

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



Medical App. Van (sign up)
9:30 Tai Chi - FA
10:15 Pump it Up- FA
10:45 Hot Hand Wax Therapy
11:00 Bean Bag Toss
2:00 Musicfest Singing Group
4:00 Billiards-MPR

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11-3pm EZFIT Shoes
2:00 Simply Stretch-FA
2:30 Trivia Hour-MPR
3:00 Pump it up-FA
4:00 Happy Hour-Bar
7:15 Euchre Night

9:30 Chair Yoga-FA
10:15 Pump it up-FA
10:45 Peddler Class-FA
2:30 Resident Town Hall
3:30 Ring Toss
5:00 Table Pong
7:00 Bingo

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 Bible Study-MPR
2:00 Hot Wax Therapy-FA
3:00 Seated Groovin-FA
4:00 Happy Hour-Bar
5:00 Colouring Club-B
7:00 Stencil Crafts-B

9:30 Movement Matters
10:15 Tai Chi-FA
10:45 Bone Building Class
11:00 SJF Catholic Rosary Prayer & Communion-MPR
2:00 Foot Doctor-MPR
3:30 Skip-Bo
7:00 Movie Night - FL

9:00 Breakfast Club (sign up)
11:00 Bingo
2:00 Fit Minds Memory Cards
3:00 National Caramel Popcorn Day Social

10:15 Daily Horoscope Readings
12:00 Colouring Club
2:30 Word Games

Medical App. Van (sign up)
9:30 Tai Chi - FA
10:15 Pump it Up- FA
10:45 Hot Hand Wax Therapy
11:00 Bean Bag Toss
2:30 Spring Arts & Crafts-B
4:00 Billiards-MPR

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 Ladder Toss
2:00 Simply Stretch-FA
2:30 Wal-Mart Outing (sign up)
3:00 Pump it up-FA
4:00 Happy Hour-Bar
7:15 Euchre Night

9:30 Chair Yoga-FA
10:15 Pump it up-FA
10:45 Peddler Class-FA
11:00 SJF Catholic Service
11:30 Medics Mobility
2:30 Java Music Club
3:30 Hang Man
5:00 Steak Club (sign up)
5:00 Billiards
7:00 Bingo

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
2:00 Hot Wax Therapy-FA
2:30 Wal-Mart Outing (Sign up)
3:00 Seated Groovin-FA
4:00 Happy Hour-Bar
5:00 Colouring Club -B
7:00 Show and Tell Photos

9:30 Movement Matters
10:15 Tai Chi-FA
10:45 Bone Building Class
11:00 Ladder Toss
2:30 Cookies & Coffee-B
3:30 Singing Club-MPR
7:00 Movie Night - FL

9:00 Breakfast Club (sign up)
11:00 Bingo
2:00 Fit Minds Trivia
3:00 Popsicle Social

10:15 Colouring Club
12:00 Easter Lunch
2:00 Easter Live Entertainment



Palm Sunday

Medical App. Van (sign up)
9:30 Tai Chi - FA
10:15 Pump it Up- FA
10:45 Hot Hand Wax Therapy
11:00 Bean Bag Toss
2:30 Colouring Club
4:00 Billiards-MPR

National Pajama Day
9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 Balloon Volleyball-B
2:00 Simply Stretch-FA
3:00 Pump it up-FA
4:00 Happy Hour-Bar
7:15 Euchre Night

9:30 Chair Yoga-FA
10:15 Pump it up-FA
10:45 Peddler Class-FA
2:30 Java Music Club
3:30 Trivia Hour
5:00 Daily Horoscopes
7:00 Bingo

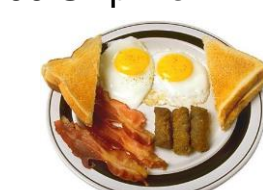


9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 Bible Study-MPR
2:00 Hot Wax Therapy-FA
3:00 Seated Groovin-FA
4:00 Happy Hour-Bar
5:00 Ladder Toss
7:00 Name That Tune!



Good Friday

9:00 Breakfast Club (sign up)
11:00 Skip-Bo



10:15 Shuffleboard
12:00 Supervised Cardio Hour

Easter Sunday

Medical App. Van (sign up)
9:30 Tai Chi - FA
10:15 Pump it Up- FA
10:45 Hot Hand Wax Therapy
11:00 Bean Bag Toss
2:30 Colouring Club
4:00 Billiards-MPR

Earth Day

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:30 Cora's Lunch Outing (sign up)
2:00 Simply Stretch-FA
3:00 Pump it up-FA
4:00 Happy Hour-Bar
7:15 Euchre Night

9:30 Chair Yoga-FA
10:15 Pump it up-FA
10:45 Peddler Class-FA
2:30 Java Music Club
3:30 Music Movement w/ Sheryl-FA
5:00 Steak Club (sign up)
5:00 Skip - Bo
7:00 Bingo



9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 Bean Bag Toss
2:00 Hot Wax Therapy-FA
2:30 Birthday Party
3:00 Seated Groovin-FA
4:00 Happy Hour-Bar

9:00 Breakfast Club (sign up)
11:00 Bingo
2:30 Chips & Dip Social - Bar

10:15 Daily Horoscope Readings
12:00 Ring Toss
2:30 Think Fast In A Jar

Medical App. Van (sign up)
9:30 Tai Chi - FA
10:15 Pump it Up- FA
10:45 Hot Hand Wax Therapy
11:00 Bean Bag Toss
2:30 Colouring Club
4:00 Billiards-MPR

9:15 Falls Prevention-FA
10:00 Falls Prevention-FA
11:00 St. Judes Anglican Church Service
2:00 Simply Stretch-FA
3:00 Pump it up-FA
4:00 Happy Hour-Bar
7:15 Euchre Night

# April 2019

"April showers bring May flowers"