



INSPIRED SENIOR LIVING

April 2024

The Lodge At Valley Ridge



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>8:45 Sit & Be Fit (A) 1</p> <p>9:30 Sit & Be Fit (A)</p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>3:30 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba w/ Virginia (A) 2</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba w/ Virginia (A)</p> <p>10:15 Tech Support (A)</p> <p>10:30 Hearing Aid Clinic (LIB)</p> <p>1:30 Artful Enrichment (A)</p> <p>2:00 Bistro Karaoke Sing-Along! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit & Be Fit (A) 3</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:30 Coffee & Chat w/ LE (2)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p>	<p>8:45 Stand & Be Fit (A) 4</p> <p>9:30 Stand & Be Fit (A)</p> <p>12:30 Guest Table: Author Brenda Schurko (LB)</p> <p>1:30 Reading by Guest Author (WRR)</p> <p>2:00 Scrabble (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 5</p> <p>9:30 DrumFit (A)</p> <p>10:30 Meet Me at the MOMA (A)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Team Trivia Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 6</p> <p>9:30 Morning Yoga (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 7</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit & Be Fit (A) 8</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to Walmart & Dollarama (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>3:30 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba w/ Virginia (A) 9</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba w/ Virginia (A)</p> <p>10:15 Tech Support (A)</p> <p>10:30 Catholic Mass (L)</p> <p>1:30 Art with Alex (A)</p> <p>2:00 Bistro Karaoke Sing-Along! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit & Be Fit (A) 10</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:30 Coffee & Chat w/ Glen (2)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p>	<p>8:45 Stand & Be Fit (A) 11</p> <p>9:30 Stand & Be Fit (A)</p> <p>1:30 Block Party (Floor 2 & 4) (A)</p> <p>2:00 Scrabble (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>4:15 Living Loving Local Dinner! (D)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 12</p> <p>9:30 DrumFit (A)</p> <p>10:30 Java Music Club: Come and Sing Along! (L)</p> <p>1:30 Adult Colouring (WRR)</p> <p>2:00 Team Trivia Happy Hour! (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 13</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>2:00 Entertainment: CC Poodle Hop Gang (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>
<p>9:00 In-Suite Seated Fitness (398) 14</p> <p>9:30 In-Suite Non Denominational Church Service (398)</p> <p>1:30 Bridge Games (WRR)</p> <p>2:00 Go4Life Walking Group (MIL)</p> <p>2:30 New puzzles on the Fit Minds board! (A)</p>	<p>8:45 Sit & Be Fit (A) 15</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:00 Banking Outing (MIL)</p> <p>12:30 Shopping Trip to North Hill Mall (MIL)</p> <p>1:30 Bridge Games (WRR)</p> <p>3:00 Strengthen & Stretch (A)</p> <p>3:30 Dominoes (WRR)</p> <p>7:00 Monday Night Documentary (398)</p>	<p>8:45 Zumba w/ Virginia (A) 16</p> <p>9:00 Mobile Lab (WRR)</p> <p>9:30 Zumba w/ Virginia (A)</p> <p>10:15 Tech Support (A)</p> <p>1:30 Artful Enrichment (A)</p> <p>1:30 CO-OP Walker Clinic (WRR)</p> <p>2:00 Bistro Karaoke