

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| <div><div>SATURDAY APR 22</div><div>Celebrating Earth Day</div></div> | <div><div>Happy Easter</div></div> | | | | | <div><div>9:00 Daily Fit (WEL)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:45 Aqua Fit (SWI)</div><div>1:15 Movie Matinee: Joyful Noise (WIL)</div><div>1:15 Bridge Club (GAM)</div><div>1:30 Horse Races (ACT)</div><div>3:00 Weekend Trivia (ACT)</div><div>6:00 Canasta (FIR)</div><div>1</div></div> |
| <div><div>10:15 Catholic Service (CHA)</div><div>1:00 Classic Movie Matinee - "Dirty Dancing" (WIL)</div><div>1:15 Sit and Be Fit (WEL)</div><div>2:00 Documentary Series: - "Cat People: Catwabunga" (FIR)</div><div>3:00 Chapel Service (CHA)</div><div>2</div></div> | <div><div>8:30 Smilez 2 Go -8:30 -4:30 By Appointment (GAR)</div><div>9:00 Daily Fit (WEL)</div><div>10:00 The Nutman - 10:00 - 12:00 (LOB)</div><div>10:00 Aqua Fit (SWI)</div><div>10:30 Brain Fitness (ACT)</div><div>1:00 Bingo (ACT)</div><div>1:15 Bridge Club (GAM)</div><div>1:30 Line Dancing with Gayle (WEL)</div><div>2:00 Book Club with Shelagh (LIB)</div><div>3:00 Monday Meditation (ACT)</div><div>6:00 Canasta & Choice Games (FIR)</div><div>3</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:30 Shopping/Banking: Shawnessy (LOB)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:30 Colouring & Company (ACT)</div><div>1:00 Knitting Club (ACT)</div><div>1:00 Shopping/Banking: Promenade or South Centre (LOB)</div><div>2:15 Easter Craft: Easter Bunny Decorations (ACT)</div><div>3:00 Social Sipping - Arnold Palmer (BIS)</div><div>7:00 Entertainment: Roli Mack Music (DIN)</div><div>4</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>10:00 Aqua Fit (SWI)</div><div>10:30 Go 4 Life Walk and Talk (LOB)</div><div>10:30 Tech Talk - Help with Technology (LIB)</div><div>1:00 Bingo (ACT)</div><div>1:15 Bridge Club (GAM)</div><div>1:15 Movie Matinee: Made in Italy (WIL)</div><div>2:00 Sit and Be Fit (WEL)</div><div>3:15 Java Music Club (FIR)</div><div>6:00 Cribbage (GAM)</div><div>5</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:30 Fit Minds (ACT)</div><div>1:30 Choice Games with Life Enrichment: Scrabble or Shuffleboard (GAM)</div><div>2:00 Seated Tai Chi (WEL)</div><div>3:00 Travelogue: Rick Steve's European Easter - 55 Minutes (WIL)</div><div>6:00 Whist (GAM)</div><div>6</div></div> | <div><div>Good Friday - No L.E. Programming</div><div>10:00 Seated Yoga with Teacher Lorraine (WEL)</div><div>2:00 Painting with Alex - Museum of Modern Art (ACT)</div><div>6:00 Cribbage (GAM)</div><div>7</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:45 Aqua Fit (SWI)</div><div>1:15 Bridge Club (GAM)</div><div>1:15 Movie Matinee: Made in Italy (WIL)</div><div>1:30 Horse Races (ACT)</div><div>3:00 Weekend Trivia (ACT)</div><div>6:00 Canasta (FIR)</div><div>8</div></div> |
