





## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 April Fool's Day</b>	<b>2 Tri City Walkers 10:00-2:00</b>	<b>3 Good Friday</b>	<b>4</b>
			9:00 Exercise with Joel 10:15 Juice bar/ Hangman 2:30 Exercise DVD 3:00 Happy Hour <b>3:15 Sing along with "Brenda"</b> 7:30 Bingo	9:00 Exercise DVD <b>10:00 Lunch at Stanley Park Brewing Restaurant/ Scenic drive (sign up required)</b> <b>11:00-2:00 Casual Chic Couture</b> <b>2:30 Entertainment with "Brian Zalo"/ Happy Hour</b> 3:30 Exercise DVD	9:00 Exercise <b>10:15 Lets Make Easter Bonnets</b> <b>11:30 Easter Buffet Lunch</b> <b>2:30 Easter Bonnet Parade!</b> <b>3:00 Photo Booth with the Easter Bunny</b> <b>3:45 Live Piano</b>	9:00 Exercise DVD 10:15 Jeopardy 2:00 Blackjack 3:30 Happy Hour 7:30 Bingo
<b>5 Salvation Army</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10 Footcare</b>	<b>11</b>
9:00 Exercise <b>10:00 Live Broadcast Church Service</b> 7:00 Sunday Night Movie "The Two Popes" 	9:00 Exercise with Nola 10:15 Giant Crosswords <b>1:00-2:00 Country Store</b> <b>2:30 Entertainment with "Steven Tyler"</b> 3:00 Happy Hour 3:30 Exercise DVD	9:00 Tai Chi with Vera <b>10:00 Shopping Bus Shuttle (sign up required)</b> 2:30 52 Card Bingo 3:30 Exercise DVD 3:30 Happy Hour 7:00 Crib Club	9:00 Exercise with Cathy <b>10:15 Active Living Meeting</b> <b>12:30- 2:00 Alterations with Olga</b> <b>2:30 Entertainment with "Hal Copeland"</b> 3:00 Happy Hour 3:30 Exercise DVD	9:00 Exercise DVD <b>10:30 Shoppers Drug Mart, Dollar store, Bulk Barn and Five Guys (sign up required)</b> <b>2:15 Chase the Ace</b> 3:30 Happy Hour 3:30 Painting Class	9:00 Exercise DVD 10:15 Darts <b>1:00-2:00 Country Store</b> 2:00 Family Feud 3:30 Happy Hour <b>3:45 Live piano</b>	9:00 Exercise DVD 10:00 Painting Class 10:15 Bowling <b>2:15 3 Card Poker</b> 3:30 Happy Hour 7:30 Bingo
<b>12</b>	<b>13 Green week in motion</b>	<b>14 Green week in motion</b>	<b>15 Green week in motion</b>	<b>16 Green week in motion</b>	<b>17 Green week in motion</b>	<b>18</b>
9:00 Exercise <b>10:00 Live Broadcast Church Service</b> <b>2:30 Coffee and Baileys with "Samantha"</b> 7:00 Sunday Night Movie	<b>9:00 Exercise with Nola</b> <b>9:45 Juice Bar</b> <b>10:30 Breath Awareness Meditation (session one)</b> <b>1:00-2:00 Country Store</b> 2:30 52 Card Bingo <b>3:30 Walking Club</b>	<b>9:00 Tai Chi with Vera</b> <b>10:00 Smoothie Bar</b> <b>8:00- 5:00 Serene Nails (sign up required)</b> <b>11:15 Brodeur's Bistro for Lunch (sign up required)</b> <b>2:30 Breath Awareness Meditation (session two)</b> 3:30 Happy Hour 7:00 Crib Club	<b>9:00 Exercise with Cathy</b> <b>10:00 Juice Bar</b> 10:30 Color Me Happy <b>2:30 Breath Awareness Meditation (session three)</b> <b>3:30 Garden social</b> 7:30 Bingo	<b>9:00 Exercise DVD</b> <b>10:30 Walk around Brydon Lagoon (sign up required)</b> <b>2:00 Breath Awareness Meditation (session four)</b> <b>2:30 April Birthday Party! Entertainment with "Classic Rewind"</b> 3:30 Happy Hour <b>7:30 Hymn Sing</b>	<b>9:00 Exercise DVD</b> <b>9:45 Smoothie Bar</b> 10:15 Giant Crosswords <b>10:30 Walking Club</b> <b>1:00-2:00 Country Store</b> 2:00 Wheel of Fortune 3:30 Happy Hour 3:30 Exercise DVD <b>3:45 Live Piano</b>	9:00 Exercise DVD 10:00 Painting Class 10:15 Jeopardy 2:00 Cornhole 3:30 Happy Hour 7:30 Bingo



## April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>19</b> 9:00 Exercise <b>10:00 Live Broadcast Church Service</b> <b>2:00 Painting with "Danielle"</b> 7:00 Sunday Night Movie	<b>20 Hearing Clinic</b> 9:00 Exercise with Nola 10:15 Giant Crossword <b>1:00-2:00 Country Store</b> 2:30 52 Card Bingo <b>3:30 Gentle Exercise</b>	<b>21</b> 9:00 Tai Chi with Vera <b>10:00-11:00 Blood Pressure Clinic</b> <b>10:00 Shopping Shuttle (sign up required)</b> <b>2:30 Entertainment with the "Shoe Shakers"</b> 3:30 Happy Hour 7:00 Crib Club	<b>22 Earth Day</b> 9:00 Exercise with Cathy 10:00 Green Smoothies 10:30 Recycled Rose <b>12:30-2:00 Alterations with Olga</b> <b>2:30 Walking Club</b> 3:30 Happy Hour 7:30 Bingo	<b>23</b> 9:00 Exercise <b>10:15 Hand Massages/ eye masks and Hot Rock Therapy (sign up required)</b> <b>2:00 Om at Home/ Sound Bath with Tracy</b> 3:15 Musical Bingo 3:30 Happy Hour	<b>24 Footcare</b> 9:00 Exercise <b>10:00-2:00 Williams Park Adventure (sign up required)</b> <b>1:00-2:00 Country Store</b> 2:30 Wheel of Fortune 3:30 Happy Hour <b>3:45 Live Piano</b>	<b>25</b> 9:00 Exercise 10:15 Darts <b>2:00 Chase the Ace</b> <b>2:30 Food Demo with Raj</b> 3:30 Happy Hour 7:30 Bingo
<b>26</b> 9:15 Exercise <b>10:00 Live Broadcast Church Service</b> 7:00 Sunday Night Movie	<b>27</b> 9:00 Exercise with Nola 10:15 Giant Crosswords <b>1:00-2:00 Country Store</b> 2:30 52 Card Bingo <b>3:30 Courtyard Social</b>	<b>28</b> 9:00 Tai Chi with Vera <b>10:00 Pre-booked Outing to Harrison Tulip Festival (Sign up required)</b> 3:30 Happy Hour 7:00 Crib Club	<b>29</b> 9:00 Exercise with Cathy <b>10:00 Walking Club</b> 2:00 Horseraces 3:30 Happy Hour 3:30 Exercise DVD 7:30 Bingo	<b>30</b> 9:00 Exercise <b>1:30 Elements Casino (sign up required)</b> 2:15 Cornhole 3:30 Happy Hour 3:30 Exercise DVD <b>7:00 Hymn Sing</b>		
					<b>Blue = Bus Outings</b> <b>Green = Vendors and services</b> <b>Purple = Entertainment</b>	