Sing-Along! (B)</p> <p>6:30 Mahjong (Sign-up Required) (WRR)</p>	<p>8:45 Sit & Be Fit (A) 17</p> <p>9:30 Sit & Be Fit (A)</p> <p>10:30 Meet w/ the Chef (L)</p> <p>2:00 New Resident Welcome w/ Entertainment: Jerry Proppe (D)</p> <p>3:15 Cribbage Games (WRR)</p> <p>6:30 Bridge Games (WRR)</p>	<p>8:45 Stand & Be Fit (A) 18</p> <p>9:30 Stand & Be Fit (A)</p> <p>10:00 Medical Foot Care Clinic (A)</p> <p>1:30 Block Party (Floor 1 & 3) (L)</p> <p>2:00 Scrabble (WRR)</p> <p>7:00 In-Suite Tai Chi (398)</p>	<p>8:45 DrumFit (A) 19</p> <p>9:30 DrumFit (A)</p> <p>10:30 Education Session: Managing Bladder Health (L)</p> <p>2:00 Wine & Cheese Happy Hour: Australian Wines {Sign Up Required} (B)</p> <p>6:30 Card Games (WRR)</p> <p>6:30 Mahjong (Sign-up Required) (A)</p>	<p>8:45 Morning Yoga (A) 20</p> <p>9:30 Morning Yoga (A)</p> <p>10:15 Pet Visits with Spudders (A)</p> <p>2:00 Bingo! (A)</p> <p>3:15 Cribbage Games (WRR)</p> <p>7:00 Saturday Movie Night: Resident's Choice (WRR)</p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 11:15 Spring Buffet (D) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	22 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 10:00 Dental Hygienist {Sign-up Required} (WRR) 12:30 Shopping Trip to Superstore (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary (398)	23 8:45 Zumba w/ Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 9:30 Vendor Table: The Nutman! (LB) 10:15 Tech Support (A) 1:30 Art with Alex (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	24 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:30 Coffee & Chat w/ Dessiree & Karen (2) 2:00 Monthly Resident Birthday Party w/ Entertainment: Joel Spire (D) 3:15 Cribbage Games (WRR) 6:30 Bridge Games (WRR)	25 8:45 Stand & Be Fit (A) 9:30 Stand & Be Fit (A) 10:30 Resident Forum (L) 2:00 Scrabble (WRR) 3:00 Strengthen & Stretch (A) 7:00 In-Suite Tai Chi (398)	26 8:45 DrumFit (A) 9:30 DrumFit (A) 10:30 Horseshoes (GAZ) 1:30 Adult Colouring (WRR) 2:00 Team Trivia Happy Hour! (B) 6:30 Card Games (WRR) 6:30 Mahjong (Sign-up Required) (A)	27 8:45 Morning Yoga (A) 9:30 Morning Yoga (A) 10:15 Pet Visits with Spudders (A) 2:00 Bingo! (A) 3:15 Cribbage Games (WRR) 7:00 Saturday Movie Night: Resident's Choice (WRR)
28 9:00 In-Suite Seated Fitness (398) 9:30 In-Suite Non Denominational Church Service (398) 1:30 Bridge Games (WRR) 2:00 Go4Life Walking Group (MIL) 2:30 New puzzles on the Fit Minds board! (A)	29 8:45 Sit & Be Fit (A) 9:30 Sit & Be Fit (A) 10:00 Banking Outing (MIL) 12:30 Shopping Trip to Walmart & Dollarama (MIL) 1:30 Bridge Games (WRR) 3:00 Strengthen & Stretch (A) 3:30 Dominoes (WRR) 7:00 Monday Night Documentary (398)	30 8:45 Zumba w/ Virginia (A) 9:00 Mobile Lab (WRR) 9:30 Zumba w/ Virginia (A) 10:15 Tech Support (A) 1:30 Artful Enrichment (A) 2:00 Bistro Karaoke Sing-Along! (B) 6:30 Mahjong (Sign-up Required) (WRR)	<p>Parkinson's Awareness Month</p>		<p>MONDAY APR 22 Earth Day</p>	

SATURDAY
APR 27
Tell A Story Day

Be Proud

- Locations Legend**
- Activity Room (A)
 - Wild Rose Room (WRR)
 - Meet in Lobby (MIL)
 - In Suite (398)
 - Bistro (B)
 - 3rd Floor Loft (L)

- Dining Room (D)
- 2nd Fl Lounge (2)
- Lobby (LB)
- Library (2nd Floor) (LIB)
- Gazebo (GAZ)

- Calendar Legend**
- Outing
 - Special Program
 - Living, Loving, Local
 - Signature Program
 - Highlight