

APRIL

Williamsburg, Becker & Ailsa Craig

Legend

C Chapel
TH Town Hall
MS Main Street
TS Town Square
SC Social Club


L Library
EM Emma's
H Hobby Shop
EG Egerton
A Art Studio

BP Back Patio
FC Fitness Centre
SH School House
WB Williamsburg
(\$ Money Required)

● Outing
◆ Resident Run Program
■ Off the Neighbourhood

**Parkinson's
Awareness Month!**

**Please Check PAL Calendar
for all Exercise & Fitness
Programs**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10-3pm Sign Up Day - H 10:00 Rosary & Communion-C 10:30 Java Music Club - L 1:30 Circle of Friends WB 2:00 Choir Practice - TH 3:00 Happy Hour (\$) - SC 7:15 Cards - SC ◆	2 Ruby on the Run 11-2 10:30 April Jeopardy - SC 1:30 Circle of Friends - L 2:15 Tech Support - SH 2:30 Movie with Janet-TH 3:15 Bingo (\$) - HS 7:00 Men's Club - SC ◆ 7:15 Ladies' Night - HS	3 10:00 Group Crossword -SC 11:00 Taboo Game - SC 1:30 Circle of Friends WB 2:15 Tech Support - SH 2:30 Henna Art & Education Session - TH 3:30 What's in the Box? - SC 4-5:30 Drop in Nail Painting-H 7:15 Name That Tune - TH	4 10-3 Vendor - MS 10:30 Seated Soccer -MS 10:30 Poetry & Reflection L ◆ 1:30 Friendly Visits 2:30 Bible Study -L 3:00 Happy Hour- (\$) SC 7:15 Movie Night - TH	5 10:30 Bake & Bond - HS 1:15 Stepping out 2:00 Entertainment: EG ■ 2:00 Ted Talk - TH 3:00 Board Games - SC 7:15 Bingo (\$) ◆-H
	6 10:00 Church - TH 10:30 Specialty Tea & Coffee-H 1:30 1:1 Friendly Visits 2:30 Church - TH 3:15 Fellowship - CH 3:30 Sing-a-long - H	7 10-3pm Vendor - MS 10:00 New Residents Gather- L 10:30 Morning Movements-TH 1:30 Brains & Banter WB 1:30 For The Soul WB 2:00 Andre Rieu Love in Venice-TH 2:15 Knitting Club - L ◆ 3:00 You & I Visits (Janet) 3:30 Horse Racing (\$) -A 7:15 Cards - SC ◆	8 10:00 Rosary & Communion-C 10:30 Java Music Club - L 10:30 Mindful Meditation -TH 10:30 Lettuce Talk Food - H 1:30 Soothing Sensations WB 2:00 Metro Shuttle ● 2:00 Choir Practice - TH 3:00 Happy Hour (\$) - SC 3:45 Circle of Friends WB 7:15 Cards - SC ◆ 7:15 Fun, Useless Facts - L	9 Ruby on the Run 11-2 10-3 Vendor - MS 10:30 Antique Trivia - SC 12-4 Recreation Team Meeting 2:15 Tech Support - SH 3:00 Garden Club - SH 7:00 Men's Club - SC ◆ 7:15 Bingo (\$) - HS	10 10-3 Vendor-MS 9:15 Breakfast Club Bacon & Eggs- HS - (sign up) 10:30 Fish Pond Q & A - TH 1:30 Hamilton Art Gallery ● 2:15 Tech Support - SH 2:30 Craft - H 7:15 You Be The Judge - SC 7:15 Sound Check w/Doug - TH ◆	11 10:30 Bowling - MS 10:30 Current Events & Human Interests Group - L ◆ 1:30 Friendly Visits 2:00 Tulip Trot for Parkinson's 2:30 Bible Study-L 3:30 Happy Hour (\$) SC 7:15 Movie Night - TH
13 Palm Sunday 10:00 Church - TH 10:30 Specialty Tea & Coffee-H 1:30 1:1 Friendly Visits 2:30 Church - TH 3:15 Fellowship - CH 3:30 Express Yourself - H	14 10:00 Sing-a-long -TH 10:30 Morning Movements-C 1:30 Brains & Banter WB 1:30 For The Soul WB 2:00 Knitting Club Outing ● 2:00 Andre Rieu Magic of Maastricht -TH 3:00 You & I Visits (Janet) 3:30 Horse Racing (\$) -A 7:15 Cards - SC ◆	15 10-3 Vendor- MS 10:00 Rosary & Communion-C 10:30 Java Music Club - L 1:30 Soothing Sensations WB 2:00 Zarky's Shuttle ● 2:00 Choir Concert - TS 3:00 Happy Hour (\$) - SC 3:45 Circle of Friends WB 7:15 Cards - SC ◆ 7:15 Fun, Useless Facts - L	16 Ruby on the Run 11-2 10:30 Easter Trivia - SC 2:15 Tech Support - SH 2:30 Easter Parade - TS 7:00 Men's Club - SC ◆ 7:15 Bingo (\$) - HS	17 10:00 Virtual Guest Speaker: Parkinson's Society -TH 10:00 Group Crossword -SC 11:00 Buzz Word - SC 1:30 Circle of Friends WB 2:15 Tech Support - SH 2:30 Residents' Council - TH 3:30 Word Makers - SC 4-5:30 Nail Painting Drop in- H 4:30 Seder Supper (Sign up) 7:15 Name That Tune - TH	18 Good Friday 10:30 Cornhole -MS 10:30 Poetry & Reflection L ◆ 1:30 Friendly Visits 2:00 Good Friday Service - TH 3:00 Happy Hour (\$) -SC 7:15 Movie Night - TH	19 10:30 Children's Easter Egg Hunt - MS 1:15 Stepping Out 2:00 Ted Talk - TH 3:00 Board Games - SC 7:15 Bingo (\$) ◆-H

