

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 10:00 Seniors Strength – Bands with Alma <i>Managers Off</i> <small>All Fools' Day</small>	2 10:00 Standing Balance 1:30 Movie Presentation	3 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Smoothies with Silvia <i>Leroy's Birthday</i>	4 10:00 Tai-Chi 1:30 Reading at Library	5 Nutella day 10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour	6 10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
7 10:00 AM Social 11:00 Maracas Movement 1:30 Connect Four 3:30 Hand Strengthening	8 10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage	9 10:00 Standing Balance 1:30 Movie Presentation	10 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 11:30 Outing to Folding Mountain 3:00 This Day in History	11 10:00 Tai-Chi 11:00 Scripture and Song 2:00 Drumming with Matricia	12 10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour <i>Sherron's Birthday</i>	13 10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
14 10:00 AM Social 11:00 Maracas Movement 1:30 Darts 3:30 Hand Strengthening	15 10:00 Seniors Strength - Bands 1:30 Cribbage	16 10:00 Standing Balance 1:30 Movie Presentation	17 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Trivia Time	18 10:00 Tai-Chi 10:45 United Church Service 2:00 Seniors Drag BINGO	19 10:00 Seniors Strength Rotation 10:45 Museum Coffee Hour 1:30 BINGO 3:15 Happy Hour	20 10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo <i>Pam's Birthday</i>
21 10:00 AM Social 11:00 Maracas Movement 1:30 Ladder Ball 3:30 Hand Strengthening 6:30 Spa Time	22 10:00 Seniors Strength - Bands 11:00 Dance with Nicole 1:30 Cribbage 4:45 Seniors Society Dinner at Activity Centre <small>Passover Begins Eighth Day</small>	23 10:00 Standing Balance 10:45 Dahlia Wakefield Concert 1:30 Movie Presentation	24 10:00 Seniors Strength - Weights 11:00 Catholic Church Service 2:00 Tea Party <small>Administrative Professionals Day</small>	25 10:00 Tai-Chi 10:45 Residents Meeting 1:30 Sing Along	26 10:00 Seniors Strength Rotation 11:00 TeleRehab <i>sign up required</i> 1:30 BINGO 3:15 Happy Hour <i>Mary's Birthday</i> <small>Arbor Day</small>	27 10:00 Flexibility Class 11:00 Table Top Curling 1:30 Art Time 3:00 Mexican Bingo
28 10:00 Poetry Day Reading & Social 11:00 Maracas Movement 1:30 Corn Hole 3:30 Hand Strengthening	29 10:00 Seniors Strength – Bands 10:45 Harp Therapy 1:30 Cribbage	30 10:00 Standing Balance 1:30 Movie Presentation	<h1>April 2024</h1>			