

**MONDAYS:** VON Exercise Program (sign up with Emily)

**TUESDAYS:** 8:30—2PM Mirror’s Hair Salon (in the Hair Salon)

**WEDNESDAYS:** 8:30—1pm Mirror’s Hair Salon (in the Hair Salon)

**THURSDAYS:** 8:30—1pm Mirror’s Hair Salon (in the Hair salon)

**FRIDAYS:** VON Exercise Program (sign up with Emily)

**Blood Pressure Clinic:** Thursday, April 18th at 1:30pm

**In Home Hearing on April 24th:** Please see someone in wellness to book an appointment .

In need of physio or footcare? Contact reception to make an appointment with Vitalis.

**UPCOMING!**

**Grow with us :** Join us on Sunday, April 21st between 1:00—3:00pm, it’s time to plant some great memories at the Terrace Garden Party! During this event you’ll have the chance to: experience our vibrant community and a singing duo, create a spring wreath at our workshop and explore our amenities, living spaces and beautiful grounds.

**Book Club**

The Dorchester Library supplies our monthly book bag and a monthly discussion is also arranged at the end of the month! (sign a book out at reception)

**Knitting Club**

Are you an avid knitter, come join in our knitting fun every Tuesday at 10:00am in our Rendezvous Party Room!

**The Gentleman’s Club**

Come join us on April 2nd at 3:30pm in the Creative Corner to put together and paint bird houses with the help of Roy from Laser Engraved !

Speak to our Recreation Manager to learn more!



Above: Pat A. and Freia H. standing proud with their bright spring hats!



Above: Gathered together out front of the Elmhurst inn for our lunch outing! Pat A., Paul M.C, Sheila D., Agnes G., Verne H., Barb C., Anna M.T., and Doris E.!

**The Playroom Experiment:** Join us in the Healthy Habit Fitness Centre on Friday, April 5th from 3:30-5:00pm. Hosted by the students from St. David’s Elementary School; they will teach us how to play new and creative board games!

**Let’s Strike up Some Fun:** Join us and get a strike on Friday, April 26th at 1:45pm for indoor bowling, while enjoying a refreshing beverage and snack in our lobby area!

**Happy Appies Celebration:** Join us on Wednesday, April 3rd at 2:30pm for a wonderful flamenco performance. Let us bring you to Spain through flavours & entertainment!

