



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>5</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Church Service (2nd)</p> <p>10:00 Colouring Easter Eggs (MAIN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Easter Bunny Visits (Hall)</p> <p>2:45 Easter Egg Hunt (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Balloon Beats and Moves</p> 	<p>6</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 The Easter Story (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Easter Party with Tristan (MAIN)</p> <p>3:45 Easter Trivia (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Card Games - Uno (4th)</p> 	<p>7</p> <p>9:00 Courtyard visits (COUR)</p> <p>9:30 Restore & Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Exercise Class (LOUN)</p> <p>7:00 Act It Out (LOUN)</p>	<p>8</p> <p><i>Wear Pastel Colours</i></p> <p>8:30 Friendly Visits (2nd)</p> <p>9:00 Exercise (LOUN)</p> <p>9:30 Restore & Move! (1st)</p> <p>10:00 Resident Council (1st)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:00 Pet Visits with Brisket (2nd)</p> <p>2:00 Farm Animals Mobile (Hall)</p> <p>4:00 Sing-a-long (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Casino Night (MAIN)</p> 	<p>9</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Coffee/Tea Social (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd)</p> <p>2:30 Animal Bingo (LOUN)</p> <p>3:45 Card Game UNO (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Bingo (1st)</p> 	<p>10</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:00 Plant Patrol (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>10:00 Meet and Greet the children (MAIN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:00 Pet Therapy w Brisket (2nd)</p> <p>2:00 Laughter Yoga with Katheryn (MAIN)</p> <p>3:30 Reminiscing (2nd)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Centrecise (LOUN)</p> <p>6:30 Card Games - Uno (MAIN)</p> 	<p>11</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Spiritual Eldercare (2nd)</p> <p>10:30 Bible Trivia (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:30 Walk & Talk (2nd)</p>
<p>12</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Hymn Sing (3rd)</p> <p>10:30 Courtyard Vists (2nd)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Zumba with Rainer (LOUN)</p> <p>3:00 Cozy Conversations (2nd)</p> 	<p>13</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:45 Chair Exercise (LOUN)</p> <p>10:30 YouTube (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>12:45 Outing- Walmart (out)</p> <p>2:00 Singing/Dancing with Penny, Thomas& Mike (LOUN)</p> <p>6:30 Pearl Society (MAIN)</p>	<p>14</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:00 Courtyard Visits (COUR)</p> <p>9:30 Restore & Move! (1st)</p> <p>10:00 Bible Study with Hobbe (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:45 Beauty Club (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:15 Exercise/Centrecise (LOUN)</p> <p>7:00 Cleaning Crew (2nd)</p>	<p>15</p> <p><i>Happy Birthday Annie!</i></p> <p><i>Denim Day</i></p> <p>9:15 Friendly Visits (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:15 Sound Bowls with Masha (MAIN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Baking (BAR)</p> <p>4:00 Joyful Tunes (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Wine and ... (MAIN)</p> 	<p>16</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:30 Exercise (LOUN)</p> <p>10:30 Dundurn Choir (LOUN)</p> <p>10:45 Walk and Talk (COUR)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:15 Music Therapy w Jon (2nd)</p> <p>2:00 Pet Visits with Brisket (2nd)</p> <p>3:15 Hangman (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:30 Bingo (1st)</p>	<p>17</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:00 Plant Patrol (2nd)</p> <p>9:30 Restore & Move! (1st)</p> <p>9:45 Exercise (LOUN)</p> <p>10:30 Uno Card Game (LOUN)</p> <p>11:30 Meal Prep (LOUN)</p> <p>1:30 Hands On Exotics (MAIN)</p> <p>3:00 Singing/Dancing with Penny and Thomas (LOUN)</p> <p>4:30 Meal Prep (Room)</p> <p>6:00 Friendly Visits (Room)</p> <p>6:30 Cue Masters (LOUN)</p> 	<p>18</p> <p>8:30 Friendly Visits (2nd)</p> <p>9:30 Hymn Sing (2nd)</p> <p>10:30 Bible Trivia (2nd)</p> <p>11:30 Meal Prep (LOUN)</p> <p>2:00 Bingo (1st)</p> <p>3:30 Friendly Visits (Room)</p> 



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

19
 8:30 Friendly Visits (2nd)
 10:00 Church Service - Immanuel Christian Reformed (1st)
 11:30 Meal Prep (LOUN)
 1:15 Friendly Visits (Room)
 2:00 Courtyard Social (COUR)
 3:30 Trivia (LOUN)
 4:30 Meal Prep (Room)
 6:15 Thank you Cards to our Volunteers (LOUN)



20
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:45 Exercise (LOUN)
 10:30 Earth Day Clean Up (OUTS)
 1:30 Outing- Giant Tiger (out)
 4:00 Calendar Prep
 6:15 Movie Night (LOUN)

