April 2022

Lake Bonavista Village

Verve INSPIRED SENIOR LIVING

Lake Bonavista VILLAGE — INSPIRED SENIOR LIVING WITH Verve

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend 1st Floor Wellness Centre (WEL) 2nd Floor Activity Room (ACT) 3rd Floor Games Room (GAM) 1st Floor Lobby (LOB) 1st Floor Wild Rose Room (WIL) 4th Floor Fireplace Lounge (FIR) 1st Floor Swimming Pool (SWI) 1st Floor Dining Room (DIN) 1st Floor Chapel (CHA) 1st Floor Bistro (BIS) 2nd Floor Library (LIB) 1st Floor Garden Lounge (GAR) 1st Floor Main Street (MAI) 1st Floor Private Dining Room (PRI)					2:30 Happy Hour (DIN) **1**	**2**
3 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Oklahoma" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: Our Planet with David Attenborough - "Forests" (FIR) 3:00 Chapel Service (CHA) 6:15 Sing A Long with Nicolle (GAR)	**4** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 MOMA Art Lecture: Jack Bush (LIB) 1:15 Bridge Club (GAM) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)	**5** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 11:00 Outing: Lunch at Hudsons in Shawnessy (LOB) 1:00 Knitting Club (ACT) 1:00 Movie Matinee - "Girl With A Pearl Earring" (WIL) 1:30 Shopping/Banking: London Drugs, Winners, Home Sense or Dollar Tree (LOB) 3:00 Social Sipping - "Virgin Cosmopolitan Mocktail" (BIS) 6:00 Canasta & Choice Games (FIR)	**6** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:30 Sit and Be Fit (WEL) 2:30 Piano Prelude with Marlee Hessing (DIN) 3:15 Java Music Club (FIR) 6:15 Cribbage (GAM)	**7** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Wii Bowling and Ice Cream! (WIL) 2:00 Painting with Alex - Museum of Modern Art (ACT) 2:30 Tech Talk - Help with Technology (LIB) 3:30 Travelogue: "Istanbul" (WIL) 6:15 Whist (GAM)	**8** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade or South Centre (Tentative) (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:15 Catholic Mass (CHA) 10:30 Go 4 Life Walk and Talk (LOB) 11:00 Outing: Grey Eagle Casino (MAI) 1:00 Parkinson's Awareness Month: Health Education Talk Presented by Laurine Filo (DIN) 2:30 Happy Hour (DIN) 6:15 Cribbage (GAM)	**9** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Water Walking (SWI) 1:00 Movie Matinee - "Girl With A Pearl Earring" (WIL) 1:15 Bridge Club (GAM) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)
10 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Oklahoma" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: Our Planet with David Attenborough - "Forests" (FIR) 3:00 Chapel Service (CHA) 6:15 Sing A Long with Nicolle (GAR)	**11** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 MOMA Art Lecture: Jack Bush (LIB) 1:15 Bridge Club (GAM) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)	**12** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 11:00 Outing: Lunch and Self Guided Tour at Bow Habitat and Fish Hatchery (LOB) 1:00 Knitting Club (ACT) 1:00 Movie Matinee - "Palm Beach" (WIL) 1:15 Education Session: Superfoods (LIB) 3:00 Social Sipping - "Whipped Lemonade" (BIS) 6:00 Canasta & Choice Games (FIR) 7:00 Entertainment: Linda Kitchin (DIN)	**13** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Meet the Chef (BIS) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:30 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:15 Cribbage (GAM)	**14** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Wii Bowling and Ice Cream! (WIL) 1:00 Larissa the Seamstress (GAR) 2:00 Name That Tune with Resident Dave Bruneau (ACT) 3:00 Happy Hour (BIS) 3:45 Travelogue: "Scotland's Highlands" (WIL) 6:15 Whist (GAM)	**15** Good Friday: No Group Programs (LOB) 2:00 Friday Movie Matinee (WIL) 6:15 Cribbage (GAM)	**16** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Water Walking (SWI) 1:00 Movie Matinee - "Palm Beach" (WIL) 1:15 Bridge Club (GAM) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17 Easter 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Oklahoma" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: Our Planet with David Attenborough - "" (FIR) 3:00 Chapel Service (CHA) 6:15 Sing A Long with Nicolle (GAR)	**18** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:30 Line Dancing with Gayle (WEL) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)	**19** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 11:00 Outing: Lunch at Boston Pizza and Michael Angelo Interactive Art Show at BMO Center - Sistine Chapel (LOB) 1:00 Knitting Club (ACT) 1:00 Movie Matinee - "Leap Year" (WIL) 3:00 Social Sipping - "Roy Rogers" (BIS) 6:00 Canasta & Choice Games (FIR) 7:00 Entertainment: Luke D - Old School Rock and Country (DIN)	**20** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Resident Council Meeting - Members Only (PRI) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:30 Sit and Be Fit (WEL) 2:30 Piano Prelude with Marlee Hessing (DIN) 3:15 Java Music Club (FIR) 6:15 Cribbage (GAM)	**21** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Wii Bowling and Ice Cream! (WIL) 2:00 Painting with Alex - Museum of Modern Art (ACT) 2:30 Tech Talk - Help with Technology (LIB) 3:30 Travelogue: "Highlights of Castile: Toledo and Salamanca" (WIL) 6:15 Whist (GAM)	**22** Earth Day Earth Day - Wear Green or Blue (LOB) 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade or South Centre (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Choice Games with Life Enrichment: Scrabble (GAM) 1:30 Outing: Scenic Drive with Jeff (LOB) 3:00 Happy Hour (BIS) 6:15 Cribbage (GAM)	**23** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Water Walking (SWI) 1:00 Movie Matinee - "Leap Year" (WIL) 1:15 Bridge Club (GAM) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)
24 10:15 Catholic Service (CHA) 1:00 Classic Movie Matinee - "Oklahoma" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: Our Planet with David Attenborough - "" (FIR) 3:00 Chapel Service (CHA) 6:15 Sing A Long with Nicolle (GAR)	**25** Artful Aging Week 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 MOMA Art Lecture: Paul Kane (LIB) 1:15 Bridge Club (GAM) 1:30 Movie Matinee with Shelagh (WIL) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR)	**26** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Promenade (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 11:00 Outing: Longview - Lunch at Bistro New York (LOB) 1:00 Knitting Club (ACT) 1:00 Movie Matinee - "Letters to Juliet" (WIL) 1:15 Education Session: Superfoods (LIB) 3:00 Social Sipping - "Arnold Palmer Mocktail" (BIS) 6:00 Canasta & Choice Games (FIR) 7:00 Entertainment: Ray Kenney (DIN)	**27** 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Resident Discussion (DIN) 10:30 Go 4 Life Walk and Talk (LOB) 11:30 Resident Birthday Lunch: By Invite Only (BIS) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:30 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:15 Cribbage (GAM)	**28** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Wii Bowling and Ice Cream! (WIL) 1:00 Larissa the Seamstress (GAR) 2:30 Name That Tune with Resident Dave Bruneau (ACT) 3:30 Travelogue: "Stockholm" (WIL) 6:15 Whist (GAM)	**29** 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Shawnessy Walmart, Michaels, BMO, etc (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 1:00 Choice Games with Life Enrichment: Scrabble (GAM) 1:30 Sit and Be Fit (WEL) 1:30 Shopping/Banking: Promenade or South Centre (LOB) 3:00 Happy Hour (BIS) 6:15 Cribbage (GAM)	**30** 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Water Walking (SWI) 1:00 Movie Matinee - "Letters to Juliet" (WIL) 1:15 Bridge Club (GAM) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR)

Locations Legend

1st Floor Wellness Centre (WEL)
2nd Floor Activity Room (ACT)
3rd Floor Games Room (GAM)
1st Floor Lobby (LOB)
1st Floor Wild Rose Room (WIL)
4th Floor Fireplace Lounge (FIR)
1st Floor Swimming Pool (SWI)
1st Floor Dining Room (DIN)
1st Floor Chapel (CHA)
1st Floor Bistro (BIS)
2nd Floor Library (LIB)
1st Floor Garden Lounge (GAR)
1st Floor Main Street (MAI)
1st Floor Private Dining Room (PRI)

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