

April

Recreation Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Reminder	1 Easter Monday	2	3	4	5	6
<p>Please do not enter the Activity Room when the doors are closed. If the doors are closed, we are still getting ready, or the program is at capacity.</p>	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: The Grand (TH) 2:15 Stretch Exercise (AR) 3:15 Word Games (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet and Knit with Jess (AR) 2:15 Chair Yoga (TH) 2:00 Euchre (AR) Euchre (PR) 2:30 Fireside Chats with Jess (L1) 3:00 Lounge Cocktail Social keyboard music by Keith and Judith (L1) 7:15 Wheel of Fortune (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 2:45 PBS Series: Grantchester (TH) 3:00 DrumFit Exercise class (AR) 3:00 Resident Social (L2)	Pampered Chef 11am-3pm (L1) Trip to Shopper's Drug Mart 9:45 Strength Exercise (AR) 10:00 Residents Council General Meeting (PR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 United Church Service (TH) 3:15-3:45 Jewelry and Glasses Cleaning – Drop In (AR)	9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Lighthearted – Gordon Lightfoot (TH) 2:15 Stretch Exercise (AR) 3:15 Dominoes and Tabletop Games (AR) 3:30 Virtual Standing Chair Yoga(L2) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:15 Spirograph Colouring and Social (AR) 7:00 Hockey Night in Canada – Toronto @ Montreal (L2)
	7	8 Solar Eclipse	9	10	11	12
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Music and Trivia (AR) 3:15 Charades! (AR)	9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:15 Stretch Exercise (TH) 2:45 View the Solar Eclipse (meet in Retirement Community Lobby)	Medical Transportation 9-4p.m Adrian's Family Clothing 10-2:30pm (L1) 9:45 Strength Exercise (AR) 10:30 Book Club Meeting w/ Deb (PDR) 10:45 Crochet and Knit with Jess (AR) 11:30 Activity Planning Meeting (L2) 2:15 Chair Yoga (TH) 2:00 Euchre (AR) Euchre (PR) 3:30 Activity Planning Meeting (L1) 7:15 Finish the Lyrics (AR)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 2:45 PBS Series: Grantchester (TH) 3:00 Seated Zumba Gold (AR) 3:00 Resident Social (L2)	Trip to Loblaws 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:00 Happy Hour and Live Music with Keith Kirkpatrick (L1)	9:45 Strength Exercise (AR) 10:45 Ladder Ball (AR) 2:00 Documentary: Surviving the Serengeti (TH) 2:15 Stretch Exercise (AR) 3:15 Scrabble and Board Games (AR) 3:30 Virtual Standing Zumba (L2) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:15 Pictionary (AR) 7:00 Hockey Night in Canada Detroit @ Toronto (L2)
14	15	16	17	18	19	20
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Calvary Church Service (TH) 2:15 Floor Shuffleboard (AR) 3:00 Hymn Sing with Grace (AR) 3:30 Spiritual Reflection (TH)	Lucy Gray Alterations 1-4:00 (L1) Trip to Giant Tiger 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: The Grand (TH) 2:15 Stretch Exercise (AR) 3:15-3:45 Jewelry and Glasses Cleaning – Drop In (PR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:45 Crochet and Knit with Jess (AR) 11:30-12:30 Office Hours with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Lounge Social with Mint Juleps (L1) 7:15 Jeopardy! (AR)	Bank Transportation 9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 PBS Series: Grantchester (TH) 3:00 April Birthday Party With Art Lajambe (L1) 7:15 Cambridge St Handbell Choir