

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:30 Strength & Seated Balance (Linden) <b>1</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Bean Bag Toss –Aspen 6:15 Montessori Visits –Cedar 7:15 General Program Comedy Hour (Pine AR)  All Fools' Day	9:30 Cardio & Strength (Maple) <b>2</b> 9:30 Fun & Fitness(Birch) 10:00-11:00 Coffee Café –Atrium 10:15 Cardio & Strength (Pine) 10:15 Rise & Shine Bingo –Rec Rm 2:00 Anglican Church- Chapel 2:00 Stretch & Strength 6:15 Matching Game –Aspen 6:15 Bird Visits –Cedar 7:15 General Program April Word Game–Pine AR	9:30 Strength & Seated Balance (Pine) <b>3</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 10:15 Fun and Fitness (Birch) 10:30 Resident Council Nominee's Introductions- Pine AR 2:00- Art with Marlene –Pine AR 6:00 Entertainment with Marty Oakes -Cedar 7:00 Entertainment with Marty Oakes- Lobby	9:30 Fun & Fitness (Maple) <b>4</b> 9:30 Stretch & Strength (Pine) 10:00-11:00 Coffee Café –Atrium 10:30 Musical Interludes with Keith Dindayal–Aspen 2:00 Fun & Fitness (Aspen) 2:30 General Program: Easter Coloring Pages –Pine AR 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Hand Massages –Aspen 6:15 Read Aloud –Cedar 7:00 No Money Bingo - Pine AR	9:30 Stretch & Strength (Linden) <b>5</b> 9:30 Stretch & Strength (Cedar) 10:00-11:00 Coffee Café -Atrium 10:00 M&M Music Group –Birch 11:00 Roman Catholic Mass –Chapel 1:30 Small Group Music Therapy –Aspen 2:45 Crystal Tones Bell Choir Rehearsal –Linden 7:00 Happy Hour with Allan-Lobby	10:15 Friendly Visits –Cedar <b>6</b> 10:15 –Balloon Toss Aspen 10:15 Balloon Toss –Pine/Linden 11:00 Colouring Pages –Maple/Birch 2:30 General Program: Smoothie Saturdays –All 6:15 Roots! Rock! Reggae (Aspen) 6:15 Bedside Gentle Hand Massages (Cedar) 7:15 General Program: - You Be the Judge Trivia! Linden
9:45 Friendly Visits –Cedar <b>7</b> 9:45 Bible Stories -Aspen 11:00 Holy Rosary –Chapel 2:30 General Program: Assorted Games -Pine AR 6:15 Good Night Prayers (Aspen) 6:15 Hymn Sing (Cedar) 7:15 General Program: – Joyful Noise Prayers & Hymns (Pine AR)	9:30 Strength & Seated Balance (Linden) <b>8</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:15 General Program: Friendly Visits- All Units 6:15 Bird Visits –Aspen 6:15 Sing-A-Long –Cedar 7:15 General Program: Bowling -Lobby	9:30 Cardio & Strength (Maple) <b>9</b> 9:30 Fun & Fitness(Birch) 10:00-11:00 Coffee Café –Atrium 10:15 Cardio & Strength (Pine) 10:15 Rise & Shine Bingo –Rec Rm 2:00 Stretch & Strength (Aspen) 2:30 General Program: Travelling Manicures- All Units 6:15 Snoezelen –Cedar 6:15 1:1 Bedside Visits –Aspen 7:15 General Program: Finish the Proverbs –Pine AR <u>7:00 Family Council Meeting 3<sup>rd</sup> Floor Board Room</u>	9:30 Strength & Seated Balance (Pine) <b>10</b> 9:30 Strength & Cardio (Cedar) 10:15 Fun and Fitness (Birch) 10:00-11:00 Coffee Café –Atrium 2:00- Art with Marlene –Pine AR 7:00 Entertainment with The Fun Strummers –Lobby	9:30 Fun & Fitness (Maple) <b>11</b> 9:30 Stretch & Strength (Pine) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:30 General Program: Conversation Cards -Lobby 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Balloon Toss –Aspen 6:15 Short Stories –Cedar 7:00 General Program: Discussion Group (Spring Home Remedies)-Lobby	9:30 Stretch & Strength (Linden) <b>12</b> 9:30 Stretch & Strength (Cedar) 10:00-11:00 Coffee Café -Atrium 10:00 M&M Music Group –Birch 10:30- Bible Study- Chapel Kayla 1:30 Small Group Music Therapy –Aspen 2:45 Crystal Tones Bell Choir Rehearsal –Linden 7:00 Happy Hour with Steve Vaughan-Lobby	9:45 Bird Visits–Cedar <b>13</b> 9:45 Balloon Toss –Aspen 10:45 Book Club -Pine/Linden 10:45 Bird Visits –Maple/Birch 2:30 General Program: Men's Group – Pine AR 6:15 Hand Massages –Aspen 7:15 General Program: Movie Night with Treats - Linden
