



INSPIRED SENIOR LIVING

April 2023 Richmond Hill



INSPIRED SENIOR LIVING WITH

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|---|--|--|--|--|--|---|---|
|  <h2>Happy Easter</h2> | |  <p>SATURDAY APR 22</p> <h2>Celebrating Earth Day</h2> | | | | | <p>10:00 Exercise (E) 1</p> <p>10:30 Go4Life Walking Club with Friends (LC)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Rummikub (LL)</p> <p>2:00 Saturday Series: Gordon Ramsay Uncharted " Hawaii's Hana Coast" (T)</p> <p>7:00 Evening Movie: Gifted (T)</p> |
| <p>11:00 Pick up an activity booklet at reception! (REC) 2</p> <p>1:30 Scrabble (LL)</p> <p>1:45 Sunday Series: National Geographic Lost Treasures of the Maya EP 4 (BA)</p> <p>3:00 Afternoon Tea Time and Trivia (BA)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: Dead Poets Society (T)</p> | <p>10:00 Exercise (E) 3</p> <p>10:30 Go4Life Walking Club (LC)</p> <p>10:30 Sing A Long Easter Hymns By The Piano (LL)</p> <p>1:30 Let's Play Bridge! (L)</p> <p>2:30 BINGO (MP)</p> <p>3:00 Therapeutic Yoga with Saleem (E)</p> <p>3:30 Activities Meeting with Life Enrichment Team * Summer Outings* (T)</p> <p>7:00 Evening Movie: Remember The Titans (T)</p> | <p>10:00 Morning Coffee & Tea Conversations (BA) 4</p> <p>10:00 Blood Pressure Clinic w/ Elena (HW)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:30 Ted Talk Tuesday: How To Deal With Difficult People (T)</p> <p>3:00 Crafternoon: Easter Shelf Décor *Sign up with Life Enrichment Team* (MP)</p> <p>3:30 Corn Hole Game (LL)</p> <p>7:00 Evening Entertainment with Marcus Schwan (LL)</p> | <p>10:00 Exercise (E) 5</p> <p>10:30 Prayer Group (C)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Hearing Clinic With Martin (Sign Up At Reception) (SPA)</p> <p>1:30 Let's Play Euchre! (L)</p> <p>2:00 Beginners French with Grael (L)</p> <p>2:00 Knitting Nook * New Social Club Tea and Coffee available * (LL)</p> <p>3:00 Technology Support with Grael (L)</p> <p>6:45 Evening Documentary: Audrey (T)</p> | <p>10:00 Catholic Communion (C) 6</p> <p>10:00 Outing: Hillcrest Mall * Sign up with Life Enrichment Team* (OUT)</p> <p>10:30 Go4 Life Walking Club (LC)</p> <p>10:30 Strength & Balance with Grael (E)</p> <p>1:30 Skip-Bo Cards! (L)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:30 Java Music Club (MP)</p> <p>3:30 What's In A word ? (T)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Flippin' Crepe Night! *Sign up with Life Enrichment Team* (BA)</p> | <p>Good Friday 7</p> <p>10:30 Morning Netflix's Series: Secrets of Great British Castles " Lancaster Castle" (T)</p> <p>1:15 Better Your Brain - Fit Minds (L)</p> <p>2:00 Fab, Fit, Fun Gentle Exercise With Limor (E)</p> <p>3:00 Easter Egg Hunt (LL)</p> <p>6:45 Friday Night Movie and Popcorn: Little Women (2019) (T)</p> | <p>10:00 Exercise (E) 8</p> <p>10:30 Go4Life Walking Club with Friends (LC)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Rummikub (LL)</p> <p>2:00 Saturday Series: Gordon Ramsay Uncharted " The Mighty Mekong of Laos" (T)</p> <p>7:00 Evening Movie: Age of Adaline (T)</p> | |
| <p>Easter 9</p> <p>11:00 Pick up an activity booklet at reception! (REC)</p> <p>11:00 Easter Brunch Buffet (D)</p> <p>1:30 Scrabble (LL)</p> <p>1:45 Sunday Series: The Crown "Wolferton" Season 1 Ep 1 (T)</p> <p>3:00 Afternoon Tea Time and Trivia (BA)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: The Queen (T)</p> | <p>10:00 Exercise (E) 10</p> <p>10:30 Go4Life Walking Club (LC)</p> <p>1:30 Let's Play Bridge! (L)</p> <p>2:00 BINGO * Time Change* (MP)</p> <p>3:00 Therapeutic Yoga with Saleem (E)</p> <p>3:30 New Program Information Session: Guided Meditation with Lior *Come learn about the health benefits of Meditation* (MP)</p> <p>7:00 Evening Movie: Good Will Hunting (T)</p> | <p>10:00 Morning Coffee & Tea Conversations (BA) 11</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:00 Live Music with Brian Richards (LL)</p> <p>3:00 Meet Me At The MoMa Lecture: Alfred Sisley (MP)</p> <p>3:30 Meet Me At The MoMa Painting Session (MP)</p> <p>7:00 Evening Movie: Wonder (T)</p> | <p>10:00 Exercise (E) 12</p> <p>10:30 Prayer Group (C)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Let's Play Euchre! (L)</p> <p>1:30 Tena Product Information Session (T)</p> <p>2:00 Knitting Nook (LL)</p> <p>3:00 Resident Forum Meeting (T)</p> <p>6:45 Evening Documentary: David Attenborough A Life On Our Planet (T)</p> | <p>10:00 Catholic Communion 13</p> <p>10:00 Vendor: Nellies Comfort Shoes for less * 10am-3pm* (LC)</p> <p>10:30 Go4 Life Walking Club (LC)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:30 Java Music Club (MP)</p> <p>3:30 What's In A Word ? (T)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: Larry Crowne (T)</p> | <p>10:30 Morning Netflix's Series: Secrets of Great British Castles " Leeds Castles" (T) 14</p> <p>1:15 Better Your Brain - Fit Minds (L)</p> <p>2:00 Fab, Fit, Fun Gentle Exercise With Limor (E)</p> <p>2:00 Health Mobility Fall Prevention Information Session (T)</p> <p>3:30 Washer Toss Game (LL)</p> <p>6:45 Friday Night Movie and Popcorn: Brooklyn (T)</p> | <p>10:00 Exercise (E) 15</p> <p>10:30 Go4Life Walking Club with Friends (LC)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Rummikub (LL)</p> <p>2:00 Saturday Series: Gordon Ramsay Uncharted " Alaska's Panhandle" (T)</p> <p>2:30 BINGO (MP)</p> <p>7:00 Evening Movie: Top Gun (T)</p> | |



