

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



1
9:30 Seated Dance with Lauren (FH)
10:30 Hymn Sing (MPR)
2:00 Music with No Discernible Key (FH)
All Fools' Day
Passover Begins

2
Easter Bake Sale Front Lobby 11am-3pm
9:30 Flexibility Fitness (CR)
10:30 Word Games (CR)
1:15 Hot Wax Treatment (Gym)
2:00 Domino (MPR)

3
Good Friday
10:00 Good Friday Service (FH)

4
9:30 Strength and Conditioning (CR)
10:30 Coloring Easter Eggs (MPR)
1:30 Bean Bag Toss (CR)
2:00 Crochet Club (FH)

Easter Sunday 5
10:30 Sunday Service with Chaplain Lisa (FH)
Easter Sunday

6
9:30 Meditation with Matt (CR)
10:30 Easter Trivia (lobby)
1:30 Bible Study (MPR)
3:00 Outdoor Walking Group (meet in Suites lobby)

7
9:30 Fitness with Lisa (CR)
9:30 Hearing Clinic (ER) sign up required
1:30 Bowling (CR)
2:30 Poetry Reading (lobby)

8
10:20 Catholic Communion Visits
10:30 Hymn Sing (MPR)
11:30am Swiss Chalet Outing: sign-up required *
2:00 UNO (MPR)

9
9:30 Upper Body Strength (CR)
10:30 Word Games (CR)
1:15 Hot Wax Treatment (Gym)
2:00 Dominos (MPR)

10
10:30am Chair Yoga (Martin Apartment DR)
2:30 Music with Traci Kennedy (FH)

11
1:30 Ladder Ball (CR)
2:30 Yahtzee (MPR)

12
10:30 Sunday Service with Chaplain Lisa (FH)

13
9:30 Current Events (lobby)
10:30 Spring Painting (MPR)
2:30 Heart of the Matter Circle (CR)

14
9:30 Qi Gong (FH)
10:00 Kindred Banking
10:00 Fitness with Lisa (CR)
2pm Wellness Group: Making Smoothies (MPR)

15
9:30 Seated Dance with Lauren (FH)
10:30 Hymn Sing (MPR)
1:30pm Butterfly Conservatory Outing: sign-up required*
2:00 UNO (MPR)
3:30 Outdoor Walking Club (meet in Suites lobby)

16
9:30 Lower Body Strength (CR)
10:30 Word Games (CR)
1:15 Hot Wax Treatment (Gym)
2:00 Dominos (MPR)
2:00 Coffee Hour with Musical Guest Abby (Martin Apartment DR)

17
10:00 Music with Henry Winter (FH)
1:30 Chair Yoga (Martin Apartment DR)

18
1:30 Ring Toss (CR)
2:30 Scrabble (GR)

19
10:30 Sunday Service with Charleen (FH)
2:00 Piano Music with Doug & Wilf (FH)

20
9:30 Spring Trivia (lobby)
10:30 Spring Craft (MPR)
2:30 Heart of the Matter Circle (CR)

21
9:30 Fitness with Lisa (CR)
2:00 Music with Steve & Diane (FH)

22
10:30 Catholic Mass (FH)
10:30 Hymn Sing (MPR)
11:30am Red Lobster Outing: sign-up required*
2:00 UNO (MPR)
Earth Day
Administrative Professionals Day

23
9:30 Flexibility Fitness (CR)
10:30 Service of Remembrance (FH)
1:15 Hot Wax Treatment (Gym)
2:00 Dominos (MPR)

24
10:30am Chair Yoga (Martin Apartment DR)
2:00 Men's Club: The Story of the ION in Waterloo Region (FH)
Arbor Day

25
1:30 Movie Matinee with Popcorn (CR)

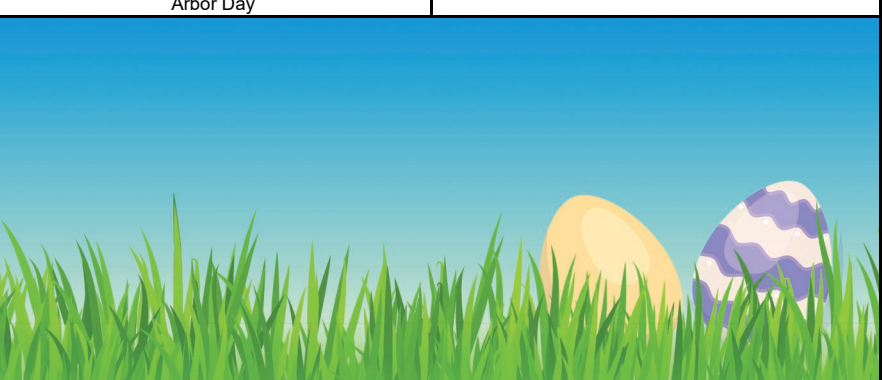
26
10:30 Sunday Service with Chaplain Lisa (FH)

27
9:30 Strength and Conditioning (CR)
10:30 Current Events (lobby)
1:30 Bocce Ball (CR Hallway)
2:30 Heart of the Matter Circle (CR)

28
9:30 Qi Gong (FH)
10:00 Kindred Banking
1:30pm Giant Tiger Outing: sign-up required*
5:00 6th Floor Dinner

29
9:30 Upper Body Strength (CR)
10:30 Hymn Sing (MPR)
1:30 Balloon Volley Ball (CR)
3:00 Outdoor Walking Group (meet in the Suites lobby)

30
9:30 Lower Body Strength (CR)
10:30 April Birthday Party³ (MPR)
1:15 Hot Wax Treatment (Gym)
2:00 Dominos (MPR)



Contact: Amy Kavelman (519)-885-4810 ext. 331