

APRIL


Matthews

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) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	2 10:30 Contemplating Life with Mike (C) 10:45 Art with Sonal 2:00 Express Yourself 3:30 Balance Class (FC) 6:30 Documentary (C)	3 9:30 Chapel Service (C) 10:30 Sit and Get Fit (Wr) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 3:30 Neighbourhood Time 6:30 Active Games (MS)	4 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)	5 9:30 Neighbourhood Time 11:00 Brains and Banter 2:00 Family Games (CC)
6 9:30 Daily Perks 10:00 For the Soul 11:00 Card Games 2:00 You and Me	7 10:00 Express Yourself 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	8 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Tai Chi (FC) 6:30 For The Soul (C)	9 10:45 Art with Sonal 2:00 Movie Time 3:30 Balance Class (FC) 3:30 You and Me 6:30 Games Night (CC)	10 9:30 Chapel Service (C) 10:30 Sit and Get Fit (Wr) 10:30 Zumba (FC) 11:00 Circle of Friends 2:00 Seated Yoga (FC) 3:30 Green Thumbs 6:30 Active Games (MS)	11 9:30 Soothing Sensations 10:00 Bingo (Ma) 1:30 Outing 3:30 Pilates (FC) 6:30 Crafting Club (CC)	12 Passover Begins 9:30 Neighbourhood Time 11:00 Stepping Out 2:00 Entertainment (Po)
13 Palm Sunday 9:30 Daily Perks 10:00 For the Soul 2:00 You and Me	14 10:00 Manicure 2:00 Art and Craft 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	15 9:30 Rosary (C) 10:30 For the Fun of Fit 2:00 Bingo (MS) 3:15 Hand Therapy (FC) 6:30 In the Kitchen (CC)	16 10:30 Contemplating Life with Mike (C) 10:45 Art with Sonal 2:00 National Film Day (RH) 3:30 Balance Class (FC) 6:30 Games Night (CC)	17 9:30 Chapel Service (C) 10:30 Sit and Get Fit (Wr) 10:30 Zumba (FC) 2:00 Seated Yoga (FC) 3:30 Green Thumbs 6:30 Active Games (MS)	18 Good Friday 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Residents Bill of rights and Calendar Planning Meeting 6:30 Crafting Club (CC)	19 9:30 Neighbourhood Time 10:30 Easter Event (RH) 2:00 Entertainment (Wr)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>20</div> <div>Easter</div> <div>Passover Ends</div> <div>9:30 Daily Perks</div> <div>10:00 For the Soul</div> <div>2:00 Circle of Friends</div>	<div>21</div> <div></div> <div>10:00 Neighbourhood Time</div> <div>11:00 You and Me</div> <div>2:00 Brains and Banter</div> <div>3:30 HIIT (FC)</div> <div>6:30 Game Show Trivia (CC)</div>	<div>22</div> <div>Earth Day</div> <div>9:30 Rosary (C)</div> <div>10:00 Earth Day Craft (CC)</div> <div>2:00 Bingo (MS)</div> <div>3:15 Tai Chi (FC)</div> <div>6:30 For The Soul (C)</div>	<div>23</div> <div></div> <div>10:30 Sit and Get Fit (Wr)</div> <div>10:45 Art with Sonal</div> <div>2:00 Food Committee (C)</div> <div>2:30 You and Me</div> <div>3:30 Balance Class (FC)</div> <div>6:30 Games Night (CC)</div>	<div>24</div> <div></div> <div>9:30 Chapel Service (C)</div> <div>10:00 In the Kitchen</div> <div>10:30 Zumba (FC)</div> <div>2:00 Seated Yoga (FC)</div> <div>2:00 Residents Council (C)</div> <div>3:30 Green Thumbs</div> <div>6:30 Active Games (MS)</div>	<div>25</div> <div></div> <div>9:30 Soothing Sensations</div> <div>10:00 Bingo (Wr)</div> <div>2:00 Stepping Out</div> <div>3:30 Pilates (FC)</div> <div>6:30 Crafting Club (CC)</div>	<div>26</div> <div></div> <div>9:30 Neighbourhood Time</div> <div>10:30 You and Me</div> <div>2:00 Entertainment (Do)</div>
<div>27</div> <div>Volunteer Appreciation Week</div> <div>9:30 Daily Perks</div> <div>10:00 For the Soul</div> <div>11:00 Hymn Sing</div> <div>2:00 Movie Time</div>	<div>28</div> <div>Federal Election</div> <div>9:30 Express Yourself</div> <div>10:30 Manicure</div> <div>2:00 Musical Moments</div> <div>3:30 Total Body Fitness (FC)</div> <div>6:30 Game Show Trivia (CC)</div>	<div>29</div> <div></div> <div>9:00 Outing</div> <div>9:30 Rosary (C)</div> <div>10:00 Meet the RIA (RH)</div> <div>2:00 Bingo (MS)</div> <div>3:15 Hand Therapy (FC)</div> <div>6:30 In the Kitchen (CC)</div>	<div>30</div> <div></div> <div>10:45 Art with Sonal</div> <div>2:00 Stepping Out</div> <div>3:00 Calendar Hang- up</div> <div>3:30 Balance Class (FC)</div> <div>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:

Friday, April 11th: Tim Hortons
Tuesday, April 29th: Museum

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 - Harman
Part-Time -