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|--|--|--|---|---|---|--|
| <p>11:00 Pick up an activity booklet at reception! (REC) 16</p> <p>1:30 Scrabble (LL)</p> <p>1:45 Sunday Series: The Crown "Hyde Park Corner" Season 1 Ep 2 (T)</p> <p>3:00 Afternoon Tea Time and Trivia (BA)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: 50 First Dates (T)</p> | <p>10:00 Exercise (E) 17</p> <p>10:00 Bible Study - The Study of Romans (C)</p> <p>10:30 Go4Life Walking Club (LC)</p> <p>1:30 Let's Play Bridge! (L)</p> <p>2:30 BINGO (MP)</p> <p>3:00 Therapeutic Yoga with Saleem (E)</p> <p>7:00 Evening Movie: Race (T)</p> | <p>10:00 Morning Coffee & Tea Conversations (BA) 18</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:00 Live Music with Cellist Leo Zang (LL)</p> <p>3:00 Guessing Game: Fact or Fiction (MP)</p> <p>3:30 Washer Toss Game (LL)</p> <p>7:00 Evening Movie: Just Like Heaven (T)</p> | <p>10:00 Exercise (E) 19</p> <p>10:30 Prayer Group (C)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Let's Play Euchre! (L)</p> <p>2:00 Knitting Nook (LL)</p> <p>2:00 Beginners French with Grael (BA)</p> <p>6:30 Spring Formal With Live Entertainment by Ed Cotton *6:30 - 8:30* (LL)</p> | <p>10:00 Catholic Communion (C) 20</p> <p>10:30 Go4 Life Walking Club (LC)</p> <p>10:30 Strength & Balance with Grael (E)</p> <p>1:30 Skip-Bo Cards! (L)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:30 Java Music Club (MP)</p> <p>3:00 Wine and Cheese Social Hour (BA)</p> <p>5:00 Outing: Rhapsody Restaurant *Hungarian Cuisine Signup with Life Enrichment Team* (OUT)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: La Confidential (T)</p> | <p>10:30 Morning Netflix's Series: Secrets of Great British Castles " Arundel Castle" (T) 21</p> <p>1:15 Better Your Brain - Fit Minds (L)</p> <p>2:00 Fab, Fit, Fun Gentle Exercise With Limor (E)</p> <p>2:30 BINGO * Location Change* (LL)</p> <p>3:30 Who am I Trivia? (LL)</p> <p>6:45 Friday Night Movie and Popcorn: The Upside Down (T)</p> | <p>10:00 Exercise (E) 22</p> <p>10:30 Go4Life Walking Club with Friends (LC)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Rummikub (LL)</p> <p>2:00 Saturday Series: Europe From Above ' The Netherlands' (T)</p> <p>7:00 Evening Movie: Belfast (T)</p> |
| <p>11:00 Pick up an activity booklet at reception! (REC) 23</p> <p>1:30 Scrabble (LL)</p> <p>1:45 Sunday Series: The Crown "Windsor" Season 1 Ep 3 (T)</p> <p>3:00 Afternoon Tea Time and Trivia (BA)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: West Side Story (2021) (T)</p> | <p>Artful Enrichment Week Begins! 