9:45 1:1 Funny Stories –Cedar <b>14</b> 9:45 Hand Massages -Aspen 11:00 Holy Rosary –Chapel 2:30 General Program: Treat Trolley–Lobby 6:15 Balloon Toss -Cedar 7:15 General Program: General Hymn Sing –Pine AR  Palm Sunday	9:30 Strength & Seated Balance (Linden) <b>15</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:15 General Program: Repotting Flowers 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Spring Time Sing-A-Long –Aspen 6:15 Friendly Visits–Cedar 7:15 General Program: Night Cap Trivia -Lobby	9:30 Cardio & Strength (Maple) <b>16</b> 9:30 Fun & Fitness(Birch) 10:00-11:00 Coffee Café –Atrium 10:15 Cardio & Strength (Pine) 10:15 Rise & Shine Bingo –Rec Rm <u>10:30- 1:00- Outing: Tim Hortons (Cost and sign-up Required)</u> 2:00 Stretch & Strength (Aspen) 2:00 Anglican Church- Chapel 6:15 1:1 Friendly Visits –Aspen 6:15 1:1 Bedside Card Game –Cedar 7:15 General Program: Easter Hangman-Lobby	9:30 Strength & Seated Balance (Pine) <b>17</b> 9:30 Strength & Cardio (Cedar) 10:15 Fun & Fitness (Birch) 10:00-11:00 Coffee Café –Atrium 2:00-4:00- Norm's Farm Animals (Lobby) 2:00- Art with Marlene –Pine AR 6:00 Entertainment -Aspen 7:00 Entertainment –Lobby	9:30 Fun & Fitness (Maple) <b>18</b> 9:30 Stretch & Strength (Pine) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:30 General Program: What About You? -Lobby 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Fold 'N' Sort –Aspen 6:15 Hand Massages –Cedar 7:00 No Money Bingo- Pine AR	10:00-11:00 Coffee Café -Atrium <b>19</b> 10:00 M&M Music Group –Birch 11:00 Eucharistic Service –Chapel- 12:00 Order In Lunch Fish & Chips (cost & sign up required) 1:30 Small Group Music Therapy –Aspen 2:45 Crystal Tones Bell Choir Rehearsal –Linden 7:00 Happy Hour -Lobby  Good Friday	10:15 Walkabouts Cedar <b>20</b> 10:15-Bean Bag Toss Aspen 10:15 Friendly Visits –Pine 10:45- Bean Bag Toss Linden 10:45- Colouring Pages Maple 10:45- Short Stories Birch 2:30 General Program: Crackin Eggs 6:15- Movie Night w/treat (Aspen) 6:15 – Chicken Soup: Inspirational Stories (Cedar) 7:15 General Program: Sparkling Wine & Cheese w/Jukebox Music - Lobby
9:45 Friendly Visits –Cedar <b>21</b> 9:45 Bible Stories Aspen 11:00 Holy Rosary –Chapel 2:15 –Walkabouts Aspen 2:30 General Program: Faith Family Hymn- Lobby 6:15 – Soca Sundays (Aspen) 6:15 Chicken Soup For The Christian Soul (Cedar) 7:15 General Program: Easter Hymn Sing & Goodnight Prayers (Pine AR) Easter Sunday	9:30 Strength & Seated Balance (Linden) <b>22</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:30 General Program: Discussion Group Earth Day 6:15 Bean Bag Toss –Aspen 7:15 General Program: Word Pyramid –Lobby  Earth Day	9:30 Cardio & Strength (Maple) <b>23</b> 9:30 Fun & Fitness(Birch) 10:00-11:00 Coffee Café –Atrium 10:15 Cardio & Strength (Pine) 10:15 Rise & Shine Bingo –Rec Rm 2:00 Stretch & Strength (Aspen) 2:30 General Program: Would You Rather- Lobby 6:15 Matching Game –Aspen 6:15 Manicures –Cedar 7:15 General Program: 50's Let's Sing Together –Pine AR	9:30 Strength & Seated Balance (Pine) <b>24</b> 9:30 Strength & Cardio (Cedar) 10:15 Fun & Fitness (Birch) 10:00-11:00 Coffee Café –Atrium 2:00- Art with Marlene –Pine AR 6:00 Entertainment -Cedar 7:00 Entertainment –Lobby	9:30 Fun & Fitness (Maple) <b>25</b> 9:30 Stretch & Strength (Pine) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:00 Resident and Volunteer Appreciation Party- Lobby	9:30 Stretch & Strength (Linden) <b>26</b> 9:30 Stretch & Strength (Cedar) 10:00-11:00 Coffee Café -Atrium 10:00 M&M Music Group –Birch 10:30 Bible Study- Chapel 2:00 Bell Choir Concert - Lobby 7:00 Happy Hour -Lobby  Arbor Day	9:45 Manicures –Cedar <b>27</b> 9:45 Spring Colouring Pages-Aspen 10:45 Book Club-Pine/Linden 10:45 Short Stories –Maple/Birch 2:30 "The Velveteen Rabbit" Aspen 2:30 General Program: Manicures –All 6:15 Balloon Toss–Aspen 7:15 General Program: Movie Night with Treats - Linden
9:45 Walkabouts–Cedar <b>28</b> 9:45 Hymn Sing-Aspen 11:00 Holy Rosary -Chapel 2:30 Jigsaw Puzzles- Aspen 2:30 General Program: Treat Trolley 6:15 1:1 Friendly Visits -Cedar 7:15 General Program: General Hymn Sing –Lobby	9:30 Strength & Seated Balance (Linden) <b>29</b> 9:30 Strength & Cardio (Cedar) 10:00-11:00 Coffee Café –Atrium 2:00 Fun & Fitness (Aspen) 2:15 General Program: Tea Tasting (Pine AR) 6:00 Therapeutic Paws Pet Therapy Visits (All Units) 6:15 Read Aloud–Aspen 6:15 Friendly Visits–Cedar 7:15 General Program: Brain Teasers –Lobby	10:00-11:00 Coffee Café –Atrium <b>30</b> 10:15 Rise & Shine Bingo –Rec Rm <u>10:30-1:00- Outing: Lunch at the Mandarin (Cost and Sign-up required)</u> 2:30 General Programs: Friendly Visits 6:15 Manicures –Aspen 6:15 Chit-Chat –Cedar 7:15 General Program: Spelling Word –Pine AR	<h1>April 2019</h1> <h2>April Showers Bring May Flowers</h2>			