

APRIL


Downey

Legend

Do - Downey
Ha - Hagey
Jo - Johnston
Ma - Matthews
Po - Pollock

Wr - Wright
C - Chapel
CC - Community Centre
CY - Courtyard
FC - Fitness Centre

L - Library
MS - Main Street
RH - Retirement

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 You & Me 6:30 In the Kitchen (CC)	2 10:00 Contemplating Life with Mike (C) 2:00 In the Kitchen 3:00 Express Yourself 3:30 Balance Class (FC) 6:30 Documentary (C)	3 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 1:30 Van Outing 2:00 Seated Yoga (FC) 6:30 Active Games (MS)	4 9:30 Friendly Visits 10:30 Sit N Get fit 11:00 For the Fun of Fit 2:00 Bingo on Downey 3:30 Active Games (FC) 6:30 Crafting Club (CC)	5 9:30 Morning Stretches 10:30 Brains & Banter 2:00 Family Games (CC) 3:15 Stepping Out
	6 9:30 For the Soul 10:30 Daily Perk 2:00 Exercise with Danica 3:00 Travelling Cart: Ice cream	7 9:30 You and Me 11:00 Stepping Out 2:00 Karaoke on Downey 3:00 Circle of Friends 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	8 9:30 Rosary (C) 10:45 Art with Sonal 11:00 Stepping Out 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 Calendar Planning & Bill of Rights Meeting 6:30 For The Soul (C)	9 2:00 Tim Hortons Social 3:00 Travelogue 3:30 Balance Class (FC) 6:30 Games Night (CC)	10 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 1:30 Bus Outing 2:00 Seated Yoga (FC) 6:30 Active Games (MS)	11 9:30 Friendly Visits 10:30 Sit N Get Fit 11:00 Music on Demand 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)
13 Palm Sunday 10:00 For the Soul 11:00 Neighbourhood Time 2:00 Circle of Friends 3:00 Musical Moments	14 9:30 Manicure/Nail Care 11:00 You and Me 2:00 Travelling Cart: Hot Chocolate 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)	15 9:30 Rosary (C) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Brains & Banter 6:30 In the Kitchen (CC)	16 10:00 Contemplating Life with Mike (C) 2:00 National Film Day (RH) 3:00 Knitting Club on Downey 3:30 Balance Class (FC) 6:30 Games Night (CC)	17 9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 You and Me 2:00 Stepping Out 2:00 Seated Yoga (FC) 3:00 Express Yourself 6:30 Active Games (MS)	18 Good Friday 10:00 Neighbourhood Time 11:00 Dominoes/Card Games 2:00 Bingo on Downey 6:30 Crafting Club (CC)	19 9:30 Daily Perk 10:30 Easter Event (RH) 2:00 Entertainment (Wr) 3:30 Manicures & Nail Care

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>20</div> <div>Easter Passover Ends</div> <div>9:30 For the Soul 10:30 Weekend Walks 2:00 In the Kitchen: Cinnamon Roll Cookies 3:00 Travelling Cart: Cookies</div>	<div>21</div> <div></div> <div>10:00 You and Me 11:00 Express Yourself 2:00 Stepping Out 3:30 HIIT (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>22</div> <div>Earth Day</div> <div>9:30 Rosary (C) 10:00 Earth Day Craft (CC) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Tai Chi (FC) 3:30 You & Me 6:30 Devotions (C)</div>	<div>23</div> <div></div> <div>2:00 Food Committee (C) 2:15 Stepping Out 3:00 Travelling Cart: Sundaes 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>24</div> <div></div> <div>9:30 Chapel Service (C) 10:30 Zumba (FC) 11:00 Stepping Out 2:00 In the Kitchen 2:00 Seated Yoga (FC) 2:00 Residents Council (C) 6:30 Active Games (MS)</div>	<div>25</div> <div></div> <div>9:30 Neighbourhood Time 10:30 Sit N Get Fit 11:00 April Trivia 2:00 Bingo on Pollock 3:30 Pilates (FC) 6:30 Crafting Club (CC)</div>	<div>26</div> <div></div> <div>9:30 Friendly Visits 11:00 The Daily Perk 2:00 Entertainment (Do) 3:30 You and Me</div>
<div>27</div> <div>Volunteer Appreciation Week</div> <div>10:00 For the Soul 11:00 Express Yourself 2:00 Musical Moments 3:00 Stepping Out</div>	<div>28</div> <div>Federal Election</div> <div>9:30 Manicure/ Nail Care 11:00 You and Me 2:00 Stepping Out 3:00 Travelling Cart: General Store 3:30 Total Body Fitness (FC) 3:30 Green Thumbs 6:30 Game Show Trivia (CC)</div>	<div>29</div> <div></div> <div>9:30 Rosary (C) 10:00 Meet the RIA (RH) 10:45 Art with Sonal 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 3:30 Soothing Sensations 6:30 In the Kitchen (CC)</div>	<div>30</div> <div></div> <div>2:00 Stepping Out 3:00 Popcorn & Documentary 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div><div>National Volunteer Week</div><div>April 27–May 3</div><div></div></div>		

Entertainment:

April 12th - Entertainment with Jontue Elan on Pollock
April 19th - Entertainment with Manvir on Wright
April 26th - Entertainment with Andy De Campos on Downey

Outings:

April 3rd - Walmart
April 10th- Fairview Mall

Calendar Planning and Resident Bill of Rights

We invite you to attend this meeting on your neighbourhood. Learn about your Bill of Rights. Have your input as we plan next month’s activities, programs, and outings!
Hosted by your Recreation Team Member.

Your Recreation Team:

Full-Time - Pearl
Part-Time - Danica