



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00am Zumba 11:00am Trivia 1:30pm Guitar Medley's with Ian 3:00pm Beauty Hour	2 9:45am Beauty Hour Seated Yoga with Anna 1:30pm April Birthday Bash with "Two Among Friends" 3:30pm Walking Group	3 10:00am Ball Stretch 11:45am Diner's Club (Greek Cuisine) 1:30pm Piano Concert with Jesse 3:00pm Walking Group	4 10:00am Beauty Hour 11:00am Ball Toss 1:15pm Fresh Flower Arranging 1:30pm Happy Hour- Cotton Candy champagne 3:00pm 1-1 Companionship Visits	5 10:00am Balloon Badminton 10:30am Board Game Cafe 1:30pm Classical Accordion Afternoon with Eugene 3:00pm Walking Group	6 7:00am Coronation Day 10:00am Walking Group 11:00am Beauty Hour 1:30pm Royal Family Bingo 3:00pm Ring Toss
7 10:00am Spring Morning Stretch 10:30am Hymn Sing with Brian 1:30pm Painting to Music - Rock 3:00pm Walking Group	8 10:00am Strength & Stretch - Rock 11:00am Trivia 3:00pm Beauty Hour 5:45pm Guitar Medley's with Ian	9 9:45am Beauty Hour Seated Yoga with Anna 1:30pm Reading Club 3:30pm Walking Group	10 10:00am Ball Stretch 11:00am Walking club 11:00am Trivia - Rock 1:30pm Piano Concert with Jesse 3:00pm Walking Group	11 10:10am Greater Victoria Art Gallery: Outing 1:30pm Art Studio Rock Painting 3:00pm 1-1 Companionship Visits	12 10:00am Balloon Badminton 10:30am Board Game Cafe 1:30pm Mothers Day Earrings making workshop 3:00pm Walking Group	13 10:00am Walking Group 11:00am Beauty Hour 1:30pm Bingo 3:00pm You Be The Judge
14 10:00am Spring Morning Stretch 1:30pm Mother's Day Conert" Voice of a Heart" 1:30pm Mother's Day High Tea 3:00pm Garden stroll at the Government House	15 10:00am Active Games 11:00am Trivia 1:30pm Guitar Medley's with Ian 3:00pm Beauty Hour	16 Seated Yoga with Anna 1:30pm Reading Club 2:30pm Word Games 3:30pm Walking Group	17 10:00am Ball Stretch 12:45pm Diner's Club- Roof-top BBQ 1:30pm Rooftop Gardening 3:00pm Walking Group	18 10:00am Beauty Hour 11:00am Ball Toss 1:15pm Fresh Flower Arranging 2:00pm Patio Tea Party - Rock 3:00pm 1-1 Companionship Visits	19 10:00am Balloon Badminton 10:30am Board Game Cafe 1:30pm Classical Accordion Afternoon with Eugene 3:00pm Walking Group	20 10:00am Walking Group 11:00am Beauty Hour 1:30pm Bingo 3:00pm You Be The Judge
21 10:00am Spring Morning Stretch 10:30am Hymn Sing with Brian 1:30pm Bowling - Rock 3:00pm Walking Group	22 10:00am Zumba - Rock 11:00am Trivia 1:30pm Bingo 3:00pm Beauty Hour 5:45pm Guitar Medley's with Ian	23 Seated Yoga with Anna 1:30pm Piano Concert with Jesse 1:30pm Reading Club 3:30pm Walking Group	24 10:00am Ball Stretch 1:30pm Art Studio floral lantern - Rock 1:30pm Rooftop Gardening 3:00pm Walking Group	25 10:00am Beauty Hour 11:00am Ball Toss 1:30pm Art Studio Lilac Painting 3:00pm 1-1 Companionship Visits	26 10:00am Balloon Badminton 10:30am Board Game Cafe 1:30pm Happy Hour Make Your Own Caesar 3:00pm Walking Group	27 10:00am Walking Group 11:00am Beauty Hour 1:30pm Homemade Waffle making 3:00pm Waffle Party
28 10:00am Spring Morning Stretch 10:30am Hymn Sing with Brian 1:30pm Darts 3:00pm Walking Group	29 10:00am Strength & Stretch 11:00am Trivia 1:30pm Guitar Medley's with Ian 3:00pm Beauty Hour	30 10:30am Seated Yoga with Anna 1:30pm Reading Club 2:30pm Word Games 3:30pm Walking Group	31 10:00am Ball Stretch 11:45am Diner's Club 1:30pm Rooftop Gardening 3:00pm Walking Group			

Rock - Rockland Dining Room

Rock - Rockland Lounge