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C Chapel	L Library	BP Back Patio	● Outing
TH Town Hall	EM Emma's	FC Fitness Centre	◆ Resident Run Program
MS Main Street	H Hobby Shop	SH School House	■ Off the Neighbourhood
TS Town Square	EG Egerton	WB Williamsburg	
SC Social Club	A Art Studio	(\$ Money Required	

Parkinson's Awareness Month!

Please Check PAL Calendar for all Exercise & Fitness Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20 Easter Sunday 10:00 Church & Communion - TH 10:30 Specialty Tea & Coffee-H 1:30 1:1 Friendly Visits 2:30 Church & Communion - TH 3:15 Fellowship - CH 3:30 Sing Along - H	21 Easter Monday 10:30 Morning Movements-TH 1:30 Brains & Banter WB 2:00 Andre Rieu at Schonbrunn, Vienna -TH 2:15 Knitting Club - L ◆ 3:30 Horse Races (\$) - A 7:15 Cards - SC ◆	22 Earth Day Wear Green & Blue 10:00 Rosary & Communion-C 10:30 Java Music Club - L 1:30 Outdoors Refresh (Litter Pick up for Earth Day) 2:00 No Frills Shuttle ● 2:00 Choir Practice - TH 3:00 Happy Hour (\$) - SC 3:45 Circle of Friends WB 7:15 Cards - SC ◆ 7:15 Fun, Useless Facts - L	23 Ruby on the Run 11-2 10:30 Name That Tune 50's - SC 2:15 Tech Support - SH 2:30 Arm Chair Travel: Iceland -TH 3:15 Super Loonie Bingo (\$) HS 7:00 Men's Club - SC ◆ 7:15 Ladies' Night - HS	24 Vendor 10-3 10:00 Group Crossword -SC 11:00 Taboo Game - SC 1:30 Circle of Friends WB 2:15 Tech Support - SH 2:30 Craft - H 2:30 WB Java Music Club - L 5:15 Diner's Club: Lemongrass -H (\$) (Sign-up) 7:15 You Be The Judge - SC	25 10:30 Duet Bikes -MS 10:30 Current Events & Human Interests Group - L ◆ 1:30 Friendly Visits 2:30 Bible Study-L 3:00 Birthday Happy Hour (\$) SC 7:15 Movie Night - TH	26 10:30 Bake & Bond - HS 1:15 Stepping Out 2:00 Ted Talk - TH 3:00 Card Games w/ Rec - SC 7:15 Bingo (\$) ◆-H
27 10:00 Church - TH 10:30 Specialty Tea & Coffee-H 1:30 1:1 Friendly Visits 2:30 Virtual Church - TH 3:15 Fellowship - CH 3:30 Express Yourself - H	28 Election Day 9-2pm Cafe 10-3 Vendor - MS 10:00 Sing-a-long -TH 10:30 Morning Movements-C 1:30 Brains & Banter WB 1:30 For the Soul WB 2:00 Movie-TH 2:15 Knitting Club - L ◆ 3:00 You & I Visits (Janet) 3:30 Horse Races (\$) - A 7:15 Cards - SC ◆	29 10:00 Rosary & Communion-C 10:30 Icelandic Traditions - SC 1:30 Java Music Club - L 2:00 Walmart Shuttle ● 2:00 Choir Practice - TH 3:00 Happy Hour (\$) - SC 4:30 Captain's Table Dinner 6:00 Captain's Table Dinner 7:15 Cards - SC ◆	30 Ruby on the Run 11-2 10:00 Whale Watching - SH 10:00 Dutch Mill Market ● 10:30 Cruise Week Trivia -SC 2:15 Tech Support - SH 3:15 Bingo (\$) - HS 7:00 Men's Club - SC ◆ 7:15 Ladies' Night w/ Holly -HS	<div data-bbox="1765 911 3039 1435" data-label="Complex-Block"> <p>National Volunteer Week April 27-May 3</p> </div>		