| <div><div>Easter Sunday - No Group Programs</div><div>10:15 Catholic Service (CHA)</div><div>1:00 Classic Movie Matinee - "The Age Of Innocence" (WIL)</div><div>3:00 Chapel Service (CHA)</div><div>9</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>10:00 Aqua Fit (SWI)</div><div>10:30 Brain Fitness (ACT)</div><div>1:00 Bingo (ACT)</div><div>1:15 Bridge Club (GAM)</div><div>1:15 MOMA Art Lecture: Alfred Sisley - Painter (LIB)</div><div>3:00 Monday Meditation (ACT)</div><div>6:00 Canasta & Choice Games (FIR)</div><div>10</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:30 Shopping/Banking: Promenade or South Centre (LOB)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:30 Colouring & Company (ACT)</div><div>11:30 Lunch Outing: Mossleigh Bar n Grill (LOB)</div><div>1:00 Knitting Club (ACT)</div><div>1:15 Education Session: Superfoods - Eggs (LIB)</div><div>1:30 Anglican Church Service (CHA)</div><div>2:00 Drum Fit - Music and Movement (WIL)</div><div>3:00 Social Sipping - Cosmopolitan Mocktail (BIS)</div><div>7:00 Entertainment: Kelly Kalden (DIN)</div><div>11</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>10:00 Aqua Fit (SWI)</div><div>10:00 Meet the Chef (BIS)</div><div>10:30 Go 4 Life Walk and Talk (LOB)</div><div>1:00 Bingo (ACT)</div><div>1:15 Bridge Club (GAM)</div><div>1:15 Movie Matinee: Holiday in the Wild (WIL)</div><div>2:00 Sit and Be Fit (WEL)</div><div>3:15 Java Music Club (FIR)</div><div>6:00 Cribbage (GAM)</div><div>12</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:30 Fit Minds (ACT)</div><div>1:00 Larissa the Seamstress (GAR)</div><div>2:00 Seated Tai Chi (WEL)</div><div>3:30 Travelogue: "Sicilian Delights" (WIL)</div><div>6:00 Whist (GAM)</div><div>13</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:30 Shopping/Banking: Shawnessy (LOB)</div><div>10:00 Aqua Fit (SWI)</div><div>10:00 Seated Yoga with Teacher Lorraine (WEL)</div><div>10:15 Catholic Mass (CHA)</div><div>10:30 Go 4 Life Walk and Talk (LOB)</div><div>12:00 Outing: Cash Casino (LOB)</div><div>3:00 Happy Hour (BIS)</div><div>6:00 Cribbage (GAM)</div><div>14</div></div> | <div><div>9:00 Daily Fit (WEL)</div><div>9:45 Sit and Be Fit (WEL)</div><div>10:45 Aqua Fit (SWI)</div><div>1:15 Bridge Club (GAM)</div><div>1:15 Movie Matinee: Holiday in the Wild (WIL)</div><div>1:30 Horse Races (ACT)</div><div>3:00 Weekend Trivia (ACT)</div><div>6:00 Canasta (FIR)</div><div>15</div></div> |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|---|--|---|---|--|
| 10:15 Catholic Service (CHA) 16 1:00 Classic Movie Matinee - "The Shawshank Redemption" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: - "Beautiful Serengeti: Family" (FIR) 3:00 Chapel Service (CHA) 6:15 Drum Fit - Music and Movement (WIL) | 9:00 Daily Fit (WEL) 17 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:00 Hearing Aid Clinic - Drop In Service Welcome (GAR) 1:15 Bridge Club (GAM) 1:30 Line Dancing with Gayle (WEL) 3:00 Monday Meditation with Marie Hallowich (ACT) 6:00 Canasta & Choice Games (FIR) | 9:00 Daily Fit (WEL) 18 9:30 Shopping/Banking: London Drugs, Winners, Home Sense or Dollar Tree (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 12:30 Outing: Shopping at ZELLERS at Sunridge (LOB) 1:00 Knitting Club (ACT) 1:30 McDougall United Communion Service (CHA) 2:00 Drum Fit - Music and Movement (WIL) 3:00 Social Sipping - Grape Lemonade (BIS) 7:00 Entertainment: Blue Grass Entertainment (DIN) | Covid-19 Vaccination Clinic - No L.E. Programming (WEL) 19 1:15 Bridge Club (GAM) 6:00 Cribbage (GAM) | 9:00 Daily Fit (WEL) 20 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:30 Baking: (GAM) 2:00 Seated Tai Chi (WEL) 3:30 Travelogue: "West England" (WIL) 6:00 Whist (GAM) | 9:00 Daily Fit (WEL) 21 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 Outing: Scenic Drive (LOB) 2:00 Painting with Alex - Museum of Modern Art (ACT) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM) | Earth Day - Wear Green or Blue (LOB) 22 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Where'd You Go, Bernadette (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR) |
