

# SEVEN WESTHILL | SOCIAL & RECREATIONAL ACTIVITIES APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 7:00 Card Games (CS)</p>	<p>9:30 SMART EXERCISE Lower Intensity (CS) 9:30 Excursion: Salvation Army Thrift Store (SU) 10:30 Yoga (CS) 1:30 Excursion: Fairview Mall ((SU) 2:00 Boardgame Drop In (CS) 7:00 Bridge Club (CS)</p>	<p>9:30 Excursion: Waterloo Public Library (SU) 1:00 The Stitch Club (CS) 1:30 Brain Connect: Technology Education Sessions (DK) 1:30 Excursion: Elmira Deli &amp; Doughnuts (SU) 7:00 Euchre Club (CS)</p>	<p>Textures Hair Salon (By Appt) 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop (SU) 1:30 Excursion: Dollar Tree (SU) 1:30-4:30 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)</p>	<p>10:00 Catholic Communion (CH) 10:30 Excursion: Blyth Creek Sugar Bush (SU) 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage &amp; Games (CS)</p>	<p>10:30 Yoga (CS) 11:30 The Stitch Club (CS) 3:00 Age of Majority Singers (PP) 3:00 Billiards Drop In (BL)</p>
<p>10:30 Snooker Club (BL) 2:00 Movie Matinee: "Singing In The Rain" (CH)</p>	<p>9:30 Excursion: Brantford Casino (SU) 10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 3:00 Total Eclipse Viewing 7:00 Card Games (CS)</p>	<p>9:30 SMART EXERCISE Lower Intensity (CS) 10:30 Chocolate Meditation Workshop by Promyse Homecare (CH) 10:30 Yoga (CS) 1:30 Excursion: City of Waterloo Museum-Waterloo From Above 200 Years Of Change Exhibit( SU) 2:00 Boardgame Drop In (CS)</p>	<p>11:30 Excursion: Mandarin Restaurant (SU) 1:00 The Stitch Club (CS) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Excursion: Colour of Paradise Garden Center (SU) 7:00 Euchre Club (CS)</p>	<p>Textures Hair Salon (By Appt) 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop (SU) 1:30-4:30 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)</p>	<p>10:30 Presbyterian Church Service (CH) 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage &amp; Games (CS)</p>	<p>10:30 Yoga (CS) 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "The Unlikely Pilgrimage of Harold Fry" (CH) 3:00 Blue Jay Club: Watch Party (PP) 3:00 Billiards Drop In (BL)</p>
<p>10:00 Zumba Gold with Jessie (FC) 10:30 Snooker Club (BL) 2:00 Movie Matinee: "National Velvet" (CH)</p>	<p>BOOK BAG RETURN TO RECEPTION 10:45 SMART EXERCISE High Intensity (CS) 2:00 Coffee Hour and Recreation Planning Session (CS) 7:00 Card Games (CS)</p>	<p>9:30 SMART EXERCISE Lower Intensity (CS) 10:30 Tuesday Travelogue: Scottish Highlands (CH) 10:30 Yoga (CS) 12:30 Excursion: Hamilton Family Theatre: Jersey Boys (SU) 7:00 Bridge Club (CS)</p>	<p>10:00 Excursion: LCBO/ Bank Run (SU) 1:00 The Stitch Club (CS) 1:30 Brain Connect: Technology Education Sessions (DK) 2:30 Anglican Church Service (CH) 3:30 Pickwick's Pub (PP) 7:00 Euchre Club (CS)</p>	<p>Textures Hair Salon (By Appt) 9:30 SMART EXERCISE Lower Intensity (CS) 10:00-12:00 The Boardwalk Loop (SU) 1:30 Excursion: Country Drive (SU) 1:30-4:30 Westhill Billiards League (BL) 2:00 Little Tracks-Pocket Pets (PP) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)</p>	<p>RAINBOW THEME DAY BOOK BAG DELIVERY 10:00 Catholic Communion (CH) 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 7:00 Cribbage &amp; Games (CS)</p>	<p>10:30 Yoga (CS) 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "April In Paris" (CH) 3:00 Billiards Drop In (BL)</p>
<p>10:30 Snooker Club (BL) 1-3:00 Westhill Retirement Open House 1:30 Horticulture Presentation (CH)</p>	<p>10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 7:00 Card Games (CS)</p>	<p>9:30 SMART EXERCISE Lower Intensity (CS) 10:00 Excursion: Garden Walk-Rockway Gardens (SU) 10:30 Yoga (CS) 2:00 Excursion: Vincenzo's (SU) 7:00 Bridge Club (CS)</p>	<p>10:00 Book Club (CS) 11:30 Excursion: Gorge Country Kitchen and Wellington Museum (SU) 1:00 The Stitch Club (CS) 1:30 Brain Connect: Technology Education Sessions (DK) 7:00 Euchre Club (CS)</p>	<p>Textures Hair Salon (By Appt) 9:30 SMART EXERCISE Lower Intensity 10:00-12:00 The Boardwalk Loop (SU) 1:30 Excursion: St.Jacob's Outlet (SU) 1:30-4:30 Westhill Billiards League (BL) 3:00 Happy Hour (CS) 7:00 Euchre Club (CS)</p>	<p>10:00 So Long Sarah Social (PP) 10:45 SMART EXERCISE High Intensity (CS) 1:30 Toonie Bingo (CS) 3:00 Pickwick's Pub: Martin Wall 7:00 Cribbage &amp; Games (CS)</p>	<p>10:30 Yoga (CS) 11:30 The Stitch Club (CS) 2:00 Movie Matinee: "Rain Man"( CH) 3:00 Blue Jay Club: Watch Party (PP) 3:00 Billiards Drop In (BL)</p>
<p>10:30 Snooker Club (BL) 2:00 Movie Matinee: " Rainbow Valley" (CH)</p>	<p>10:45 SMART EXERCISE High Intensity (CS) 2:00 Scrabble (CS) 7:00 Card Games (CS)</p>	<p>9:30 SMART EXERCISE Lower Intensity (CS) 10:30 Yoga (CS) 2:00 Excursion: Cambridge Butterfly Conservatory (SU) 7:00 Bridge Club (CS)</p>				

Seven Westhill:	CS: The Common Spot	WB: Westcourt Bistro	HL: Hearthside Lounge	SU: Sign-up	Events in Purple: Sign Up
25 Westhill:	BL: Breakers Lounge	CH: Century Hall	DK: Demo Kitchen	FC: The Fit Club Fitness Centre	
	PP: Pickwick's Pub	RS: Radiance Spa	TE: The Empress Dining Room	Email: <a href="mailto:recreation@westhill.sifton.com">recreation@westhill.sifton.com</a>	