


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 🌿 Daily Fit [Wellness Centre] <b>1</b> 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Book Club [Library] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	9:00 🌿 Daily Fit [Wellness Centre] <b>2</b> 10:30 🧠 Colouring & Company [Activity Room] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 2:00 ☀️ McDougall United Church Service [Chapel] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Willian Bjorn [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>3</b> 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🐾 Tasty Tea with Alanna [Bistro] 6:30 🐾 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>4</b> 9:30 🧠 Shopping/Banking: Promenade & South Centre 10:00 🧠 Health Education [Wild Rose Room] 1:00 🐾 Canasta & Choice Games [Fireplace Lounge] 1:00 🧠 Shopping: Deerfoot Meadows Costco, Superstore, Wal-Mart, Dollarama etc.. 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>5</b> 9:30 🧠 Shopping/Banking: Deer Run - Shoppers Drug Mart, Wal-Mart, Co-op, RBC, CIBC etc.... 10:00 🌿 Aqua Fit [Swimming Pool] 1:00 🧠 Bingo [Activity Room] 1:00 🧠 Shopping/Banking: Shawnessy, Co-op, Wal-Mart, RBC, CIBC, BMO, Shoppers Drug Mart etc... 3:00 🐾 Happy Hour [Bistro] 6:30 🐾 Cribbage [Games Room] 7:00 😊 Movie Night - "Leap Year" [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] <b>6</b> 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night - "Leap Year" [Wild Rose Room]
9:30 ☀️ Catholic Service [Chapel] <b>7</b> 1:30 😊 Classic Movie Matinee - "Stars In My Crown" [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Chapel]	9:00 🌿 Daily Fit [Wellness Centre] <b>8</b> 9:30 🧠 Shopping: South Centre 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 1:00 🧠 Bingo [Activity Room] 1:00 🧠 Outing: Country Drive 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge] 7:00 🧠 Wildlife in the Rockies - Power point Presentation by Authors and Photographers of their encounters with the Rockies [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>9</b> 9:30 🧠 Hearing Aid Clinic - By Appointment Only [Library] 10:30 🧠 Colouring & Company [Activity Room] 1:30 ☀️ Anglican Communion [Chapel] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Wellness Centre] 3:00 🌿 Sit & Be Fit [Wellness Centre] 7:15 😊 Entertainment Night - Cornelia Sutherland [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>10</b> 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room] 2:00 🐾 Laughter Yoga [Wellness Centre] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🐾 Tasty Tea [Bistro] 3:15 😊 Piano Prelude [Dining Room] 6:30 🐾 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>11</b> 10:00 🧠 Health Education [Wild Rose Room] 10:30 🧠 Outing: Lunch at Marv's Classic Soda Shop in Black Diamond 1:00 🐾 Canasta & Choice Games [Fireplace Lounge] 1:00 🧠 Seamstress [Garden Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>12</b> 9:30 🧠 Shopping/Banking: Promenade 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🧠 Outing: Grandfriends Program at Prince Of Wales School 10:15 ☀️ Catholic Mass [Chapel] 10:30 😊 Resident Ukulele Practice [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 1:00 🧠 Shopping/Banking: Heritage Hill: London Drugs, Winners, Dollar Tree, Home Sense etc... 1:30 😊 Choir Practice [Chapel] 3:00 🐾 Happy Hour [Bistro] 6:30 🐾 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] <b>13</b> 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 11:30 🧠 Vendor: Nutrition House [Lobby] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]
