

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