



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <ul style="list-style-type: none"> Emotional Intellectual Outing Physical Purposeful Social Spiritual Vendor 	Easter Sunday 1 11:30 ☺ Bea plays piano [TL] 11:30 Brunch Buffet - families invited ... please sign up at reception by Thursday March 29 [DR] 11:30 ☀ Catholic Communion [L]	Easter Monday 2 9:30 🚶 Advanced Aquafit [P] 7:00 🎮 Bingo! [CK]	10:00 ☀ Go4Life: Chair Class [G] 3 10:30 🧠 Meet Me At The MOMA [T] 1:00 ☺ Women's Al-Anon Meeting [T] 1:30 🛠 Crafter's Corner [CK] 2:30 🎸 Ukulele Lessons (Beginner) [T] 6:30 ☺ Trivia Game [B] 7:00 🚶 Go4Life Walking in the Pool [P]	10:00 🎵 Sing for Your Life [T] 4 10:00 🎨 The Heritage Art Group [CK] 1:30 🧠 Bridge Club [L] 2:30 🎮 Food & Recreation Meeting [T] 6:30 ☺ Dean Martin Variety Show [T]	9:20 🚶 Go4Life Walking Club [B] 5 10:00 ☀ Go4Life: Chair Class [G] 10:00 🧠 Spanish Lessons [PDR] 10:30 🚶 Advanced Osteofit [G] 11:00 🛒 Willow Park Choir Sings [T] 1:00 🚶 Osteofit [T] 1:15 ☺ NEW TIME: Java Music (conversation, music & coffee) [PDR] 2:00 🎮 "\$Quarter Bingo" [CK] 2:15 🚗 Shopping Loop (Save-On & Walmart) *sign up at reception* [BO] 6:30 🧠 Crossword Puzzle [B]	Blue Jean Friday - Alzheimer's Fundraiser 6 9:00 🏥 FootCare Clinic: *sign up* [S] 9:15 🧠 News & Views [B] 9:30 🚶 Advanced Aquafit [P] 10:00 🚶 Go4Life: Gym Dandies [G] 10:00 🎖 Fire Fighting Friday - see poster for details [PDR] 10:40 🧠 Trivia Game [TL] 2:30 🛒 Happy Hour with Ray Volk 2:30 🎸 Ukulele Lessons (Intermediate) [T]	9:30 🚶 Go4Life Walking Club [B] 7 10:00 🚶 NEW: Men's Work Out Hour [G] 12:00 ☀ Mini Harp Concert (30 minutes) [T] 1:00 🧠 Crib Club - everyone welcome! [B] 1:30 🚶 Carpet Bowling [TL] 2:00 🧠 Let's Play Scrabble [L] 4:00 🎮 Hockey Night in Canada: On the big screen [T]
	11:30 ☀ Catholic Communion [L] 8	9:30 🚶 Advanced Aquafit [P] 9 10:30 🚶 Advanced Osteofit [G] 11:00 ☀ NEW: Bible Study [T] 1:00 🚶 Osteofit [T] 2:00 🚗 "Back Road Wanderers" Scenic Drive [BO] 3:30 ☀ Tai Chi [G] 7:00 🎮 Bingo! [CK]	10:00 ☀ Go4Life: Chair Class [G] 10 10:30 🧠 Meet Me At The MOMA [CK] 10:30 ☀ Catholic Mass [L] 1:00 ☺ Women's Al-Anon Meeting [T] 1:30 🛠 Crafter's Corner [CK] 6:30 ☺ Trivia Game [B] 7:00 🚶 Go4Life Walking in the Pool [P]	10:00 🎵 Sing for Your Life [T] 11 10:00 🎨 The Heritage Art Group [CK] 1:30 🧠 Canasta Game! (Calling all interested players) [T] 1:30 🧠 Bridge Club [L] 3:00 🎮 Show & Share with Rita - bring an item of interest to chat about with the group - everyone welcome! [PDR] 6:30 ☺ Dean Martin Variety Show [T]	