

# 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
		<b>1</b> 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)	<b>2</b> 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)	<b>3</b> 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)	<b>4</b> 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Stepping Out 3:30 Active Games (FC) 6:30 Crafting Club (CC)	<b>5</b> 9:30 Neighbourhood Time 11:00 Brains and Banter 2:00 Family Games (CC)
		<b>6</b> 9:30 Daily Perks 10:00 For the Soul 11:00 Card Games 2:00 You and Me	<b>7</b> 10:00 Express Yourself 3:30 HIIT (FC) 6:30 Game Show Trivia (CC)	<b>8</b> 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)	<b>9</b> 10:45 Art with Sonal 2:00 Movie Time 3:30 Balance Class (FC) 3:30 You and Me 6:30 Games Night (CC)	<b>10</b> 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)
<b>13</b> <b>Palm Sunday</b> 9:30 Daily Perks 10:00 For the Soul 2:00 You and Me	<b>14</b> 10:00 Manicure 2:00 Art and Craft 3:30 Total Body Fitness (FC) 6:30 Game Show Trivia (CC)	<b>15</b> 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)	<b>16</b> 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)	<b>17</b> 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)	<b>18</b> <b>Good Friday</b> 9:30 Soothing Sensations 10:00 Bingo (Wr) 2:00 Residents Bill of rights and Calendar Planning Meeting 6:30 Crafting Club (CC)	<b>19</b> 9:30 Neighbourhood Time 10:30 Easter Event (RH) 2:00 Entertainment (Wr)

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

### 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 -