

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SUSAN'S BEAUTY SALON</b> *Please call 613-608-1733 for an appointment* <b>FOOT CARE NURSE</b> Vicki Cullen *Please call 613-862-7143 for an appointment <b>SHOPPING DAYS:</b> Every Monday and Wednesday at 1:30pm	<b>APRIL FOOL'S DAY 1</b> Exercise and Games 9:30 am-L.L Rosary and Prayer Group 10:30-Chapel Shopping- 1:30pm Painting - 2:00 (L.L) All Fools' Day	<b>2</b> Pet Therapy- Azula 10:00am Dancercise with Nancy 9:30 (L.L) Knitting Bees & tea 10:30 (Chapel) Bingo 2:00	<b>3</b> Exercise High Impact 9:15 Low Impact 10:00 (L.L) Salvation Army- Making Chia tea(friends from India) Shopping- 1:30pm Games, 2:00pm (L.L) Movie Night 7:00pm Chapel	<b>4</b> Anglican Church 10:00 - Chapel Grandpal Program 10:30-12:30 (Lunch L.L) Bingo 2:00 Sam's Choice-2:00pm -M.L	<b>5</b> Exercise (L.L) Music Cardio 9:15 Balls, Bands, Weights 9:45 Guest Speaker OPP Officer Jim Drake 10:15 (Chapel) Entertainment/Happy hour Ron Edgeley 2:00pm (L.L)	<b>6</b> Enjoy your Weekend! Scott's Baking Club 10:00 am (L.L) Scrubs 2:00 (L.L) Hymn Sing 7:00pm- Chapel
<b>7</b> Enjoy your Weekend! Manicures with Mariah 10:00 Balcony Movie 2:00 (L)	<b>SOLAR ECLIPSE DAY 8</b> Exercise and Games 9:30 am-L.L Rosary and Prayer Group 10:30-Chapel Eclipse Broadcast - 1:45 pm Chapel Painting - 2:00 (L.L)	<b>9</b> Dancercise with Nancy 9:30 (L.L) Walking Club 10:00 M.L Knitting Bees & tea 10:30 (Chapel) Bingo 2:00	<b>10</b> Exercise and Games 9:30 am-L.L Shopping- 1:30pm Games (L.L) Balloon Volleyball (M.L) 2:00pm Movie Night 7:00pm Chapel	<b>11</b> United Church 10:00 Chapel Reading Club 10:30-Library Friendly Visiting with Sam 9:30-11:30 am Tai Chi 2:00pm - M.L Bingo 2:00	<b>12</b> Exercise (L.L) Music Cardio 9:15 Balls, Bands, Weights 9:45 Craft 10:00 (L.L) Happy Hour & Entertainment Rukkuzz	<b>13</b> Enjoy your Weekend! Scrubs 2:00 (L.L) Hymn Sing 7:00pm- Chapel
<b>14</b> Enjoy your Weekend! Manicures with Mariah 10:00 Balcony Movie 2:00 (L) National Volunteer Week 14-20	<b>15</b> Exercise High Impact 9:15 (L.L) Low Impact 10:00 (L.L) Rosary and Prayer Group 10:30-Chapel Shopping- 1:30pm Painting - 2:00 (L.L)	<b>16</b> Men's Shed Program 8:30 to 10am (L.L) Dancercise with Nancy 9:30 (Room 204) Knitting Bees & tea 10:30 (Chapel) Sam's Choice-2:00pm -M.L Bingo 2:00	<b>17</b> Exercise High Impact 9:15 Low Impact 10:00 (L.L) Shopping- 1:30pm Games (L.L) Sandbag (M.L) 2:00pm Movie Night 7:00pm Chapel	<b>18</b> Pentecostal Church 9:15 - Chapel Music Therapy/Choir with Miriam 10:00 am (L.L) Tai Chi 2:00pm - M.L Bingo 2:00	<b>19</b> Music Cardio 9:15 Balls, Bands, Weights 9:45 Walking Club-10:00 M.L Volunteer Appreciation Day Celebration- Entertainment Marleen Fawcett 2pm-3pm L.L	<b>20</b> Enjoy your Weekend! Scott's Baking Club 10:00 am (L.L) Scrubs 2:00 (L.L) Hymn Sing 7:00pm- Chapel
<b>21</b> Enjoy your Weekend! Manicures with Mariah 10:00 Balcony Movie 2:00 (L)	<b>22</b> Exercise High Impact 9:15 Low Impact 10:00-L.L Rosary and Prayer Group 10:30-Chapel Shopping- 1:30pm Painting - 2:00 (L.L) Passover Begins Earth Day	<b>23</b> Men's Shed Program 8:30 to 10am (L.L) Dancercise with Nancy 9:30 (Room 204) Knitting Bees & tea 10:30 (Chapel) Sam's Choice-2:00pm -M.L Bingo 2:00	<b>24</b> Exercise High Impact 9:15 Low Impact 10:00-L.L Grandpal Program 10:30-12:30 (Lunch L.L) Shopping- 1:30pm Games (L.L) 2:00pm Movie Night 7:00pm Chapel Administrative Professionals Day	<b>25</b> Christian Reform Memorial Service 10:00 - Chapel Resident Council Meeting 10:45 am Chapel Tai Chi 2:00pm - M.L Bingo 2:00	<b>26</b> Exercise (L.L) Music Cardio 9:15 Balls, Bands, Weights 9:45 Outing Aviation Museum Time to be determined Arbor Day	<b>27</b> Enjoy your Weekend! Hour & Entertainment Jumping Jimmy 2pm Scrubs 3:00 (L.L) Hymn Sing 7:00pm- Chapel
<b>28</b> Enjoy your Weekend! Manicures with Miriah 10:00 Balcony Movie 2:00 (L)	<b>29</b> Exercise High Impact 9:15 (L.L) Low Impact 10:00 (L.L) Rosary and Prayer Group 10:30-Chapel Shopping- 1:30pm Painting - 2:00 (L.L)	<b>30</b> Men's Shed Program 8:30 to 10am (L.L) Dancercise with Nancy 9:30 (Room 204) Knitting Bees & tea 10:30 (Chapel) Sam's Choice-2:00pm -M.L Bingo 2:00	<h1>April 2024</h1> <p>Blossom into spring!</p>			