| 10:15 Catholic Service (CHA) 23 1:00 Classic Movie Matinee - "Steel Magnolias" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: - "Beautiful Serengeti: Competition" (FIR) 3:00 Chapel Service (CHA) 6:15 Drum Fit - Music and Movement (WIL) | Artful Enrichment Week 24 9:00 Daily Fit (WEL) 10:00 Aqua Fit (SWI) 10:00 Bible Study with Reverend Margaret Hogarth (FIR) 10:30 Brain Fitness (ACT) 1:00 Bingo (ACT) 1:15 Bridge Club (GAM) 1:15 Artfull Enrichment: Exploring Mexican Art Interactive Presentation (WIL) 1:30 Movie Matinee with Shelagh (WIL) 3:00 Monday Meditation (ACT) 6:00 Canasta & Choice Games (FIR) | Artful Enrichment Week 25 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Shawnessy (LOB) 9:45 Sit and Be Fit (WEL) 10:30 Colouring & Company (ACT) 1:00 Knitting Club (ACT) 1:00 Shopping/Banking: Promenade or South Centre (LOB) 1:15 Education Session: Superfoods - Banana (LIB) 2:15 Artfull Enrichment Week: Spring Tulips Painting - All levels welcome! (WIL) 3:00 Social Sipping - Pina Colada (BIS) 7:00 Entertainment: Calgary Multicultural Choir (DIN) | Artful Enrichment Week 26 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) 1:15 Movie Matinee: Rocketman (WIL) 2:00 Sit and Be Fit (WEL) 3:15 Java Music Club (FIR) 6:00 Cribbage (GAM) | Artful Enrichment Week 27 9:00 Daily Fit (WEL) 9:45 Sit and Be Fit (WEL) 10:30 Fit Minds (ACT) 1:00 Larissa the Seamstress (GAR) 2:00 Seated Tai Chi (WEL) 3:30 Travelogue: "Art Institute of Chicago: Monet and Chicago" (WIL) 6:00 Whist (GAM) 6:30 Paint Night with Alex - Sign Up Required (WEL) | Artful Enrichment Week 28 9:00 Daily Fit (WEL) 9:30 Shopping/Banking: Southland Walmart, Dollarama or Real Canadian SuperStore (LOB) 10:00 Aqua Fit (SWI) 10:00 Seated Yoga with Teacher Lorraine (WEL) 10:30 Go 4 Life Walk and Talk (LOB) 12:30 Outing: Contemporary Calgary Art Gallery (LOB) 3:00 Happy Hour (BIS) 6:00 Cribbage (GAM) | 9:00 Daily Fit (WEL) 29 9:45 Sit and Be Fit (WEL) 10:45 Aqua Fit (SWI) 1:15 Bridge Club (GAM) 1:15 Movie Matinee: Rocketman (WIL) 1:30 Horse Races (ACT) 3:00 Weekend Trivia (ACT) 6:00 Canasta (FIR) |
| 10:15 Catholic Service (CHA) 30 1:00 Classic Movie Matinee - "Top Gun" (WIL) 1:15 Sit and Be Fit (WEL) 2:00 Documentary Series: - "Beautiful Serengeti: Water Worlds" (FIR) 3:00 Chapel Service (CHA) 6:15 Drum Fit - Music and Movement (WIL) | <div>Be you</div> | | | <div>Locations Legend</div> <div>1st Floor Wellness Centre (WEL) 2nd Floor Activity Room (ACT) 3rd Floor Games Room (GAM) 1st Floor Wild Rose Room (WIL) 1st Floor Lobby (LOB) 4th Floor Fireplace Lounge (FIR) 1st Floor Swimming Pool (SWI) 1st Floor Chapel (CHA) 1st Floor Bistro (BIS) 2nd Floor Library (LIB) 1st Floor Dining Room (DIN) 1st Floor Garden Lounge (GAR)</div> | | <div>Calendar Legend</div> <div>Outing Special Program Living, Loving, Local Signature Program</div> |