



April 2026




Sign Up Sheets



You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.

Location Key

- AR- Activity Room
- L- Lounge
- DR- Dining Room
- PD- Private Dining
- FD- Front Desk
- GR- Games Room

			Wednesday 1		Thursday 2		Friday 3		Saturday 4	
<p>Sign Up Sheets ★</p> <p>You will see a star beside the activity or outing on this calendar if sign-up is required. The Activities binder is located opposite the Front Desk on the side table.</p>			<p>Location Key</p> <ul style="list-style-type: none"> AR- Activity Room L- Lounge DR- Dining Room PD- Private Dining FD- Front Desk GR- Games Room 		<p>Riyanshi Deshwal (AR)</p> <p>9:30AM - 10:30AM</p> <p>Full Body Exercise</p>	<p>9:30 Exercise Video: (AR)</p> <p>Strength & Stretch</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p>	<p>9:30 Exercise Video: (AR)</p> <p>Sit and Fit</p>		
			<p>Luxcare Senior Care Introduction Presentation 1PM-1:30PM</p> <p>2:30 🎵 Music Bingo! 🎵 (AR)</p> <p>★ Jasmine Foot Nurse By Appointment Only</p>	<p>2:00 Rock & Roll Painting (AR)</p> <p>Activity for Earth Month!</p>	<p>1:30 Shuffleboard (AR)</p> <p>3:30 Happy Hour & Trivia (L)</p> <p>7:00 Bingo (AR)</p>	<p>1:30 National Geographic: "Underwater Killers" (L)</p> <p>7:00 Popcorn & Movie: "The Magic of Belle Isle" (L)</p>				
Sunday 5			Tuesday 7		Wednesday 8		Thursday 9		Friday 10	
<p>9:30 Exercise Video: (AR)</p> <p>Chair Yoga</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>Main Floor Easter Egg Hunt! 1-2pm</p> <p>Easter Dinner! Seating at Normal Time</p>	<p>9:30 Exercise Video: (AR)</p> <p>Stand and Fit</p> <p>10:30 Residents Only Meeting (AR)</p> <p>All Residents Welcome!</p> <p>1:00 "Petticoat Junction" Ep: 6 (L)</p> <p>1:30 Walk for Health Activity (FD)</p> <p>2:30 Veteran's Gathering (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>9:30AM - 10:30AM</p> <p>Full Body Exercise</p> <p>Butterfly Gardens! at 2:00PM</p>	<p>9:30 Exercise Video: (AR)</p> <p>Strength & Stretch</p> <p>National Pet day! Come Together for a Walk with our Furry Friends Meet in the Lobby At 10:30AM</p> <p>1:00 Welcome Chef Activity! (AR)</p> <p>6:30 Dessert & Documentary: (L)</p> <p>Wild Babies Ep: 7</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>1:30 Shuffleboard (AR)</p> <p>3:30 Happy Hour & Trivia (L)</p> <p>7:00 Bingo (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>Sit and Fit</p> <p>1:30 Armchair Travelers "Rick Steves Iceland" (L)</p> <p>7:00 Popcorn & Movie: "Where the Red Fern Grows" (L)</p>				
Sunday 12			Tuesday 14		Wednesday 15		Thursday 16		Friday 17	
<p>9:30 Exercise Video: (AR)</p> <p>Chair Yoga</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>2:00 National Scrabble Day! (AR)</p> <p>Come Enjoy some word Puzzles and Scrabble!</p>	<p>9:30 Exercise Video: (AR)</p> <p>Stand and Fit</p> <p>Craft Activity with Doncaster Elementary! 10:15am in the Activity Room</p> <p>1:00 "Petticoat Junction" Ep: 7 (L)</p> <p>2:30 Veteran's Gathering (AR)</p> <p>7:00 Board Game Night! (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>9:30AM - 10:30AM</p> <p>Full Body Exercise</p> <p>1:00 Easter Door Wreath Craft (AR) with Sally!</p> <p>3:00 Residents General Meeting (AR)</p> <p>7:00 Fireside Chat (L)</p>	<p>9:30 Exercise Video: (AR)</p> <p>Strength & Stretch</p> <p>Shuffleboard Staff vs Residents!!</p> <p>2:30 In the Activity Room (AR)</p> <p>National PJ Day Wear your PJs to</p> <p>6:30 Dessert & Documentary: (L)</p> <p>"Secret Life of the Cruise"</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>1:30 Shuffleboard (AR)</p> <p>3:30 Happy Hour & Trivia (L)</p> <p>7:00 Bingo (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>Sit and Fit</p> <p>1:30 National Geographic: "Enter the Planet of the Birds" (L)</p> <p>2:00 G.R.I.T. Gardening Group Meet in the Garden (G)</p> <p>7:00 Popcorn & Movie: "Goldfish" (L)</p>				
Sunday 19			Tuesday 21		Wednesday 22		Thursday 23		Friday 24	
<p>9:30 Exercise Video: (AR)</p> <p>Chair Yoga</p>	<p>10:00 Dance your Ability with Janice Arnot</p>	<p>9:30 Exercise Video: (AR)</p> <p>Weighted Exercise</p> <p>1:00 "Petticoat Junction" Ep: 8 (L)</p> <p>2:30 Veteran's Gathering (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>9:30AM - 10:30AM</p> <p>Full Body Exercise</p> <p>1:30 Ode to Toad Presentation (AR) By Thor Your Neighbour</p>	<p>9:30 Exercise Video: (AR)</p> <p>Strength & Stretch</p> <p>Dessert & Documentary: (L)</p> <p>Wild Babies Ep: 8</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>1:30 Shuffleboard (AR)</p> <p>3:30 Happy Hour & Trivia (L)</p> <p>7:00 Bingo (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>Sit and Fit</p> <p>1:30 Armchair Travelers "Wonders of Greece" (L)</p> <p>7:00 Popcorn & Movie: "Loins for Lambs" (L)</p>				
Sunday 26			Tuesday 28		Wednesday 29		Thursday 30			
<p>9:30 Exercise Video: (AR)</p> <p>Chair Yoga</p>	<p>9:30 Exercise Video: (AR)</p> <p>Full Body Stretch</p> <p>Juan de Fuca Singers 2-3 pm in the Lounge</p>	<p>9:30 Exercise Video: (AR)</p> <p>Stand and Fit</p> <p>10:30 Spring Walk & Talk (FD)</p> <p>1:00 "Petticoat Junction" Ep: 9 (L)</p> <p>1:00 Activity Coordinator Meeting</p> <p>2:30 Veteran's Gathering (AR)</p> <p>7:00 Board Game Night! (AR)</p>	<p>9:30 Exercise Video: (AR)</p> <p>9:30AM - 10:30AM</p> <p>Full Body Exercise</p> <p>10:30 Sip, Snack & Social (PD)</p> <p>Wear your Best Spring Outfit!</p> <p>Resident Birthday Tea (L)</p> <p>Happy Days - the 50s! 2:00PM- 3:00PM</p>	<p>9:30 Exercise Video: (AR)</p> <p>Strength & Stretch</p> <p>1:00 Residents Culinary Meeting with our New Chef! (AR)</p> <p>6:30 Dessert & Documentary: (L)</p> <p>"Micheal Jackson's This Is It"</p>						