24</p> <p>10:00 Exercise (E)</p> <p>10:00 Bible Study - The Study of Romans (C)</p> <p>10:30 Go4Life Walking Club (LC)</p> <p>1:30 Let's Play Bridge! (L)</p> <p>2:30 BINGO (MP)</p> <p>3:00 Therapeutic Yoga with Saleem (E)</p> <p>7:00 Flower Arrangements (Fake Flowers) with Limor (MP)</p> <p>7:00 Evening Movie: Red (T)</p> | <p>10:00 Morning Coffee & Tea Conversations (BA) 25</p> <p>10:00 Catholic Mass (C)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:00 New Program: Bake and Taste * Baking Demonstration * (B)</p> <p>3:00 Guest Speaker Paul Dias "Picasso- the Aesthetic of Ugly" (BA)</p> <p>3:30 TikTok Dance (LL)</p> <p>7:00 Evening Movie: Women In Gold (T)</p> | <p>10:00 Exercise (E) 26</p> <p>10:00 Outing: Mc Michael Gallery * Sign up with Life Enrichment Team* (10am - 3pm) (OUT)</p> <p>10:30 Prayer Group (C)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Let's Play Euchre! (L)</p> <p>2:00 Knitting Nook (LL)</p> <p>3:00 Monthly Birthday Happy Hour: Come down to Celebrate the April Birthdays *Cocktails will be served* (LL)</p> <p>6:45 Evening Documentary: Found (T)</p> | <p>10:30 Go4 Life Walking Club (LC) 27</p> <p>10:30 Strength & Balance with Grael (E)</p> <p>1:30 Skip-Bo Cards! (L)</p> <p>1:30 Afternoon Exercise (E)</p> <p>2:30 Java Music Club (MP)</p> <p>3:00 Culinary Meeting with Pauline (T)</p> <p>3:30 What's In A Word ? (LL)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Entertainment with Pianist Patricia Duffy (LL)</p> | <p>10:00 Jewelry Vendor: 5th Ave Collections (10am -3pm) (LC) 28</p> <p>1:15 Better Your Brain - Fit Minds (L)</p> <p>2:00 Fab, Fit, Fun Gentle Exercise With Limor (E)</p> <p>2:30 BINGO (MP)</p> <p>3:00 Resident Art Gallery (Reveal Personal Art Masterpieces) * Sign-up with Life Enrichment Team to Participate * (LL)</p> <p>6:45 Friday Night Movie and Popcorn: About Time (T)</p> | <p>10:00 Exercise (E) 29</p> <p>10:30 Go4Life Walking Club with Friends (LC)</p> <p>10:45 Fall Prevention (E)</p> <p>1:30 Rummikub (LL)</p> <p>2:00 Saturday Series: Europe From Above ' Italy ' (T)</p> <p>3:15 Book Club Information Meeting (T)</p> <p>7:00 Evening Movie: Grown Ups (T)</p> |
| <p>11:00 Pick up an activity booklet at reception! (REC) 30</p> <p>1:30 Scrabble (LL)</p> <p>2:00 Sunday Series: The Crown "Act of God" Season 1 Ep 4 (T)</p> <p>3:00 Afternoon Tea Time and Trivia (BA)</p> <p>7:00 Billiards (BA)</p> <p>7:00 Evening Movie: Under the Tuscan Sun (T)</p> | | | | <p>Locations Legend</p> <p>Theatre (T) Exercise Room (E) Lower Lounge (LL) Bells & Whistles Bar (BA) Library (L) Multi Purpose Room (MP) Lobby Cafe (LC)</p> <p>Chapel (C) Reception (REC) Outing (OUT) Health and Wellness Office (HW) Spa (SPA) Dining Room (D) Bistro (B)</p> | | <p>Calendar Legend</p> <p>Outing Special Program Signature Program</p> |