




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 	2 10:30 Exercise A/R (Kristina) 10:30 RC Mass Chapel 10:30 Coffee & News Hope 1:30 Tea Grace 1:30 What's in the Bag Fairfield 6:15 Bingo VS	3 10:30 Anglican church 10:30 Music Therapy Cedar Social Connections Before and After Lunch In 11:00 Lunch in A/R 6:15 Travelogue VS	4 10:30 Exercises A/R (Claire) 10:30 Zinnia TV Garry Oak 10:30 Gardening Wisdom 1:30 Word games Dogwood 1:30 Men's Group Burrito Day -H 1:30 Connections / Walks 3rd	5 10:30 Music with Laura Harmony 10:30 Exercise Wisdom(SD) 10:30 Spa Fairfield 1:30 Art Group A/R (L) 1:30 Games Group Burdett 1:30 Movie in Wisdom	6 10:30 Hymn Sing
7 10:30 RC Mass Chapel	8 10:30 Funny Things Kids Say Hope 10:30 Bowling Arbutus 1:30 Exercises A/R (Laura) 1:30 Vaishki Celebration (Punjabi New Year) Dogwood	9 10:30 Exercise AR (Kristina) 10:30 RC Mass Chapel 10:30 Zinnia Cedar 10:30 Coffee & News Grace 1:15 Birthday Party VS All 6:15 Chimes VS	10 10:30 Ecumenical Service 10:30 Music Therapy -Cedar 10:30 Exercises Dogwood 10:30 Baking Dutch Treat-Martha 1:30 Holland Travelogue Grace 1:30 Baking Douglas 1:30 Boom Whacker Garry Oak 6:15 Evening Meditation A/R	11 	12 10:30 Music with Laura Garry Oak 10:30 Exercise Hope (MR) 10:30 Spa Humboldt 1:30 Art Group A/R (MR) 1:30 Games Group Burdette 1:30 Stimulating The Senses 1:1 programs-All floors	13
14 10:30 RC Mass Chapel 11:00 Cello with Mary VS	15 10:30 Outdoor Walks 5th 10:30 Balloon Toss Cedar 10:30 Music Humboldt 1:30 Exercises A/R (Laura) 1:30 Milk Shake Social Hope 1:30 Spa Arbutus (SD)	16 10:30 Exercise AR (Kristina) 10:30 RC Mass Chapel 10:30 Music Humboldt 10:30 Short Stories St Martha 10:30 Coffee & News Grace 1:30 PJ Party Village Square 6:15 Chimes VS	17 10:30 Music Therapy Cedar 11:00 Sports Lunch A/R 10:30 Exercises Dogwood (K) 2:30 Connections Martha & 5th 1:30 Arts and Crafts Fairfield 1:30 National Canadian Film -GO 6:15 Karaoke VS	18 10:30 Exercises A/R (Claire) 10:30 Armchair Travel St. Joseph 10:30 Social Connections 3&4 (K) 1:30 Outdoor Walks 3rd 1:30 Student Games VS	19 10:30 Music with Laura Harmony (MR) 10:30 Exercise Wisdom (SD) 10:30 Spa Burdett 1:30 Art Group A/R (L) 1:30 Marie Blondin's Birthday VS	20 10:30 Hymn Sing
21 10:30 RC Mass Chapel	22 10:30 Story Reading Grace 10:30 Bocce Ball Dogwood 10:30 Music with Laura Douglas 1:30 Exercises A/R (Laura) 1:30 Reminisce Hope 1:30 Bingo Garry Oak 1:30 Outdoor Walks (5th)	23 10:30 Exercise A/R (Kristina) 10:30 RC Mass Chapel 10:30 Reminisce Arbutus 10:30 Garden Walks Martha 10:30 Coffee & News Wisdom 1:30 Sing Along Humboldt 1:30 Craft Arbutus (S) 1:30 Reminisce Harmony 6:15 Chimes VS	24 10:30 Music Therapy Cedar 10:30 Exercises Dogwood (K) 10:30 Zinnia Harmony 10:30 Puzzles Grace 1:30 Baking Humboldt 1:30 Coloring Arbutus 1:30 Individual Travel St Martha 2:00 Ted Talk-AR 6:15 Spring Bingo V/S	25 10:30 Exercises A/R (Claire) 10:30 Garden walks 3/4 10:30 Short Stories St Joseph 10:30 Morning Pampering 5th 1:30 You be the Judge Cedar 1:30 Baking Chocolate Zucchini Bread Harmony 1:30 Connections /Walks 3rd	26 10:30 Music with Laura – Garry Oak 10:30 Exercise Hope (MR) 10:30 Spa-Douglas 1:30 Art Group A/R (MR) 1:30 Games Group-Burdette 1:30 Stimulating the Senses 1:1 All Floors	27
28 10:30 RC Mass Chapel 11:00 Cello with Mary VS	29 10:30 Resident Connections 5th 10:30 Bowling Douglas 10:30 Zinnia TV 3rd 1:30 Exercises (Laura) AR 1:30 Spring Craft Dogwood(K) 1:30 Reminisce Hope	30 10:30 Exercise AR (Kristina) 10:30 RC Mass Chapel 10:30 Arm Chair travel Cedar 10:30 Story Reading Harmony 10:30 Coffee and News Hope 1:30 Trivia Humboldt 3rd 1:30 Java Club AR (S&S) 6:15 Chimes VS		Key: VS – Village Square A/R – Activity Room C – Chapel GO-Garry Oak H-Hope <b>Outdoor walks to visit the garden happen during the month</b>	Please note: Residents can attend programs on other floors but priority will be given to those who live on those floors should numbers exceed the space. Please speak to Anita Recreation Therapist if you are interested in attending Java club, TED Talk, Friday Art Group and Lunch Programs	