**Monday, April 1st at 1:00pm**  
Tilson burg Mall

**Wednesday, April 3rd at 1:00pm**  
Country Drive Scavenger Hunt

**Friday, April 5th at 1:00pm**  
Aylmer Conservation Area: Tundra Swans

**Monday, April 8th at 1:00pm**  
Durkee’s & Walker Dairy Bar

**Wednesday, April 10th at 1:00pm**  
Butterfly Conservatory in Cambridge

**Friday, April 12th at 1:30pm**  
Shopping at Coyle's

**Saturday, April 13th at 1:00pm**  
Ingersoll Theatre: A Night in Providence

**Monday, April 15th 1:00pm**  
Walmart at Argyle

**Wednesday, April 17th at 11:00am**  
zen’Za Pizza Lunch and Shopping at Convent Garden Market

**Monday, April 22nd at 1:00pm**  
Shopping in Dorchester

**Wednesday, April 24th at 11:00am**  
Lunch at Anna Mae’s Bakery

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# SOCIAL & RECREATIONAL ACTIVITIES - APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>If you are interested in being a Resident Ambassador please contact Chrissy!</b></p>	<p><b>April Fools Day!</b> 1 9:30 Exercise Video (HH) 1 10:45 25 Cent Bingo (HH) 1 <b>1:00 Excursion: Tilson burg Mall (Lobby) SU</b> 4:00 April Fools Jokes (PR) 4 7:00 Billiards &amp; Darts (HUB) 2</p>	<p>9:30 Exercise with Elaine (HH) 1 2 10:00 Knitting Group (PR) 4 10:30 Recreation Ideas Meeting (PR) 4 2:15 Guest Speaker: Magic Yarn Project with Sue Berringer (HH) 1 <b>3:30 Gentleman's Club: Building &amp; Decorating a Bird House (CC) 3 SU</b> 7:00 Euchre or Bridge (DD) 2</p>	<p>9:15 Relaxing Imagery &amp; Music (MT) 3 10:30 Town Hall Meeting (HH) 1 <b>1:00 Excursion: Country Drive Scavenger Hunt (Lobby) SU</b> 2:30 Get Slimed with Laura (PR) 4 3:30 Bingo (HH) 1 7:00 Crokinole (HUB) 2</p>	<p>9:15 Catholic Communion (In Suite) 4 9:30 Exercise with Elaine (HH) 1 10:35 Fitminds (Reception) 11:05 Wordle (MT) 3 1:30 Therapy Dog Visit with Magic (Lobby) 2:30 Sing-Along with Mya (HH) 1 6:30 Bowling (Lobby)</p>	<p>9:30 VON Exercise (HH) 1 5 10:45 Wii Games : Jeopardy (HH) 1 <b>1:00 Excursion: Aylmer Conservation Area: Tundra Swans</b> <b>3:30 The Playroom Experiment (HH) 1</b> 6:45 Movie Night: The Martian (MT) 3</p>	<p>10:00 Yoga with April Joy (HH) 1 1:00 Therapy Dog Visit with Sasha (Lobby) 1:30 Milk Bag Making (CC) 3 6:45 Movie Night: Damsel (MT) 3</p>
<p>10:00 Church Service (MT) 3 7 10:30 Exercise Video (HH) 1 1:30 Documentary: Down to Earth with Zac Efron: Ep 3 (MT) 2:30 Brain Games (Reception) 3:30 Bingo (HH) 1 6:45 Movie Night: Rebecca (MT) 3</p>	<p>9:30 VON Exercise (HH) 1 8 10:45 Spring Bingo (HH) 1 <b>1:00 Excursion: Durkee's &amp; Walker Dairy Bar (Lobby) SU</b> 4:00 Hymn Sign with Betty (MT) 3 7:00 Billiards &amp; Darts (HUB) 2</p>	<p>9:30 Exercise with Elaine (HH) 1 9 10:00 Knitting Group (PR) 4 10:30 Current Events (PR) 4 1:45 Twisted Lemon Social (PUB) 2:00 Entertainment: Georgina Rae (Lobby) 3:30 Cornhole (Lobby) 7:00 Euchre or Bridge (DD) 2</p>	<p><b>Happy Appies Day!</b> 10 9:30 Gratitude Journaling (CC) 3 10:30 Stretching &amp; Games with Emily (HH) 1 <b>1:00 Butterfly Conservatory in Cambridge (Lobby) SU</b> 2:30 Flamenco Performance (Lobby) 7:00 Crokinole (HUB) 2</p>	<p>9:30 Exercise with Elaine (HH) 1 11 10:35 Fitminds (CC) 3 11:05 Wordle (MT) 3 1:30 Therapy Dog Visit with Magic (Lobby) <b>3:15 Card Games: Skip Bo (DD) 2 SU</b> 6:30 Bowling (Lobby)</p>	<p><b>National Grilled Cheese Day!</b> 12 9:30 VON Exercise (HH) 1 10:45 Wii Games: Bowling (HH) 1 <b>12:00 Grilled Cheese &amp; Tomato Soup Lunch (PR) SU</b> <b>1:30 Excursion: Shopping at Coyle's (Lobby) SU</b> 3:30 Ladies Billiards (HUB) 2 7:00 Movie Night: Something Borrowed (MT) 3</p>	<p>10:00 Exercise Video (HH) 1 13 10:30 Self-Led Meditation (MT) 3 <b>1:00 Excursion: Ingersoll Theatre: A Night in Providence (Lobby) SU</b> 1:00 Therapy Dog Visit with Sasha (Lobby) 1:30 Milk Bag Making (CC) 3 7:00 Movie Night: Skyscraper</p>