ENTERTAINMENT

5th @ 2:00pm - Paula French in Egerton (2nd Floor)
 12th @ 2:30pm - Jeff Giles Performs in Town Hall
 29th @ 4:30 & 6 - Captain's Table Dinner with entertainment by Filipa Sousa

MOVIES

2nd @ 2:30pm "I Can Only Imagine"
 4th @ 7:30pm "La Dolce Villa"
 11th @ 7:15pm "The Sound of Music"
 18th @ 7:15pm "Stand By Me"
 25th @ 7:15pm "A Beautiful Life"
 28th @ 2:00pm "Come from Away"

OUTINGS

8th @ 2:00pm Metro - Grocery Shuttle (Sign-Up)
 10th @ 1:30pm - Hamilton Art Gallery (Sign Up)
 14th @ 2:00pm - Knitting Club Outing (Sign Up)
 15th @ 2:00pm - Zarky's grocery Shuttle (Sign Up)
 22nd @ 2:00pm - No Frills Grocery Shuttle (Sign Up)
 29th @ 2:00pm - Walmart Rymal & Upper Centennial Shuttle (Sign Up)
 30th @ 10:00am - Dutch Mill Market (Sign-Up)

VENDORS

4th @ 10-3 - Nelly's Comfort Shoes
 7th @ 10-3 - Ruth's Fashions
 9th @ 10-3 - Fly Away Books Children's Books
 10th @ 10-3 - Fortino's Floral Shop & Gifts
 15th @ 10-3 - The Boutique Clothing
 24th @ 10-3 - Mom's Time Out Handmade Items
 28th @ 10-3 - EZ Fit Shoes

TED TALKS

5th @ 2:00pm - Amy Cuddy - Your body language shapes who you are
 19th @ 2:00pm - Jill Bolte Taylor - My stroke of insight
 26th @ 2:00pm - Dan Gilbert - The surprising science of happiness

NOTES

*Please note that all outings marked with a ● require a sign up
 *Bingo \$0.25 per card
 *17th @ 2:30pm- Residents' Council Meeting will be an Open Meeting
 *23rd Super Loonie Bingo - \$1 per card
 *Horse Races - \$0.10 per round, 6 rounds total
 *Cruise Week April 28-May 2

APRIL

Program for Active Living - Moses ext. 8031

Legend

TH— Town Hall HS—
 Hobby Shop FC—
 Fitness Center EG—
 Egerton Lounge EM—
 Emma's Lounge O—
 Outside



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	2 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights - HS	3 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - HS	4 1:00 Exercise w/ V.O.N - FC	5 10:30 Bowling - EG 2:30 Sweat Safely w/ Resistance Bands - TH
6 11:15 Sit & Be Fit - TH	7 1:00 Exercise w/ V.O.N - FC	8 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	9 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights - TH	10 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	11 10:30 Bowling - TH 1:00 Exercise w/ V.O.N - FC 2:00 Tulip Trot for Parkinson's - O*	12 NO PAL PROGRAMS TODAY
13 NO PAL PROGRAMS TODAY	14 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	15 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	16 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG	17 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - HS	18 NO PAL PROGRAMS TODAY	19 2:30 Sweat Safely w/ Resistance Bands - HS
20 11:15 Sit & Be Fit - TH	21 1:00 Exercise w/ V.O.N - FC	22 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	23 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights - HS	24 11:00 Sit & Be Fit - TH 2:30 Posture & Balance - TH	25 10:30 Duet Bikes - O* 1:00 Exercise w/ V.O.N - FC 1:30 Groove & Move - EM 2:30 Hand Wax Therapy - HS	26 NO PAL PROGRAMS TODAY
27 NO PAL PROGRAMS TODAY	28 10:30 Groove & Move - EM 1:00 Exercise w/ V.O.N - FC 3:00 Hand Wax Therapy - HS	29 11:00 Sit & Be Fit - TH 2:00 Fit for Life - EG	30 11:00 DanceFIT - HS 1:00 Exercise w/ V.O.N - EM 2:00 Exercise w/ V.O.N - EG 2:30 Sweat Safely w/ Weights - TH			