOALS

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