9:30 ☀️ Catholic Service [Chapel] <b>14</b> 1:30 😊 Classic Movie Matinee [Wild Rose Room] 3:00 ☀️ Chapel Service [Chapel] 6:30 😊 Sing-a-long w/ Linda [Chapel]	9:00 🌿 Daily Fit [Wellness Centre] <b>15</b> 10:00 🌿 Aqua Fit [Swimming Pool] 10:30 🧠 Brain Fitness [Activity Room] 11:00 🧠 The Nutman [Lobby] 1:00 🧠 Bingo [Activity Room] 1:15 🧠 Bridge Club [Games Room] 2:00 🧠 Education Session: Super Foods [Bistro] 3:00 😊 Java Music Club [Fireplace Lounge] 6:30 🐾 Horse Racing [Activity Room] 6:30 🧠 Scrabble [Fireplace Lounge]	<b>POLLING STATION FOR PROVINCIAL ELECTION</b> <b>16</b> 9:00 🌿 Daily Fit [Garden Lounge] 10:00 🌿 Seated Yoga [Garden Lounge] 10:30 🧠 Colouring & Company [Activity Room] 1:30 🧠 Knitters for Needy [Activity Room] 1:30 🧠 Quiddler [Fireplace Lounge] 1:30 🧠 Ukulele Circle [Chapel] 3:00 🌿 Sit & Be Fit [Garden Lounge] 3:45 😊 Sing-a-Long with Marlee [Garden Lounge] 7:15 😊 Boyd Niccolls [Dining Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>17</b> 10:00 🌿 Aqua Fit [Swimming Pool] 10:00 🌿 Ping Pong [Wellness Centre] 11:30 🐾 Men's Luncheon [Bistro] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 2:00 🐾 Laughter Yoga [Wellness Centre] 2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room] 2:30 🐾 Tasty Tea [Bistro] 3:15 😊 Piano Prelude [Dining Room] 6:30 🐾 Cribbage [Games Room]	9:00 🌿 Daily Fit [Wellness Centre] <b>18</b> 9:30 🧠 Shopping/Banking: Promenade 10:00 🧠 Health Education [Wild Rose Room] 10:45 🧠 Outing Casino: Grey Eagle 1:00 🐾 Canasta & Choice Games [Fireplace Lounge] 2:00 🌿 Shuffleboard [Games Room] 3:00 🌿 Sit & Be Fit [Wellness Centre] 6:30 🧠 Whist [Games Room] 7:00 🧠 Bingo-Resident Run [Activity Room]	<b>Good Friday</b> <b>19</b> 10:30 😊 Resident Ukulele Practice [Wellness Centre] 1:00 🧠 Bingo [Activity Room] 6:30 🐾 Cribbage [Games Room] 7:00 😊 Movie Night [Wild Rose Room]	9:00 🌿 Weekend Exercises [Wellness Centre] <b>20</b> 10:00 🌿 Ping Pong [Wellness Centre] 10:15 🧠 Lighthearted Trivia [Library] 1:00 🌿 Go 4 Life Walking Club [Wellness Centre] 1:15 🧠 Bridge Club [Games Room] 1:30 🌿 Sit & Be Fit [Wellness Centre] 2:15 🌿 Water Walking & Aqua Fit [Swimming Pool] 7:00 😊 Movie Night [Wild Rose Room]

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>Easter Sunday21</div> <div>9:30 ☀️ Catholic Service [Chapel]</div> <div>1:30 😊 Classic Movie Matinee [Wild Rose Room]</div> <div>3:00 ☀️ Chapel Service [Chapel]</div> <div>6:30 😊 Sing-a-long w/ Linda [Chapel]</div>	<div>ARTFUL AGING WEEK22</div> <div>Easter Monday</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>9:30 🏊 Shopping/Banking: South Centre &amp; Promenade</div> <div>10:00 🌿 Aqua Fit [Swimming Pool]</div> <div>10:30 🧠 Brain Fitness [Activity Room]</div> <div>1:00 🧠 Bingo [Activity Room]</div> <div>1:00 🚶 Outing Country Drive</div> <div>1:15 🧠 Bridge Club [Games Room]</div> <div>2:30 😊 Kick off to Artful Aging Week: Sing-a-long with the Ukulele Circle! [Dining Room]</div> <div>6:30 🐾 Horse Racing [Activity Room]</div> <div>6:30 🧠 Scrabble [Fireplace Lounge]</div>	<div>ARTFUL AGING WEEK23</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>10:00 🌿 Seated Yoga [Wellness Centre]</div> <div>10:30 🧠 Colouring &amp; Company [Activity Room]</div> <div>2:00 🌸 Smile Theatre "Gutenberg The Musical" [Dining Room]</div> <div>3:30 🌿 Sit &amp; Be Fit [Wellness Centre]</div> <div>7:15 😊 Entertainment Night - Craig &amp; Angie West [Dining Room]</div>	<div>ARTFUL AGING WEEK24</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>12:00 🏊 Resident Birthday Lunch by Invite Only [Bistro]</div> <div>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</div> <div>1:15 🧠 Bridge Club [Games Room]</div> <div>1:15 🧠 Lecture - Meet Me At The Museum Of Modern Art [Activity Room]</div> <div>2:00 🌸 Laughter Yoga [Wellness Centre]</div> <div>2:00 ☀️ Painting w/Alex - The Museum of Modern Art [Activity Room]</div> <div>2:30 🌸 Tasty Tea [Bistro]</div> <div>3:15 😊 Piano Prelude [Dining Room]</div> <div>6:30 🌸 Cribbage [Games Room]</div>	<div>ARTFUL AGING