

| Sunday   | Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday   |
|--|---|---|--|---|---|--|
| <p><b>Legend:</b></p> <p>(CL): Café/Lounge<br/>(C): Cottage<br/>(FL): Front Lobby<br/>(L): Library<br/>(SG): Secret Garden</p> | <p>Hairdresser Today Shuttle Today <b>1</b></p> <p>10:00(C)Church Service<br/>10:00 TRIP *Sign up* Scenic Drive<br/>10:30(C) Brain Joggers<br/>2:00(C) DRUM BALL<br/>3:00(CL)Coloring with the Classics</p> <p>All Fools' Day</p> | <p>Esthetician Today <b>2</b></p> <p>9:00 (FL) Dog visit with Hank and Linnea<br/>10:30(C) Brain Initiative Exercise<br/>1:20(C) Funny Animal Videos<br/>2:00(C)Bingo</p>   | <p>Hairdresser Today Shuttle Today <b>3</b></p> <p>10:00TRIP *Sign up* Marshalls &amp; HomeSense<br/>2:00(C)Trivia<br/>3:00(C)Sing- a-longs with Nathalia<br/>3:00(CL)Glamorgals</p>   | <p>10:00(L) Exploring Scripture <b>4</b></p> <p>11:00(C) Seated Dance Class<br/>1:00(CL) Ball Toss<br/>1:30(C)Technology Help<br/>2:00(C) Easter Wreath Craft<br/>3:00(C) Presentation with Hamilton Recycling</p>  | <p>Hairdresser Today Shuttle Today <b>5</b></p> <p>10:15(C) JAVA Music Club<br/>2:00(CL) Happy Hour with Paul Horton</p>  | <p>2:00(C)(DVD) Movie: Green Mile <b>6</b></p> <p>7:00(C)(N) A Fortunate Mile</p>      |
| <p>10:30 (C)(yt) Hymn Sing <b>7</b></p> <p>2:00(C)(N) Movie: The Bucket List</p>   | <p>Hairdresser Today Shuttle Today <b>8</b></p> <p>10:00(C)Church Service<br/>10:00TRIP *Sign up* Flamboro Casino and Lunch<br/>2:00(C) DRUMBALL<br/>3:00Solar Eclipse Watch! (Outside)</p> <p><u>Solar Eclipse Day!</u></p>      | <p>Esthetician Today <b>9</b></p> <p>9:00 (FL) Dog visit with Hank and Linnea<br/>10:30(C) Brain Initiative Exercise<br/>1:20(C) Funny Animal Videos<br/>3:00(C) Bingo</p>  | <p>Hairdresser Today Shuttle Today <b>10</b></p> <p>10:30TRIP *Sign up* Halibut House Fish &amp; Chips for Lunch<br/>2:00(C)Painting Class<br/>3:00(FL)Outdoor Walking Group<br/>3:30(C) Travelogue with Rick Steves: Your Choice!</p>                           | <p>11:00(C) Seated Dance Class<b>11</b></p> <p>1:00(CL) Ball Toss<br/>2:00(C) Trivia<br/>3:00(C)Documentary: The Other Shore</p>  | <p>Hairdresser Today <b>12</b></p> <p>10:30(C) JAVA Music Club<br/>2:00(CL) Happy Hour with Kent Mcmillan</p>   | <p>2:00(C)(N) Movie: Tyson's Run <b>13</b></p> <p>7:00(C)(N) Movie: Notting Hill</p>   |
| <p>10:30 (C)(yt) Hymn Sing <b>14</b></p> <p>2:00(cl) Vocal Point Choir Performance</p>   | <p>Hairdresser Today Shuttle Today <b>15</b></p> <p>10:00(C)Church Service<br/>10:00 TRIP*Sign up* Dollarstore<br/>2:00(C) DRUMBALL<br/>3:00(FL)Outdoor Walking Group</p>   | <p>Esthetician Today <b>16</b></p> <p>9:00 (FL) Dog visit with Hank and Linnea<br/>10:30(C) Brain Initiative Exercise<br/>1:20(C) Funny Animal Videos<br/>2:00(C) Bingo</p>   | <p>Hairdresser Today Shuttle Today <b>17</b></p> <p>10:30TRIP *Sign up* Lunch at RBG Tea Room<br/>2:00(C)Trivia<br/>3:00(C) Sing- a-longs with Nathalia</p>  | <p>10:00(L) Exploring Scripture<b>18</b></p> <p>11:00(C) Seated Dance Class<br/>1:00(CL) Ball Toss<br/>1:30(C)Technology Help<br/>2:00(C)Crafts<br/>3:00(C) Documentary: Penguin Town</p> <p><u>Pastel Day!</u></p> | <p>Hairdresser Today Shuttle Today <b>19</b></p> <p>10:30 TRIP *Sign up* Hamilton Philharmonic: Tchaikovsky<br/>10:30(C) JAVA Music Club<br/>2:00(CL) Happy Hour with Dave Tabone</p> | <p>2:00(C)(N) Movie: Mama Mia <b>20</b></p> <p>7:00(C)(N) Movie: Footloose</p>         |
| <p>10:30 (C)(yt) Hymn Sing <b>21</b></p> <p>2:00(C)(N) Movie: October Sky</p>  | <p>Hairdresser Today Shuttle Today <b>22</b></p> <p>10:00(C)Church Service<br/>10:00 TRIP *Sign up*Giant Tiger<br/>2:00(C) DRUMBALL<br/>3:00(FL)Outdoor Walking Group</p> <p>Passover Begins<br/>Earth Day</p>                    | <p>Esthetician Today <b>23</b></p> <p>9:00 (FL) Dog visit with Hank and Linnea<br/>10:30(C) Brain Initiative Exercise<br/>1:20(C) Funny Animal Videos<br/>2:00(C) Bingo<br/>7:00(CL)Childrens choir Performance</p> | <p>Hairdresser Today Shuttle Today <b>24</b></p> <p>10:00 TRIP *Sign up*Walmart<br/>10:30-2:00(fl)Cobs Vendor<br/>2:00(C)Presentation on Scams &amp; Frauds with Hamilton Police<br/>3:00(C)Travelogue: Your Choice!</p> <p>Administrative Professionals Day</p> | <p>11:00(C) Seated Dance Class<b>25</b></p> <p>1:00(CL) Ball Toss<br/>2:00(C)Townhall Meeting<br/>3:15(C) Food Meeting</p>  | <p>Hairdresser Today <b>26</b></p> <p>10:30(C) JAVA Music Club<br/>2:00(CL) Happy Hour with Paula French</p> <p>Arbor Day</p>   | <p>2:00(C)(N) Movie: Grown Up <b>27</b></p> <p>7:00(C)(N) Movie: Miss Congeniality</p> |
| <p>10:30 (C)(yt) Hymn Sing <b>28</b></p> <p>2:00(C)(N) Movie: Benji</p>  | <p>Hairdresser Today Shuttle Today <b>29</b></p> <p>10:00(C)Church Service<br/>10:00 TRIP *Sign up*Scenic<br/>10:30(C) Brain Joggers<br/>2:00(C)DRUMBALL<br/>3:00(FL)Outdoor Walking Group</p>                                    | <p>Esthetician Today <b>30</b></p> <p>9:00 (FL) Dog visit with Hank and Linnea<br/>10:30(C) Brain Initiative Exercise<br/>1:20(C) Funny Animal Videos<br/>2:00(C) Bingo</p>   | <h1>April 2024</h1>  |   |   |  |

