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April 2021 Recreation and Wellness Program



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p style="font-size: 1.2em; color: purple;"><i>“Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.”</i></p>  <p style="color: purple;"><i>~Geoffrey B. Charles-</i></p>			 	<p style="text-align: right;">1</p> <p>9:30 Sit & Be Fit Exercise (2nd Floor)</p> <p>10:15 Sit & Be Fit Exercise (2nd Floor)</p> <p>1:30 Tuckshop Thursday</p> <p>2:00 Family Feud Game (2nd Floor) </p> <p>3:15 Mind Jogger Game (2nd Floor)</p>	<p style="text-align: right;">2</p> 	<p style="text-align: right;">3</p> <p style="font-size: 1.5em; font-weight: bold;">NO ACTIVITY</p>
<p style="text-align: right;">4</p> <p style="font-weight: bold;">HAPPY EASTER SUNDAY</p>  <p>9:30 Exercise (2nd Floor)</p> <p>10:15 Exercise (2nd Floor)</p> <p>1:30 Hangman Game (2nd Floor)</p> <p>3-4 Comedy Videos (3rd Floor) </p>	<p style="text-align: right;">5</p> <p style="font-weight: bold;">EASTER MONDAY</p>  <p>9:30 Early Bird Exercise (2nd Floor)</p> <p>10:15 Early Bird Exercise (2nd Floor)</p> <p>1:30 Mind Jogger Game (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8, 2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p>	<p style="text-align: right;">6</p> <p>9:00-11:30 Scenic Drive To Spanish Banks, UBC, Marine Drive</p>  <p>1:30 Afternoon Exercise (2nd Floor)</p> <p>2:30 Live Music Entertainment w/ Peter Pauluz (Courtyard-weather Permitting)</p> 	<p style="text-align: right;">7</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:15 Morning Exercise (2nd Floor)</p> <p>1:30 Crossword Puzzle (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8, 2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor) </p>	<p style="text-align: right;">8</p> <p>9:00 Exercise (2nd Floor)</p> <p>10-11:30 Cherry Blossom Tour </p> <p>1:30 Tuckshop Thursday </p> <p style="font-weight: bold;">1:45-2:45 Activity Meeting (2nd Floor)</p> <p>3-4 Ipad for Seniors (2F)</p>	<p style="text-align: right;">9</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:15 Fun & Fitness Exercise (2nd Floor)</p> <p>1:30 You Be The Judge (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8, 2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor) </p>	<p style="font-size: 1.5em; font-weight: bold;">NO ACTIVITY</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>9:30 Exercise (2nd Floor)</p> <p>10:15 Exercise (2nd Floor)</p> <p>2-4 Art Class w/ Adam (2nd Floor)</p> 	<p>12</p> <p>9:30 Early Bird Exercise (2nd Floor)</p> <p>10:15 Early Bird Exercise (2nd Floor)</p> <p>1:30 Crossword Puzzle (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2F)</p> 	<p>13</p> <p>9:00 Exercise (2nd Floor)</p> <p>10-11:30 Scenic Drive to Brighton Park & Capitol Hill, Burnaby Mountain</p>  <p>1:30 Exercise (2nd Floor)</p> <p>2:30 Virtual Entertainment w/ Bo Olsson (3F)</p> 	<p>14</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:15 Morning Exercise (2nd Floor)</p> <p>1:30 Everyday Life's Trivia (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2F)</p> 	<p>15</p> <p>9:00 Exercise (2nd Floor)</p> <p>10-11:30 Cherry Blossom Tour</p>  <p>1:30 Tuckshop Thursday</p> <p>2:00 Trip to Garden Works</p> <p>3:15 –4:15 Bocce Game (2nd Floor)</p>	<p>16</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:15 Fun & Fitness Exercise (2nd Floor)</p> <p>1:30 Mind Jogger Game (2nd Floor)</p> <p>2:30 Live Music Entertainment w/ Leo Araujo (courtyard)</p> 	<p>17</p> <p>NO ACTIVITY</p>
<p>18</p> <p>9:30 Exercise (2nd Floor)</p> <p>10:15 Exercise (2nd Floor)</p> <p>1:30 Hangman Game (2nd Floor)</p> <p>3-4 Ipad for Seniors (2nd Floor)</p>	<p>19</p> <p>9:30 Early Bird Exercise (2nd Floor)</p> <p>10:15 Early Bird Exercise (2nd Floor)</p> <p>1:30 Crossword Puzzle (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8, 2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>20</p> <p>9-11:30 Scenic Drive to Horseshoe Bay & Ambleside Park</p>  <p>1:30 Afternoon Exercise (2nd Floor)</p> <p>2:30 Live Music Entertainment w/ Steve Warner (Courtyard)</p> 	<p>21</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:15 Morning Exercise (2nd Floor)</p> <p>1:30 You Be The Judge (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8, 2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>22</p> <p>9:00 Morning Exercise (2nd Floor)</p> <p>10-11:30 Scenic Drive to Grouse Mountain</p>  <p>1:30 Tuckshop Thursday</p>  <p>2-4 Art Class w/ Adam (2nd Floor)</p>	<p>23</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:15 Fun & Fitness Exercise (2nd Floor)</p> <p>1:30 Family Feud Game (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>24</p> <p>NO ACTIVITY</p>
<p>25</p> <p>9:30 Exercise (2nd Floor)</p> <p>10:15 Exercise (2nd Floor)</p> <p>1:30 Trivia Game (2F)</p> <p>3-4 Bocce Game (2nd Floor)</p>	<p>26</p> <p>9:30. Early Bird Exercise (2nd Floor)</p> <p>10:15 Early Bird Exercise (2nd Floor)</p> <p>1:30 Mind Jogger Trivia (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>27</p> <p>9:00 Exercise (2nd Floor)</p> <p>10-11:30 Scenic Drive To Deer Lake, Trout Lake , Queen Elizabeth Park</p>  <p>1:30 Afternoon Exercise (2nd Floor)</p> <p>3-4 5 Pin Bowling (2nd Floor)</p> 	<p>28</p> <p>9:30 Morning Exercise (2nd Floor)</p> <p>10:15 Morning Exercise (2nd Floor)</p> <p>1:30 Family Feud Game (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>29</p> <p>9:00 Exercise (2nd Floor)</p> <p>10-11:30 Scenic Drive to Stanley Park</p>  <p>1:30 Afternoon Exercise (2nd Floor)</p> <p>2:30 Live Music Entertainment w/ John Parsons (Courtyard)</p> 	<p>30</p> <p>9:30 Fun & Fitness Exercise (2nd Floor)</p> <p>10:15 Fun & Fitness Exercise (2nd Floor)</p> <p>1:30 You Be the Judge (2nd Floor)</p> <p>2:15 Quarter Bingo (limit of 8,2nd Floor)</p> <p>3:30 Quarter Bingo (2nd Floor)</p> 	<p>April Showers bring May flowers</p> 