9:20 🚶 Go4Life Walking Club [B] 12 10:00 ☀ Go4Life: Chair Class [G] 10:00 🧠 Spanish Lessons [PDR] 10:00 🎖 Happy Hookers Meeting [CK] 10:30 🚶 Advanced Osteofit [G] 1:00 🚶 Osteofit [T] 1:15 ☺ NEW TIME: Java Music (conversation, music & coffee) [PDR] 1:30 🚗 Shopping to Orchard Park Mall *sign up at reception* [TL] 2:00 🎮 "\$Quarter Bingo" [CK] 6:30 🧠 Crossword Puzzle [B]	Blue Jean Friday - Alzheimer's Fundraiser 13 9:00 🏥 FootCare Clinic: *sign up* [S] 9:15 🧠 News & Views [B] 9:30 🚶 Advanced Aquafit [P] 10:00 🚶 Go4Life: Gym Dandies [G] 10:40 🧠 Trivia Game [TL] 2:30 🛒 Happy Hour with Rolland Q. 2:30 🎸 Ukulele Lessons (Intermediate) [T] 4:30 🎮 LLL Dinner featuring Eggs [DR]	9:30 🚶 Go4Life Walking Club [B] 14 10:00 🚶 NEW: Men's Work Out Hour [G] 1:00 🧠 Crib Club - everyone welcome! [B] 1:30 🚶 Carpet Bowling [TL] 2:00 🧠 Let's Play Scrabble [L] 4:00 🎮 Hockey Night in Canada: On the big screen [T]
	11:30 ☀ Catholic Communion [L] 15	9:30 🚶 Advanced Aquafit [P] 16 10:30 🚶 Advanced Osteofit [G] 11:00 ☀ NEW: Bible Study [T] 1:00 🚶 Osteofit [T] 2:00 🚗 "Back Road Wanderers" Scenic Drive [BO] 3:30 🎧 Connect Hearing Clinic [B] 3:30 ☀ Tai Chi [G] 7:00 🎮 Bingo! [CK]	10:00 ☀ Go4Life: Chair Class [G] 17 10:30 🧠 Meet Me At The MOMA [T] 1:00 ☺ Women's Al-Anon Meeting [T] 1:30 🛠 Crafter's Corner [CK] 2:30 🎸 Ukulele Lessons (Beginner) [T] 4:00 ☺ Live Dinner Music with Bea [TL] 6:30 ☺ Trivia Game [B] 7:00 🚶 Go4Life Walking in the Pool [P]	10:00 🎵 Sing for Your Life [T] 18 10:00 🎨 The Heritage Art Group [CK] 1:30 🧠 Crib Tournament *sign up* [T] 1:30 🧠 Bridge Club [L] 6:30 ☺ Dean Martin Variety Show [T]	9:20 🚶 Go4Life Walking Club [B] 19 10:00 ☀ Go4Life: Chair Class [G] 10:00 🧠 Spanish Lessons [PDR] 10:30 🚶 Advanced Osteofit [G] 1:00 🚶 Osteofit [T] 1:15 ☺ NEW TIME: Java Music (conversation, music & coffee) [PDR] 2:00 🚗 Shopping Loop (Super Store & Walmart) *sign up at reception* [BO] 2:00 🎮 "\$Quarter Bingo" [CK] 6:30 🧠 Crossword Puzzle [B]	Blue Jean Friday - Alzheimer's Fundraiser 20 9:00 🏥 FootCare Clinic: *sign up* [S] 9:15 🧠 News & Views [B] 9:30 🚶 Advanced Aquafit [P] 10:00 🚶 Go4Life: Gym Dandies [G] 10:40 🧠 Trivia Game [TL] 2:30 🛒 Happy Hour with The Sun Riders (Phil & Valerie Wiebe) [T] 2:30 🎸 Ukulele Lessons (Intermediate) [T]	9:30 🚶 Go4Life Walking Club [B] 21 10:00 🚶 NEW: Men's Work Out Hour [G] 12:00 ☀ Mini Harp Concert (30 minutes) [T] 1:00 🧠 Crib Club - everyone welcome! [B] 1:30 🚶 Carpet Bowling [TL] 2:00 🧠 Let's Play Scrabble [L] 4:00 🎮 Hockey Night in Canada: On the big screen [T]