Performance (L1)	Trip to the Lindsay Mall 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:15 Where in the World Have You Been? Switzerland Edition! (AR)	9:45 Strength Exercise (AR) 10:45 Bean Bags (AR) 2:00 Documentary: Perfect Bid: The Contestant Who Knew Too Much (TH) 2:15 Stretch Exercise (AR) 3:15 Dominoes and Tabletop Games (AR) 3:30 Virtual Standing Chair Yoga(L2) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Big Screen Bingo (AR) 3:30 Ladie's Club – Coffee Social (AR) 7:00 Hockey Night in Canada (L2)
21	22 Earth Day	23	24	25	26	27
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Name That Tune (AR) 3:15 Ladder Ball (AR)	Lunch Outing to The Cat & The Fiddle 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: The Grand (TH) 2:15 Stretch Exercise (AR) 3:00 Earth Day Community Clean Up (Meet in Ret Community Lobby) 7:15 College Community Choir Broadway Tunes Concert (L1)	Medical Transportation 9-4p.m Bling It On 11-2pm (L1) 9:45 Strength Exercise (AR) 10:30 St. Mary's Catholic Service (TH) 10:45 Crochet and Knit with Jess (AR) 11:30 Fireside Chats with Jess (L2) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Lounge Social with Dirty Shirley Cocktails (L1) 7:15 Word Games (AR)	9:45 Strength Exercise (AR) 10:45 Name that Tune (AR) 1:30 Knit Witts (D1) 1:45 Bingo! 50¢/card (PR) 2:00 Pokeno! (AR) 2:45 PBS Series: Grantchester (TH) 3:00 Van and Vehicle Safety with Physiotherapist Athena (AR)	Trip to the Whitney Town Centre and LCBO 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 2:15 Tai Chi (TH) 3:00 TV Series: Carol Burnett Show (TH) 3:00 Happy Hour and Live Music with Bill Dickinson (L1)	9:45 Strength Exercise (AR) 10:45 Washer Toss (AR) 11:30 Fire Safety Q&A (D2) Call 8155 to sign up 2:00 Documentary: Hidden Turkey (TH) 2:15 Stretch Exercise (AR) 3:15 Scrabble and Board Games (AR) 3:30 Virtual Standing Zumba (L2) 7:00 Skip-Bo (AR)	9:30 Aquafit Class 1 (PL) 10:15 Aquafit Class 2 (PL) 10:30 News and Social Discussion (AR) 11:15 15-min Stretch! (AR) 2:00 Dollar Bingo-1\$ to Play (AR) 3:30 Men's Club – Coffee Social (AR) 7:00 Hockey Night in Canada (L2)
28	29	30	TUCK SHOP		AQUAFIT	
Church Transportation 10:30 Spiritual Reflection (TH) 2:00 Spiritual Reflection (TH) 2:15 Finish the Lyrics (AR) 3:00 Sing Along with Grace (AR) Dinner Time Music in the Dining Room	Trip to Dollarama/Food Basics 9:45 Strength Exercise (AR) 10:45 Hand Wax Therapy (AR) 1:45 Bingo! 50¢/card (PR) 2:00 TV Series: The Grand (TH) 2:15 Stretch Exercise (AR) 3:15 Birdhouse Decorating Craft (AR)	Medical Transportation 9-4p.m 9:45 Strength Exercise (AR) 10:30 Anglican Church Service (TH) 10:45 Crochet and Knit with Jess (AR) 2:00 Euchre (AR) Euchre (PR) 2:15 Chair Yoga (TH) 3:00 Lounge Social with Orange Crush Cocktails (L1) 7:15 Riddles and Brain Teasers (AR)	WED & SUN from 1-3pm. Call ext. 8200 to speak to a Tuck Volunteer during open hours or hear the most up to date hours if there are any changes.		To attend Aquafit classes, residents MUST Call 8155 to sign up. If classes are full, you will be put on a temporary wait list. Residents must be able to get in and out of the pool unassisted	
			RETIREMENT		SENIOR LIVING	
			LOCATIONS		LOCATIONS	
			AR - Activity Room D1 - Dining Room, 1st Floor L1 – Lounge, 1st Floor TH – Theatre PL – Pool		BR - Billiards Room L2 - Lounge, 2nd Floor D2 - Dining Room, 2nd Floor PR - Party Room	