

# April 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>10 MORNING REFLECTIONS 1</b> <b>1030 RESIDENT MEETING</b> <b>2 EASTER SOCIAL HOUR &amp; 50/50 DRAW</b> <b>630 CRIBBAGE</b>	<b>8 DECORATE FOR EASTER 2</b> <b>9 CRAFTERS' CORNER</b> <b>10 LIBRARY HOUR</b> <b>1 SHOP N SNACK</b> <b>630 CARD BINGO</b>	*STAT* 3	<b>9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 4</b> <b>FLOOR</b> <b>130 PAPER BINGO</b>
<b>2 CARD BINGO 5</b>	<b>EASTER *STAT* 6</b> <b>130 10 CENT BINGO</b>	<b>1030 BALDERDASH 7</b> <b>2 MOVIE &amp; POPCORN "YELLOWSTONE."</b> <b>630 CARD BINGO</b>	<b>9 HOT HAND WAX 8</b> <b>10 MORNING REFLECTIONS</b> <b>2 SOCIAL HOUR</b> <b>630 CRIBBAGE</b>	<b>10 TRIVIA 9</b> <b>1 SHOP N SNACK</b> <b>630 CARD BINGO WITH THE HINTON YOUTH GROUP</b>	<b>930 PAPER BINGO ON THE 10</b> <b>THIRD FLOOR</b> <b>2 BIRTHDAY CELEBRATION</b>	<b>9 COFFEE &amp; CHIT CHAT AT 11</b> <b>GABBY'S</b> <b>1-4 PAINTING WITH KAREN SHILKA (SIGN-UP REQUIRED)</b>
<b>2 CARD BINGO 12</b>	<b>9 SATIN HANDS &amp; GEL POLISH 13</b> <b>130 10 CENT BINGO</b> <b>245 ICE CREAM SOCIAL</b>	<b>1030 SCRABBLE 14</b> <b>130 GARDEN CLUB MEETING</b> <b>2 MOVIE &amp; POPCORN "YELLOWSTONE."</b> <b>630 CARD BINGO</b>	<b>9 HOT HAND WAX 15</b> <b>10 MORNING REFLECTIONS</b> <b>2 SOCIAL HOUR</b> <b>630 CRIBBAGE</b>	<b>930 PRETTY NAILS &amp; LOTION ON 3<sup>RD</sup> FLOOR 16</b> <b>1 SHOP N SNACK</b> <b>130 HORSE RACE GAME</b> <b>630 CARD BINGO</b>	<b>9 CRAFTERS CORNER 17</b> <b>JEWELRY MAKING</b> <b>130 COLD CASE FILES WHO CAN GUESS WHO KILLED THE MILLIONAIRE?! IN THE ACTIVITY ROOM</b>	<b>9-11 PET THERAPY 1<sup>ST</sup> &amp; 3<sup>RD</sup> 18</b> <b>FLOOR</b> <b>130 PAPER BINGO</b>
<b>2 CARD BINGO 19</b>	<b>9 BAKING WITH KALLAN 20</b> <b>130 10 CENT BINGO</b> <b>245 ICE CREAM SOCIAL</b>	<b>1030 PENNY PLUNKER 21</b> <b>130 CRAFTERS' CORNER MEETING/SENIOR'S WEEK CRAFT SALE</b> <b>2 MOVIE &amp; POPCORN "YELLOWSTONE."</b> <b>630 CARD BINGO</b>	<b>9 HOT HAND WAX 22</b> <b>10 MORNING REFLECTIONS</b> <b>2 SOCIAL HOUR</b> <b>630 CRIBBAGE</b>	<b>9 CRAFTERS' CORNER 23</b> <b>10 NORTHERN ROCKIES MUSEUM CANCELLED</b> <b>1 SHOP N SNACK</b> <b>130 HORSE RACE GAME</b> <b>630 CARD BINGO WITH THE HINTON YOUTH GROUP</b>	<b>930 BALLOON TOSS ON 3<sup>RD</sup> 24</b> <b>FLOOR</b> <b>2 VOLUNTEER APPRECIATION CELEBRATION &amp; ICE CREAM AT GABBYS</b>	<b>10 REMEMBER WHEN IN 25</b> <b>THE LEGION ROOM</b> <b>130 GAMES IN THE RECREATION AREA (BILLIARDS, RUMMOLI &amp; TABLETOP CURLING)</b>
<b>2 CARD BINGO 26</b>	<b>9 SATIN HANDS &amp; GEL POLISH 27</b> <b>130 10 CENT BINGO</b> <b>245 ICE CREAM SOCIAL</b>	<b>11 LUNCH OUTING TO ATHA-B 28</b> <b>130 LINKAGES</b> <b>130 HEARING CLINIC</b> <b>2 CLASSIC COUNTRY COMEDY SHOW - THE POPOVICHS</b> <b>630 CARD BINGO</b>	<b>9 HOT HAND WAX 29</b> <b>10 MORNING REFLECTIONS</b> <b>230 STORY TELLER'S CONCERT - TREVOR BAKER</b> <b>630 CRIBBAGE</b>	<b>9 BAKING WITH KALLAN 30</b> <b>930 CRAFTERS CORNER ON THE 3<sup>RD</sup> FLOOR</b> <b>1 SHOP N SNACK</b> <b>2 SOCIAL HOUR</b> <b>630 CARD BINGO</b>		

