


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 8:00 Breakfast</p> <p>10:15 Café Time</p> <p>11:30 Church Service</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Musical Moments</p> <p>5:00 Dinner</p>	<p><b>Emma's West</b></p> <p><b>Neighbourhood</b></p> <p><b>April 2023</b></p>				<p><b>April Birthdays</b></p> <p>Margaret D April 7</p>	<p>1 8:00 Breakfast</p> <p>10:15 Café Time</p> <p>11:15 Circle of Friends</p> <p>12:00 Lunch</p> <p>2:30 For the Fun of Fit</p> <p>3:30 Chocolate Bingo</p> <p>5:00 Dinner</p>
<p>2 8:00 Breakfast</p> <p>10:15 Café Time</p> <p>11:30 Church Service</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Musical Moments</p> <p>5:00 Dinner</p>	<p>3</p> <p>8:00 Breakfast</p> <p>12:00 Lunch</p> <p>3:00 Chocolate Bingo</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Java Time</p>	<p>4 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise Class</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p>	<p>5 8:00 Breakfast</p> <p>10:30 Java Time</p> <p>11:15 Musical Moments</p> <p>12:00 Lunch</p> <p>2:30 In the Kitchen</p> <p>4:00 Express Yourself</p> <p>5:00 Dinner</p> <p>6:15 Friendly Visits</p>	<p>6 8:00 Breakfast</p> <p>9:30 Dog Visits</p> <p>10:30 Soothing Sensations</p> <p>12:00 Lunch</p> <p>3:00 Musical Moments Peter Harding</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p>	<p>7 <b>Good Friday</b></p> <p>8:00 Breakfast</p> <p>10:00 Mindfulness Class</p> <p>12:00 Lunch</p> <p>2:00 Church Service</p> <p>3:00 Get Moving</p> <p>3:45 Express Yourself</p> <p>5:00 Dinner</p>	<p>8 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 For the Fun of Fit</p> <p>3:00 Café</p> <p>3:30 Chocolate Bingo</p> <p>5:00 Dinner</p> <p>6:15 Armchair Travel</p>
<p>11 <b>Easter Sunday</b></p> <p>8:00 Breakfast</p> <p>11:30 Church Service</p> <p>12:00 Lunch</p> <p>2:00 For the Fun of Fit</p> <p>3:30 Brains and Banter</p> <p>4:00 Easter Musical Moments</p> <p>5:00 Dinner</p> <p>6:15 Nails</p>	<p>10 <b>Easter Monday</b></p> <p>8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Circle of Friends</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Active Games</p>	<p>11 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise Class</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:30 For the Soul</p>	<p>12 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>1:30 Brains and Banter</p> <p>2:30 Circle of Friends</p> <p>4:00 Express Yourself</p> <p>5:00 Dinner</p>	<p>13</p> <p>8:00 Breakfast</p> <p>9:30 Dog Visits</p> <p>10:30 Soothing Sensations</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Friendly Visits</p>	<p>14</p> <p>8:00 Breakfast</p> <p>10:00 Mindfulness Class</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise class</p> <p>3:30 Wine and Cheese</p> <p>5:00 Dinner</p>	<p>15 8:00 Breakfast</p> <p>10:15 Café Time</p> <p>11:00 Circle of Friends</p> <p>12:00 Lunch</p> <p>2:15 For the Fun of Fit</p> <p>3:30 Brains and Banter</p> <p>5:00 Dinner</p>
<p>16</p> <p>8:00 Breakfast</p> <p>10:00 Friendly Visits</p> <p>11:00 Musical Moments</p> <p>12:00 Lunch</p> <p>2:00 Beans Bag Toss</p> <p>3:30 Chocolate Bingo</p> <p>5:00 Dinner</p>	<p>17</p> <p>8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 For the Fun of Fit</p> <p>3:30 Chocolate Bingo</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Java Time</p>	<p>18 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise Class</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:30 For the Soul</p>	<p>19 8:00 Breakfast</p> <p>10:30 Java Time</p> <p>11:15 Musical Moments</p> <p>12:00 Lunch</p> <p>2:30 In the Kitchen</p> <p>4:00 Express Yourself</p> <p>5:00 Dinner</p> <p>6:15 Friendly Visits</p>	<p>20 8:00 Breakfast</p> <p>9:30 Dog Visits</p> <p>10:30 Soothing Sensations</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p>	<p>21</p> <p>8:00 Breakfast</p> <p>10:00 Mindfulness Class</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise class</p> <p>3:30 Tea Party</p> <p>5:00 Dinner</p>	<p>22 <b>EARTH DAY</b></p> <p>8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 For the Fun of Fit</p> <p>3:00 Café</p> <p>3:30 Chocolate Bingo</p> <p>5:00 Dinner</p> <p>6:15 Armchair Travel</p>
<p>23</p> <p>8:00 Breakfast</p> <p>11:30 Church Service</p> <p>12:00 Lunch</p> <p>2:00 Bean Bag Toss</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Nails</p>	<p>24</p> <p>8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Circle of Friends</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Active Games</p>	<p>25 8:00 Breakfast</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise Class</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:30 For the Soul</p>	<p>26 8:00 Breakfast</p> <p>10:30 Java Time</p> <p>11:15 Musical Moments</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Express Yourself</p> <p>5:00 Dinner</p>	<p>27 8:00 Breakfast</p> <p>9:30 Dog Visits</p> <p>10:30 Soothing Sensations</p> <p>12:00 Lunch</p> <p>2:30 Circle of Friends</p> <p>4:00 Brains and Banter</p> <p>5:00 Dinner</p> <p>6:15 Friendly Visits</p>	<p>28</p> <p>8:00 Breakfast</p> <p>10:00 Mindfulness Class</p> <p>12:00 Lunch</p> <p>2:00 Stepping Out</p> <p>3:00 Exercise class</p> <p>3:30 Birthday Party</p> <p>5:00 Dinner</p>	<p>29</p> <p>8:00 Breakfast</p> <p>10:15 Café Time</p> <p>11:15 Circle of Friends</p> <p>12:00 Lunch</p> <p>2:30 For the Fun of Fit</p> <p>3:30 Chocolate Bingo</p> <p>5:00 Dinner</p>