

# APRIL




## Johnston

### 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
		<b>1</b> 9:30 Rosary (C) 10:00 Manicures 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>2</b> 9:15 Art with Sonal 10:00 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 11:00 Morning Exercises 2:00 Easter Egg Craft 3:30 - Balance Class (FC) 6:30 Documentary (C)	<b>3</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 3:30 Express Yourself 6:30 Active Games (MS)	<b>4</b> 2:00 Express Yourself: Watercolour Easter Eggs 3:30 Active Games (FC) 4:00 You and Me 6:30 Crafting Club (CC)	<b>5</b> 9:30 Weekend Perks 10:30 Stepping Out 2:00 Family Games (CC) 3:30 Express Yourself
<b>6</b> 9:30 Weekend Perks 10:00 For The Soul 2:00 BINGO 3:30 You and Me 	<b>7</b> 10:00 Brains and Banter 10:30 Sit N Get Fit 11:00 Neighbourhood Time 2:00 Express Yourself 3:00 You and Me 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	<b>8</b> 9:00 Bus Outing 9:30 Rosary (C) 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 For The Soul (C)	<b>9</b> 9:15 Art with Sonal 10:30 Manicures 2:00 Calendar Planning and Resident Bill of Rights 3:30 Balance Class (FC) 6:30 Games Night (CC)	<b>10</b> 9:30 Chapel Service (C) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 3:30 Express Yourself 6:30 Active Games (MS)	<b>11</b> 9:30 You and Me 11:00 Let's Puzzle It Out 1:30 Easter Craft 3:30 Pilates (FC) 6:30 Crafting Club (CC)	<b>12</b> <b>Passover Begins</b> 9:30 Weekend Perks 10:30 Stepping Out 2:00 Entertainment (Po)
<b>13</b> <b>Palm Sunday</b> 10:00 For the Soul 11:00 Express Yourself 2:00 Stepping Out 3:00 You and Me	<b>14</b> 9:30 Express Yourself 10:30 Sit N Get Fit 11:00 Stepping Out 1:30 Let's Play Cards 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>15</b> 9:30 Rosary (C) 10:30 You and Me 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	<b>16</b> 9:15 Art with Sonal 10:00 Neighbourhood Time 10:00 Contemplating Life with Mike (C) 11:00 Morning Exercises 2:00 National Film Day (RH) 3:30 Balance Class (FC) 6:30 Games Night (CC) 	<b>17</b> 9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 3:30 Let's Color 6:30 Active Games (MS)	<b>18</b> <b>Good Friday</b> 2:00 Express Yourself: Button Craft 4:00 You and Me 6:30 Crafting Club (CC)	<b>19</b> 9:30 Weekend Perks 10:30 Easter Event (RH) 2:00 Entertainment (Wr) 3:30 Puzzle It Out

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<div>20</div> <div>Easter Passover Ends</div> <div>10:00 For the Soul 2:00 Bunny BINGO 2:30 Puzzle It Out</div>	<div>21</div> <div></div> <div>10:00 Brains and Banter 10:30 Sit N Get Fit 11:00 Neighbourhood Time 2:00 Smoothie Time 3:00 You and Me 3:30 HIIT (FC) 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) 11-2 Bus Outing 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 For The Soul (C)</div>	<div>23</div> <div></div> <div>9:15 Art with Sonal 10:30 Stepping Out 2:00 Food Committee (C) 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div>24</div> <div></div> <div>9:30 Chapel Service (C) 10:00 Green Thumbs 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 2:00 Residents Council (C) 3:30 Puzzle It Out 6:30 Active Games (MS)</div> <div></div>	<div>25</div> <div></div> <div>9:30 You and Me 10:30 Manicrues 1:30 Let’s Color 3:30 Pilates (FC) 6:30 Crafting Club (CC)</div>	<div>26</div> <div></div> <div>9:30 Weekend Perks 10:30 Stepping Out 2:00 Entertainment (Do)</div>
<div>27</div> <div>Volunteer Appreciation Week</div> <div>11:15 Stepping Out 2:00 BINGO 5:00 Homemade Mac N Cheese with Julia</div>	<div>28</div> <div>Federal Election</div> <div>10:00 Stepping Out 10:30 Sit N Get Fit 11:00 Brains and Banter 1:30 Let’s Play Cards 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)</div>	<div>29</div> <div></div> <div>9:30 Rosary (C) 10:00 Meet the RIA (RH) 10:30 You and Me 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)</div>	<div>30</div> <div></div> <div>9:15 Art with Sonal 10:00 Neighbourhood Time 11:00 Morning Exercises 1:30 Movie and Snacks 3:30 Balance Class (FC) 6:30 Games Night (CC)</div>	<div><div><div>National Volunteer Week</div><div>April 27–May 3</div><div></div></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 8th - Bus Outing to Goodwill with Julia  
April 22nd - Bus Outing to Dairy Queen with Julia

### 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 - Debi  
Part-Time - Julia