

| Sunday                                                                                                                                                                                                     | Monday                                                                                                                                    | Tuesday                                                                                               | Wednesday                                                                                                                                                                    | Thursday                                                                                                                              | Friday                                                                                                                                                                       | Saturday                                                                                                                                                             |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                            |                                                                                                                                           | 1<br><b>10:00 Standing Balance</b><br><b>1:30 Movie Presentation</b><br><small>All Fools' Day</small> | 2<br><b>10:00 Seniors Strength - Weights</b><br><b>11:00 Catholic Church Service</b><br><b>2:00 Easter Craft with Kids</b>                                                   | 3<br><b>10:00 Tai-Chi</b><br><b>11:00 Corine on the Piano - DAL</b><br><b>2:00 Museum Presentation</b><br><b>Calypso Hikers Photo</b> | 4<br><b>10:00 Seniors Strength Rotation</b><br><b>11:00 Telerehab</b><br><b>1:30 BINGO</b><br><b>3:15 Happy Hour</b>                                                         | 5<br><b>10:00 Yoga Stretch</b><br><b>11:00 Tabletop Curling</b><br><b>1:30 Art Time</b><br><b>3:00 Mexican Bingo</b>                                                 |
|                                                                                                                                                                                                            | 6<br><b>9:30 Coffee Time</b><br><b>10:00 United Serv</b><br><b>11:15 Maracas</b><br><b>2:00 Karaoke</b><br><b>4:00 Hand Strengthening</b> | 7<br><b>10:00 Seniors Strength - Bands</b><br><b>1:30 Cribbage</b>                                    | 8<br><b>10:00 Standing Balance</b><br><b>10:45 Harp in the DAL</b><br><b>1:30 Movie Presentation</b>                                                                         | 9<br><b>10:00 Seniors Strength - Weights</b><br><b>11:00 Catholic Church Service</b><br><i>Meghan &amp; Silvia away conference</i>    | 10<br><b>10:00 Tai-Chi</b><br><b>11:00 Scripture &amp; Song</b><br><b>1:30 Library Reading</b><br><i>Meghan &amp; Silvia away conference</i>                                 | 11<br><b>10:00 Seniors Strength Rotation</b><br><b>1:30 Seniors Drag BINGO</b><br><b>3:15 Happy Hour</b><br><i>Meg &amp; Silvia away</i><br><b>Barney's Birthday</b> |
| 13<br><b>9:30 Coffee Time</b><br><b>10:00 United Serv</b><br><b>11:15 Maracas</b><br><b>2:00 Dahlia Wakefield Concert</b><br><b>4:00 Hand Strengthening</b><br><small>Palm Sunday</small>                  | 14<br><b>10:00 Seniors Strength - Bands</b><br><b>11:00 Dance with Nicole</b><br><b>1:30 Cribbage</b>                                     | 15<br><b>10:00 Standing Balance</b><br><b>1:30 Movie Presentation</b>                                 | 16<br><b>10:00 Seniors Strength - Weights</b><br><b>11:00 Catholic Church Service</b><br><b>2:30 Presentation by Habitat for the Arts - Film</b>                             | 17<br><b>10:00 Tai-Chi</b><br><b>11:00 United Church Service in DAL</b><br><b>2:00 Easter Tea Party</b>                               | 18<br><b>10:00 Seniors Strength Rotation</b><br><b>11:00 Good Friday United Church</b><br><b>1:30 Bunny BINGO</b><br><b>3:15 Happy Hour</b>                                  | 19<br><b>10:00 Yoga Stretch</b><br><b>11:00 Tabletop Curling</b><br><b>1:00 Matt Grier Concert</b><br><b>3:00 Mexican Bingo</b><br><small>Passover Begins</small>    |
| 20<br><b>9:30 Coffee Time</b><br><b>10:00 Easter Sunday United Church Service</b><br><b>11:15 Maracas</b><br><b>2:00 Hot Cross Buns Social</b><br><b>4:00 Hand Strengt</b><br><small>Easter Sunday</small> | 21<br><b>10:00 Seniors Strength - Bands with Jackie</b><br><b>1:30 Resident Run Cribbage</b><br><i>Managers Away</i>                      | 22<br><b>10:00 Standing Balance</b><br><b>1:30 Movie Presentation</b><br><small>Earth Day</small>     | 23<br><b>10:00 Seniors Strength - Weights</b><br><b>11:00 Catholic Church Service</b><br><b>2:00 Brain Booster Trivia</b><br><small>Administrative Professionals Day</small> | 24<br><b>10:00 Tai-Chi</b><br><b>10:45 Residents Meeting</b><br><b>1:30 Library Reading</b>                                           | 25<br><b>10:00 Seniors Strength Rotation</b><br><b>11:00 Telerehab Lunch &amp; BINGO with Whispering Pines at ASSL</b><br><b>3:15 Happy Hour</b><br><small>Arbor Day</small> | 26<br><b>10:00 Yoga Stretch with Jackie</b><br><i>Silvia away</i><br><b>Mary's Birthday</b>                                                                          |
| 27<br><b>10:00 United Church Service</b><br><i>Silvia away</i>                                                                                                                                             | 28<br><b>10:00 Seniors Strength - Bands</b><br><b>11:00 Dance with Nicole</b><br><b>1:30 Cribbage</b>                                     | 29<br><b>10:00 Standing Balance</b><br><b>1:30 Movie Presentation</b>                                 | 30<br><b>10:00 Seniors Strength - Weights</b><br><b>11:00 Catholic Church Service</b><br><b>12:45 Popovich Show Pine Valley Lodge Hinton</b>                                 | <div>April 2025</div>                                                                                                                 |                                                                                                                                                                              |                                                                                                                                                                      |