21
 8:30 Friendly Visits (2nd)
 9:00 Courtyard Visits (COUR)
 9:30 Restore & Move! (1st)
 10:00 Bible Study with Hobbe (LOUN)
 11:30 Meal Prep (LOUN)
 2:00 Bingo (1st)
 3:45 Beauty Club (LOUN)
 4:30 Meal Prep (Room)
 6:15 Exercise/Centrecise (LOUN)
 7:00 Word Games (LOUN)



Earth Day wear green **22**
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:45 Chair Exercise (LOUN)
 10:30 Smoothies & Chats (LOUN)
 10:30 Hot Chocolate Social (LOUN)
 11:30 Meal Prep (LOUN)
 1:30 Outing (LOUN)
 3:30 Grab the Pop Caps Game (LOUN)
 4:30 Meal Prep (Room)
 6:30 Pub Night with Jeff (MAIN)



23
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:30 Exercise (LOUN)
 10:00 Colouring w the Daycare Children (MAIN)
 11:30 Meal Prep (LOUN)
 1:15 Music Therapy w Jon (2nd)
 2:00 Boomers Club (MAIN)
 3:00 Calendar Prep
 4:30 Meal Prep (F)
 6:30 Bingo (1st)



24
 8:30 Friendly Visits (2nd)
 9:00 Plant Patrol (2nd)
 9:30 Restore & Move! (1st)
 10:00 Horticultural Therapy (1st)
 11:15 Colouring Group (MAIN)
 11:30 Meal Prep (LOUN)
 2:00 Survivor Games (LOUN)
 3:30 Fruit/Veggies/Smoothie Prep (LOUN)
 6:15 Centrecise (LOUN)
 7:00 Trivia (LOUN)



25
 8:30 Friendly Visits (2nd)
 9:30 Spiritual Eldercare (2nd)
 10:30 Coffee/Tea & Discussion Group (LOUN)
 11:30 Meal Prep (LOUN)
 2:00 Bingo (1st)
 3:30 Circle of Friends (LOUN)
 6:00 Axe Throwing (LOUN)



Happy Birthday Ivan! **26**
 8:30 Friendly Visits (2nd)
 9:30 Spiritual Eldercare (2nd)
 10:30 Picture Reminisce (LOUN)
 11:30 Meal Prep (LOUN)
 2:00 Courtyard Visits (2nd)
 3:00 Anything Goes! (2nd)
 4:30 Meal Prep (LOUN)
 6:15 Bean Bag Toss (LOUN)
 7:00 Hand Massage (Room)

27
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:45 Chair Exercise (LOUN)
 10:30 Busy Hands Club (LOUN)
 11:30 Meal Prep (LOUN)
 12:45 Outing- Eastgate Mall (out)
 1:30 Singing/Dancing with Penny, Thomas and Mike (LOUN)
 2:30 Hangman (LOUN)
 6:30 Crafts (2nd)

28
 8:30 Friendly Visits (2nd)
 9:00 Calendar Prep (LOUN)
 9:30 Restore & Move! (1st)
 10:00 Bible Study with Hobbe (LOUN)
 11:30 Meal Prep (LOUN)
 2:00 Bingo (1st)
 3:45 Glamour Club (LOUN)
 4:30 Meal Prep (Room)
 6:15 Exercise/Centrecise (LOUN)
 6:45 Throwback Tunes (LOUN)

Fun Headband Day **29**
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:45 Exercise (LOUN)
 10:30 Hot Chocolate Social (LOUN)
 11:30 Meal Prep (LOUN)
 2:00 Birthday Party w Paula (MAIN)
 5:00 Take-Out Night (LOUN)
 6:45 Outdoor Social (COUR)



30
 8:30 Friendly Visits (2nd)
 9:30 Restore & Move! (1st)
 9:45 Exercise (LOUN)
 10:30 Coffee/Tea Social (LOUN)
 11:30 Meal Prep (LOUN)
 1:15 Music Therapy w Jon (2nd)
 2:00 Courtyard Social (COUR)
 3:30 Word Games (LOUN)
 4:30 Meal Prep (Room)
 6:30 Bingo (1st)



Programs and Times are subject to change



Recreation Aides:

Aferdita - Full time
 Makenna, Jasmine & Ana - Part time



Locations Legend

Activity Lounge (LOUN)	Hallway (Hall)
2nd floor (2nd)	Basement Activity Room (BAR)
1st Floor (1st)	Outings in the community (out)
Lounge (LOUN)	4th Floor (4th)
Resident Room (Room)	3rd Floor (3rd)
Main Dining Room (MAIN)	outside (OUTS)
Courtyard (COUR)	