WEEK25</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>9:30 🏊 Shopping/Banking: Promenade/South Centre</div> <div>10:00 🧠 Health Education [Wild Rose Room]</div> <div>11:30 🍽️ Outing Lunch at Bonavista Peking House</div> <div>1:00 🌸 Canasta &amp; Choice Games [Fireplace Lounge]</div> <div>1:00 🧵 Seamstress [Garden Lounge]</div> <div>2:00 🌿 Shuffleboard [Games Room]</div> <div>3:00 🌿 Sit &amp; Be Fit [Wellness Centre]</div> <div>6:30 🧠 Whist [Games Room]</div> <div>7:00 🧠 Bingo-Resident Run [Activity Room]</div>	<div>ARTFUL AGING WEEK26</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>9:30 🏊 Shopping/Banking: Deer Run: Shoppers Drug Mart, Wal-Mart, Co-op, RBC, CIBC, etc...</div> <div>10:00 🌿 Aqua Fit [Swimming Pool]</div> <div>10:00 🏊 Outing: Grandfriends Program at Prince Of Whales School</div> <div>10:30 😊 Resident Ukulele Practice [Wellness Centre]</div> <div>1:00 🧠 Bingo [Activity Room]</div> <div>2:00 🏊 Resident Art Show with Wine &amp; Cheese [Main Street]</div> <div>6:30 🌸 Cribbage [Games Room]</div> <div>7:00 😊 Movie Night [Wild Rose Room]</div>	<div>9:00 🌿 Weekend Exercises [Wellness Centre]</div> <div>10:00 🌿 Ping Pong [Wellness Centre]</div> <div>10:15 🧠 Lighthearted Trivia [Library]</div> <div>1:00 🌿 Go 4 Life Walking Club [Wellness Centre]</div> <div>1:15 🧠 Bridge Club [Games Room]</div> <div>1:30 🌿 Sit &amp; Be Fit [Wellness Centre]</div> <div>2:15 🌿 Water Walking &amp; Aqua Fit [Swimming Pool]</div> <div>7:00 😊 Movie Night [Wild Rose Room]</div>
<div>28</div> <div>9:30 ☀️ Catholic Service [Chapel]</div> <div>1:30 😊 Classic Movie Matinee [Wild Rose Room]</div> <div>3:00 ☀️ Chapel Service [Chapel]</div> <div>6:30 😊 Sing-a-long w/ Linda [Chapel]</div>	<div>29</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>10:00 🌿 Aqua Fit [Swimming Pool]</div> <div>10:30 🧠 Brain Fitness [Activity Room]</div> <div>11:00 🍽️ The Nutman [Lobby]</div> <div>1:00 🧠 Bingo [Activity Room]</div> <div>1:15 🧠 Bridge Club [Games Room]</div> <div>1:30 😊 Movie Matinee with Shelagh [Wild Rose Room]</div> <div>2:00 🧠 Education Session: Super Foods [Bistro]</div> <div>6:30 🌸 Horse Racing [Activity Room]</div> <div>6:30 🧠 Scrabble [Fireplace Lounge]</div>	<div>30</div> <div>9:00 🌿 Daily Fit [Wellness Centre]</div> <div>10:00 🌿 Seated Yoga [Wellness Centre]</div> <div>10:30 🧠 Colouring &amp; Company [Activity Room]</div> <div>1:30 🏊 Knitters for Needy [Activity Room]</div> <div>1:30 🧠 Quiddler [Fireplace Lounge]</div> <div>1:30 🧠 Ukulele Circle [Wellness Centre]</div> <div>3:00 🌿 Sit &amp; Be Fit [Wellness Centre]</div> <div>3:45 😊 Sing-a-Long with Marlee [Garden Lounge]</div> <div>7:15 😊 Shelley Goldbeck- Mandolin/ Songwriter, Poet [Dining Room]</div>	<div>Special Days</div> <div>14th - Palm Sunday</div> <div>19th - Good Friday</div> <div>20th - First Day of Passover</div> <div>21st - Easter Sunday</div> <div>22nd- Earth Day</div>	<div>LIVING LOVING LOCAL</div> <div>April EGGS</div>	<div>😊 Emotional</div> <div>🧠 Intellectual</div> <div>🌿 Physical</div> <div>🚶 Purposeful</div> <div>🌸 Social</div> <div>☀️ Spiritual</div>	
	<div>Tidbits</div> <div>Birthstone – Diamonds</div> <div>Flower – Daisy</div> <div>What’s Lucky This Month!</div> <div>Lucky Numbers: 4 and 16</div> <div>Lucky Letters: A and L</div> <div>Lucky Plant: Daisy</div> <div>Lucky Colors: Green</div> <div>Lucky Days: Tuesday and Friday</div>	<div>OUTINGS</div> <div>8th - Country Drive</div> <div>11th - Black Diamond Marv's Soda Shop</div> <div>18th - Grey Eagle Casino</div> <div>22nd - Country Drive</div> <div>25th - Lunch at Bonavista Peking House</div>	<div>Go4Life.</div> <div>Be active 4 ways everyday!</div> <div>from the National Institute on Aging at NIH</div> <div><div>ENDURANCE</div><div>STRENGTH</div><div>BALANCE</div><div>FLEXIBILITY</div></div>			