# APRIL BIRTHDAYS!

01-GLORIA WEECHUK

03-STAN HALL

05-ROSS GOW

06-GHISLAINE DALLAIRE

12-ADELINE FREY

19-EILEEN WHITE

20-TONY PHILLIPS & ERNIE MISANCHUK

29-ANNA HILDEBRANDT

HAPPY BIRTHDAY EVERYONE!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday


Saturday

# April 2026


**Dimensions of**

**Wellness**


**Physical**



**Mental/Emotional**



**Spiritual**











**Social**



**Intellectual**



**Environmental**

			1 <b>1030 Resident Meeting</b>  <small>All Fools' Day Passover Begins</small>	2 <b>Have an AMAZING Day</b>  	3 <b>STAT</b>	4 <b>Don't stop believing</b>  
<b>STAT</b>  <b>Senior's Strength</b> <b>10 Pelvic Floor Exercise</b> <b>11 Parkinsons Class</b> <small>(sign up REQ.)</small> <b>11 Silver Sneakers</b>  <b>Rylee In</b>	6 <b>STAT</b>	7 <b>10 Silver Sneakers</b> <b>11 Hand Massage</b>  <b>Tyna In</b>	8 <b>Have an AMAZING Day</b>  	9 <b>10 Silver Sneakers</b> <b>11 Hand Massage</b>  <b>Tyna In</b>	10 <b>9 Senior's Strength</b> <b>10 Silver Sneakers</b> <b>1015 Daycare Visit</b> <b>11 Hand Massage</b>  <b>Rylee &amp; Tyna In</b>	11 <b>Age is an issue of mind over matter. If you don't mind, it doesn't matter</b>  
	13 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise</b> <b>11 Parkinsons Class</b> <small>(sign up REQ.)</small> <b>11 Silver Sneakers</b>  <b>Rylee In</b>	14 <b>10 Eye Glasses Cleaning and Repairs</b> <b>10 Silver Sneakers</b> <b>11 Hand Massage</b>  <b>Tyna In</b>	15 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise Program</b> <small>(sign up REQ.)</small> <b>11 Parkinsons Class</b> <small>(sign up REQ.)</small> <b>11 Silver Sneakers</b>  <b>Rylee In</b>	16 <b>Have an AMAZING Day</b>  	17 <b>10 Silver Sneakers</b> <b>11 Hand Massage</b>  <b>Tyna In</b>	18 <b>Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young</b>  
	20 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise</b> <b>11 Parkinsons Class</b> <b>11 Silver Sneakers</b> <b>130 Standing Balance</b> <b>230 Billiards</b>  <b>Rylee &amp; Amy In</b>	21 <b>9 Flexibility</b> <b>10 Flexibility</b> <b>11 Standing Balance</b> <b>130 Silver Sneakers</b> <b>230 Flexibility on the 3<sup>rd</sup> floor</b>  <b>Amy In</b>	22 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise Program</b> <small>(sign up REQ.)</small> <b>11 Parkinsons Class</b> <small>(sign up REQ.)</small> <b>11 Silver Sneakers</b>  <b>Rylee In</b> <small>Earth Day Administrative Professionals Day</small>	23 <b>Have an AMAZING Day</b>  	24 <b>9 Senior's Strength</b> <b>1015 Daycare Visit</b>  <b>Rylee In</b> <small>Arbor Day</small>	25 <b>You are never too old to set another goal or to dream a new dream</b>  
	27 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise</b> <b>11 Parkinsons Class</b> <b>11 Silver Sneakers</b> <b>130 Reiki</b> <b>230 Billiards</b>  <b>Natalie In</b>	28 <b>9 Flexibility</b> <b>10 Flexibility</b> <b>11 Standing Balance</b> <b>130 Silver Sneakers</b> <b>230 Strength on the 3<sup>rd</sup> floor</b>  <b>Natalie In</b>	29 <b>9 Senior's Strength</b> <b>10 Pelvic Floor Exercise Program</b> <small>(sign up REQ.)</small> <b>11 Parkinsons Class</b> <b>11 Silver Sneakers</b> <b>130 Standing Balance</b>  <b>Natalie In</b>	30 <b>9 Flexibility</b> <b>10 Flexibility</b> <b>11 Standing Balance</b> <b>130 Silver Sneakers</b> <b>230 Hand massage</b>  <b>Natalie In</b>	<b>HEALTH &amp; WELLNESS</b>  <b>***Calendar is subject to change***</b>	