<p>10:00 Church Service (MT) 3 14 10:30 Exercise Video (HH) 1 1:30 Documentary: Down to Earth with Zac Efron: Ep 4 (MT) 3 2:30 Brain Games (Reception) 6:45 Movie Night: Jumanji Welcome to the Jungle (MT) 3</p>	<p><b>Titanic Remembrance Day!</b> 15 9:30 VON Exercise (HH) 1 10:45 25 Cent Bingo (HH) 1 <b>1:00 Excursion: Walmart at Argyle (Lobby) SU</b> 2:30 Titanic Documentary &amp; Presentation (MT) 3 3:30 Jokes, Stories &amp; Smiles (PR) 4 7:00 Billiards &amp; Darts (HUB) 2</p>	<p><b>Wear your Pajama's Day!</b> 16 9:30 Exercise with Elaine (HH) 1 10:00 Knitting Group (PR) 4 <b>12:00 Pizza &amp; Pajama's Party (MT) 3 SU</b> 2:00 Entertainment: Eric Lunn (Lobby) 3:30 Spring Craft (CC) 3 7:00 Hymn Sing (HH) 1</p>	<p>9:10 Relaxing Imagery &amp; Music (MT) 3 17 10:15 Stretching &amp; Games with Emily (HH) 1 <b>11:00 Excursion: zen'Za Pizza Lunch and Shopping at Convent Garden Market (Lobby) SU</b> 2:30 Travelogue: Australia (MT) 3 3:30 Bingo (HH) 1 7:00 Crokinole (HUB) 2</p>	<p><b>KmW Clothing 11—3pm</b> 18 9:15 Catholic Communion (In suite) 9:30 Exercise with Elaine (HH) 1 10:30 Dorchester Library Storytime (Lobby) 11:05 Fitminds (Lobby) 1:30 Therapy Dog Visit with Magic (Lobby) 1:30 In Good Company with Katie (PR) 4 6:30 Bowling (Lobby)</p>	<p><b>Look—A—Like Day!</b> 19 9:30 VON Exercise (HH) 1 10:45 Wii Games : Bowling (HH) 1 <b>2:30 Card Games: Euchre (DD) 2 SU</b> 3:30 Facebook Friday (MT) 3 6:45 Movie Night: Interstellar (MT) 3</p>	<p>10:00 Yoga with April Joy (HH) 1 20 1:00 Therapy Dog Visit with Sasha (Lobby) 1:30 Milk Bag Making (CC) 3 6:45 Movie Night: The Cider House Rules (MT) 3</p>
<p><b>Open House!</b> 21 10:00 Church Service (MT) 3 10:30 Exercise Video (HH) 1 1:00 Open House: Grow with Us (Lobby) 3:30 Bingo (HH) 1 6:45 Movie Night: Jane Eyre (MT) 3</p>	<p><b>Earth Day!</b> 22 9:30 VON Exercise (HH) 1 10:45 Earth Day Bingo (HH) 1 <b>1:00 Excursion: Shopping in Dorchester (Lobby) SU</b> 2:15 Mother Earth Scavenger Hunt Walk (Lobby) 3:30 Let's appreciate the Earth Party (PR) 4 7:00 Movie Night: A Life on Our Planet (MT) 3</p>	<p>9:30 Exercise with Elaine (HH) 1 23 10:00 Knitting Group (PR) 4 1:45 Twisted Lemon Social (PUB) 2:00 Birthday Party with Brent Meidinger (Lobby) 3:30 Shuffle Board (Lobby) 7:00 Bingo Night (HH) 1</p>	<p>9:10 Gratitude Journaling (CC) 3 24 10:15 Stretching &amp; Games with Emily (HH) 1 <b>11:00 Excursion: Lunch at Anna Mae's Bakery (Lobby) SU</b> 2:30 Sing-A-Long with Karen (Lobby) 3:30 Bingo (HH) 1 7:00 Crokinole (HUB) 2</p>	<p>9:30 Exercise with Elaine (HH) 1 25 10:35 Fitminds (CC) 3 11:05 Wordle (MT) 3 <b>1:00 Euchre Tournament \$5 Sign up (DD) 2</b> 1:30 Therapy Dog Visit with Magic (Lobby) 3:00 Catholic Mass (GT) 1 6:30 Bowling (Lobby)</p>	<p><b>National Pretzel Day!</b> 26 9:30 VON Exercise (HH) 1 10:45 Wii Games : Pictionary (HH) 1 1:45 Let's Strike up Some Fun : Bowling &amp; Pretzels (lobby) 3:30 Travel Talk ( PR) 4 6:45 Movie Night: Jurassic Park (MT) 3</p>	<p><b>Kings Day!</b> 27 <b>WEAR ORANGE</b> 10:00 Exercise Video (HH) 1 10:30 Self-Led Meditation (MT) 3 1:00 Therapy Dog Visit with Sasha (Lobby) 1:30 Traditional Kings Day Games (Lobby) 2:30 Netherlands Kings Day Party (PR) 4 7:00 Travelogue: Netherlands (MT) 3</p>
<p><b>Pay it Forward Day!</b> 28 10:00 Church Service (MT) 3 10:30 Exercise Video (HH) 1 1:30 Documentary: Down to Earth with Zac Efron: Ep 5 (MT) 3 6:45 Movie Night: The Other Guys (MT) 3</p>	<p>9:30 VON Exercise (HH) 1 29 10:45 25 Cent Bingo (HH) 1 <b>1:30 Painting with Christie (CC) 3 SU</b> 2:30 Open Coloring &amp; Painting (Lobby) 3:30 Book Club Discussion (PR) 4 7:00 Billiards &amp; Darts (HUB) 2</p>	<p>9:30 Exercise with Elaine (HH) 1 30 10:00 Knitting Group (PR) 4 2:00 Entertainment: Jude Coyle (Lobby) 3:15 Connect Four (Lobby) 7:00 Euchre or Bridge (DD) 2</p>				

BB: Busy Bean Bistro

DD: Dealer's Den Card Room

CC: Creative Corner

HUB: The Hub Games Room

PR: Rendezvous Party Room

PUB: Twisted Lemon Pub

HH: Healthy Habit Fitness Centre

GT: Garden Terrace Dining Room

MT: Century Hall Movie Theatre

CY: Courtyard

TBA: To Be Announced

Events in Purple: Sign Up