Just a reminder that **Outing Times** listed are our **Departure Time** - please come early to load the bus so we can keep the schedule. Call the front desk to **cancel** your spot if you have had a

Watch for special events taking place during **ARTFUL AGING** April 23 - 28

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <ul style="list-style-type: none"> Emotional Intellectual Outing Physical Purposeful Social Spiritual Vendor 	11:30 ☀ Catholic 22 Communion [L]	9:30 🚶 23 Advanced Aquafit [P] 10:30 🚶 Advanced Osteofit [G] 1:00 🚶 Osteofit [T] 2:00 🚌 Artful Aging: Scenic Drive & Sing-Along [BO] 3:30 ☀ Tai Chi [G] 7:00 🎮 Bingo! [CK]	9:45 🛒 NexGen Hearing Clinic [B] 10:00 ☀ Go4Life: Chair Class [G] 10:30 🧠 Meet Me At The MOMA (Artful Aging) [CK] 1:00 😊 Women's Al-Anon Meeting [PDR] 2:00 😊 Artful Aging Birthday Party Celebration with special music & presentations [T] 2:30 🎸 Ukulele Lessons (Beginner) [T] 6:30 😊 Trivia Game [B] 7:00 🚶 Go4Life Walking in the Pool [P]	8:30 🎨 Artful Aging: Men's Breakfast *sign up by April 18* [CK] 10:00 🎤 Sing for Your Life [T] 10:00 🎨 The Heritage Art Group [CK] 1:30 🧠 Bridge Club [L] 1:30 🎨 New Resident Welcome [T] 2:30 🗣 Resident Meeting [T] 3:30 😊 Artful Aging: Special Music with Albert [B] 6:30 😊 Dean Martin Variety Show [T]	9:30 🚶 Go4Life Walking Club [B] 10:00 🧠 Spanish Lessons [PDR] 10:30 ☀ Artful Aging: Zumba Gold [T] 10:30 🚶 Advanced Osteofit [G] 1:00 🚶 Osteofit [T] 1:15 😊 NEW TIME: Java Music [PDR] 2:00 🚌 Shopping Loop (Save On & Walmart) [BO] 2:00 🧠 West Kelowna Respiratory Club [CK] 2:00 🎮 "\$Quarter Bingo" [CK] 6:30 🧠 Crossword Puzzle [B]	Blue Jean Friday - Alzheimer's Fundraiser 27 9:00 🚶 FootCare Clinic: *sign up* [S] 9:30 🚶 Advanced Aquafit [P] 9:45 🚌 Artful Aging: Kelowna Art Gallery: View showing & hands-on project [BO] 1:15 🗣 Sign Up for May Activities [B] 2:30 🛒 Happy Hour with Elaine B. [T] 2:30 🧠 Ukulele Lessons (Intermediate) [T] 7:00 🗣 Resident Council Meeting [CK]	9:30 🚶 Go4Life Walking Club [B] 28 10:00 🚶 NEW: Men's Work Out Hour [G] 11:00 🛒 Artful Aging: Health & Wellness Fair 11 am - 3 pm [T] 1:00 🧠 Crib Club - everyone welcome! [L] 2:00 🧠 Let's Play Scrabble [L] 4:00 🎮 Hockey Night in Canada: On the big screen [T]
	11:30 ☀ Catholic 29 Communion [L]	9:30 🚶 30 Advanced Aquafit [P] 10:30 🚶 Advanced Osteofit [G] 1:00 🚶 Osteofit [T] 2:00 🗣 Cooking with Pearl - Showcasing Eggs! [CK] 3:30 ☀ Tai Chi [G] 7:00 🎮 Bingo! [CK]	<p>"April hath put a spirit of youth in everything." — William Shakespeare</p>				

Just a reminder that **Outing Times** listed are our **Departure Time** - please come early to load the bus so we can keep the schedule. Call the front desk to **cancel** your spot if you have had a

Watch for special events taking place during **ARTFUL AGING** April 23 - 28



Join us in celebrating EGGS during the month of March. Our feature dinner will be on Friday April 13th - families are welcome to join (sign up at reception).