# EXERCISE SCHEDULE

| Time            | Monday            | Tuesday            | Wednesday                     | Thursday          | Friday           |
|-----------------|-------------------|--------------------|-------------------------------|-------------------|------------------|
| 9:30AM-10:30AM  | GENERAL EXERCISE  | GENERAL EXERCISES  | SEATED YOGA/TAI CHI (COTTAGE) | GENERAL EXERCISE  |                  |
| 10:30AM-11:30AM | RACKET BALLOON    | ADVANCED EXERCISES | BALL TOSS                     | ADVANCED EXERCISE |                  |
| 10:45AM-11:45AM |                   |                    | GENERAL EXERCISE              |                   | GENERAL EXERCISE |
| 1:00PM-1:45PM   | ADVANCED EXERCISE |                    |                               |                   |                  |



# SPRING



## Word Search

Search for the twelve Spring themed words below.

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| R | R | Q | W | N | Z | W | F | S | I | U | G | J | W | Y | I | U | O |
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- APRIL
- BIRDS
- BLOOM
- BUNNY
- BUTTERFLY
- FLOWERS
- GARDEN
- MAY
- RAINBOW
- SPRING
- SUNSHINE
- WARM

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### What to Look Out for This Month!

- ❖ Watch Solar Eclipse on April 8<sup>th</sup>
- ❖ Wear Your Pastel Colors on April 18<sup>th</sup>
- ❖ Tech help: Alternating Thursdays
- ❖ Presentation with Hamilton Recycling
  - ❖ Glamor gals
- ❖ Presentation on Frauds & Scams with Hamilton Police
  - ❖ Weekly Outdoor Walking Group
  - ❖ Vocal Point Choir Performance
  - ❖ Childrens Choir Performance
    - ❖ COBS Vendor
    - ❖ Two Scenic Drive Trips
  - ❖ Trip to Marshalls & Homesense
  - ❖ Trip to Flamboro Casino & Lunch
  - ❖ Trip to Halibut House: Fish & Chips
    - ❖ Trip to the Dollar Store
  - ❖ Trip to RBG: Tea Room for Lunch
- ❖ Trip to Hamilton Philharmonic: Tchaikovsky
  - ❖ Trip to Giant Tiger
  - ❖ Trip to Walmart