






Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<h1>APRIL</h1>							
		1 April Fool's Day 9:30am Exercise Video - Cardio & Strength (AR)	2 Foot Nurse 9:00am-2:00pm 9:30am Exercise Video - Improve Mobility (AR) 10:00am Morning Coffee & Chat (L)	3 9:30am Exercise with Monique (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - My Octopus Teacher (L)	4 9:30am Exercise Video - Disco Music Workout (AR) 10:30am Nails by Bushra Demo (AR) 2:30pm Shuffleboard (AR) 4:00pm Happy Hour (L) 7:00pm Bingo (AR)	5 1:30pm Armchair Travel - David Attenborough's Galapagos (L) 7:00pm Popcorn & Movie Night- Sully (L)	
6 1:00pm Afternoon Movie - Dirty Dancing (L)	7 9:30am Exercise Video - Full Body Stretch (AR) 10:30am Resident Council Meeting (AR) 2:00pm Board Games (AR)	8 Annual Fire Inspection Intermittent Alarm Will Sound from 8:00am to 5:00pm 9:30am Exercise with Monique (AR) 	9 9:30am Exercise Video - Improve Mobility (AR) 10:00am Morning Coffee & Chat (L) 10:30am Gardening Council Meeting - All is Welcome 2:00pm Bingo (AR)	10 9:30am Exercise with Monique (AR) 2:30pm Veterans Coffee (L) 3:00pm Jack Legebokow Performances 6:30pm Dessert & Documentaries - Tell me who I am (L)	11 9:30am Exercise Video - Disco Music Workout (AR) 2:30pm Shuffleboard (AR) 4:00pm Happy Hour (L) 7:00pm Bingo (AR)	12 1:30pm Armchair Travel - Secrets of The Great Wall National Geographic (L) 7:00pm Popcorn & Movie Night- Hidden Figures (L) 	
13 1:00pm Afternoon Movie - The Long Game (L) ★ 1:00pm Gordon Head Lawn Bowling Open house	14 9:30am Exercise Video - Full Body Stretch (AR) 10:00am Morning Coffee & Chat (L) 2:00pm Board Games (AR)	15 9:30am Exercise with Monique (AR) 1:30pm Resident Meeting with Heather & Leadership Team (AR)	16 9:30am Fall Prevention & Exercise with Athletic Therapist/Kinesiologist Sarah (AR) 1:30pm Heart Pharmacy - Medication Safety (AR) 	17 9:30am Exercise with Monique (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - 14 Peaks Nothing is Impossible (L)	18 Good Friday 9:30am Exercise Video - Disco Music Workout (AR) 2:30pm Shuffleboard (AR) 4:00pm Happy Hour (L) 7:00pm Bingo (AR)	19 1:30pm Armchair Travel - Beautiful Islands of Fiji (L) 7:00pm Popcorn & Movie Night- Where the Crawdads Sing (L)	
20 Easter Sunday 1:00pm Afternoon Movie - Rescued by Ruby (L) 11:30-12:30pm Easter Brunch 2:30pm Easter Egg Hunt 	21 Easter Monday 9:30am Exercise Video - Full Body Stretch (AR) 10:00am Morning Coffee & Chat (L) 5:00pm Easter Dinner	22 Earth Day 9:30am Exercise with Monique (AR) ★ 1:30pm Earth Day Walk at Finnerty Gardens Uvic	23 9:30am Exercise Video - Improve Mobility (AR) 10:00am Morning Coffee & Chat (L) 2:00pm Bingo (AR)	24 Jeans Day for Parkinson's Awareness 9:30am Exercise with Monique (AR) 2:30pm Veterans Coffee (L) 6:30pm Dessert & Documentaries - Breaking Boundaries (L)	25 9:30am Exercise Video - Disco Music Workout (AR) 2:30pm Shuffleboard (AR) 4:00pm Happy Hour (L) 7:00pm Bingo (AR)	26 1:30pm Armchair Travel - Journey Through Israel (L) 7:00pm Popcorn & Movie Night- The Six Triple Eight (L)	
27 1:00pm Afternoon Movie - Sleepless in Seattle (L)	28 9:30am Exercise Video - Full Body Stretch (AR) 10:00am Morning Coffee & Chat (L) 2:00pm Board Games (AR)	29 9:30am Exercise with Monique (AR) ★ 12:30pm BC Aviation Museum Outing 	30 9:30am Exercise Video - Improve Mobility (AR) 10:00am Morning Coffee & Chat (L) 3:00pm Resident Birthday Party (L)	Location Key AR - Activity Room L - Lounge DR - Dining Room ★ Sign up at the Front Desk			