PERKS & PLUSES THIS MONTH

MONDAYS: Visiting Library Pick Up on April 22nd **TUESDAYS:** In-Home Hearing on April 2nd, Visiting Library Drop Off on April 22nd **WEDNESDAYS:** Hairdressing Appointments (in the Hair Salon) **THURSDAYS:** Store to Door Deliveries from 1:00-4:00pm **FRIDAYS:** Hairdressing Appointments (in the Hair Salon)

UPCOMING

EAT WELL WITH US HAPPY APPIES:

THURSDAY, APRIL 25TH

Life is cheddar when we are together! Join us for a cheesy afternoon and enjoy appetizers highlighting all things cheese. Musical entertainment by Tara Dunphy and Larry Smith along with a glass of freshly poured wine-what could be better?

JOIN A GROUP!

Walk Your Way to Better Health. Join our Heels & Wheels walking group every Thursday in April, at 10:15am in the bar area.

Remember—there are numerous clubs and groups looking for your participation!

- 1. Art Program
- Walking Club 2.
- 3. Knitting & Crochet Group: Crochet for a Cause

Speak to our Recreation Manager to learn more!



EVENTS CALENDAR | APRIL



Above: Our residents take time to enjoy the outdoors together. A trip to visit our friends at McLachlan Family Maple Syrup and Pancake House!

APRIL FEATURES

Blue Jays Day: To kick off the MLB 2024 season, residents and staff will be participating in Blue Jays Day on Monday April 8th, 2024! This is the Home Opener, and we will be cheering on our team as they host the Seattle Mariners! Everyone is encouraged to wear blue head to toe, or any Blue Jays clothing you have.

The Barclay Brassworks Band: Join us on Saturday April 13th at 2:30pm for an afternoon of Music! The Barclay Road Brassworks Band will be performing live on the centre stage at Longworth.

Earth Day: On Monday, April 22nd we will join the more than 6 million Canadians and 1 billion people from over 170 countries by participating in Earth Day. Earth Day is a time to promote awareness and appreciation for the Earth's environment and sustainable living.

Sifton Retirement Living



HIGHLIGHTS



Newcomers Social Thursday, April 4th

Blue Jays Day Monday, April 8th

Trip to Fatty Patty's Restaurant Wednesday, April 10th

Town Hall Meeting Thursday, April 11th

Poetry and Punch Social Friday, April 12th

Entertainment: The Barclay Brassroots Band Saturday, April 13th

Gary Paterson on Piano Sunday, April 14th

Stories with Barbara Wednesday, April 17th

April Birthday Party Thursday, April 18th

Open House Sunday, April 21st

Earth Day Wear Green Monday, April 22nd

Trip to Chick-fil-A Wednesday, April 24th

Arbor Day Friday, April 26th

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SOCIAL & RECREATIONAL ACTIVITIES - APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Check out the monthly Perks and Pluses on the back cover.	9:45 Scottish Chair Dance 1 with Gill LL 11:00 Carpet Bowl B 1:30 Cribbage C 2:00 Relaxation Colouring LH 3:00 Bingo LL 4:00 Card Elimination B 7:00 Checkers LH	10:00 Fun Fitness Larry LL 2 11:00 Tech Talk LL 2:00 Different Strokes B 2:00 Bridge LL 2:30 Tim Bit Tuesday C 3:15 Cranium Crunches AJC 7:00 Scrabble AYJ 7:00 Pet Therapy with Hank	9:45 Trip to Wal Mart su 9:45 VON Exercise Class LL 10:00 Coffee Club C 2:00 Juke Box Oldies LL 3:00 Scoops B 4:00 Longworth Pub: Harry Belafonte B 7:00 Netflix Night LL	10:00 Crochet For Cause AJC ⁴ 10:15 Heels & Wheels B 11:00 Trivia LL 2:30 Newcomers Social B/PL 7:00 TV Show: The Crown LL	WEAR BLUE/PINK 5 9:45 Trip to Cherryhill Mall su 10:00 Rick Steves' Europe: Lisbon AJC 2:30 Gender Golf with Ginny B/PL 7:00 Pepper Game LL	Anytime Activity Booklet 9:45 In-Person Zumba LL 2:00 Movie: 42 LL 2:30 Board Games AJC 7:00 Movie: Movie: 42 LL 7:00 Hockey Night In Canada B
2:00 Sunday RC Mass 7 ivestream –St. George LL 0:00 Church Service Channel 12—On TV 0:30 Hymn Sing PL 2:00 TVShow:Downton Abbey (S1 E.9,10) LL 2:00 Andre Rieu Concert AJC	BLUE JAYS DAY89:45 VON Exercise Class LL11:00 Baseball PL1:00 Classic Ball Parks LL1:30 Pet Therapy w Calla PL2:00 Solar Eclipse Viewing O3:00 Bingo LL4:00 Scattergories B	 10:00 Fun Fitness Larry LL 9 11:00 Facebook LL 2:00 Different Strokes B 2:00 Euchre LL 2:30 Tim Bit Tuesday C 3:15 Cranium Crunches AJC 7:00 Scrabble AYJ 7:00 Pet Therapy with Hank 	9:45 VON Exercise Class LL ¹⁰ 10:00 Coffee Club C 11:30 Trip Fatty Patty'S SU 2:00 Yester Year LL 3:00 Scoops B 4:00 Longworth Pub: Karen Carpenter B 7:00 Uke'N Do It B	 10:00 Crochet For Cause AJC¹¹ 10:15 Heels & Wheels B 11:00 Trivia LL 2:30 Town Hall Meeting PL 2:30 Culinary Meeting B 7:00 TV Show: The Crown LL 	9:45 Trip to Cherryhill Mall ¹² 10:00 Rick Steves' Europe: Portugal's Heartland AJC 2:30 Poetry and Punch Social PL/B 7:00 Pepper Game LL 7:00 Blue Jays Baseball B	Anytime Activity Booklet ¹ 10:00 Crafts with Jacey LL 2:30 Entertainment: The Barclay Brassroots Band 7:00 Movie: Movie: A League of Their Own LL 7:00 Hockey Night In CAN L Canada B
9:00 Sunday RC Mass 14 Livestream –St. George LL L0:00 Church Service Channel 12—On TV L0:30 Hymn Sing PL 2:00 TVShow:Downton Abbey (S1 E.11,12) LL 7:15 Gary Paterson Songs for Springtime PL	9:45 VON Exercise Class LL15 11:00 Golf B 1:30 Cribbage C 2:00 Relaxation ColouringLH 3:00 Bingo B 4:00 Card Elimination B 7:00 Checkers LL	 10:00 Fun Fitness Larry LL 16 11:00 Tech Talk LL 2:00 Bridge LL 2:00 Different Strokes B 2:30 Tim Bit Tuesday C 3:15 Cranium Crunches AJC 7:00 Scrabble AYJ 7:00 Pet Therapy with Hank 	9:45 Trip to Giant Tiger SU ¹⁷ 9:45 VON Exercise Class LL 2:00 Stories w Barbara LL 3:00 Scoops B 4:00 Longworth Pub: Neil Sedaka B 7:00 Netflix Night LL	 10:00 CrochetForCause AJC¹⁸ 10:15 Heels & Wheels B 11:00 Trivia LL 2:30 April Birthday Party B/PL 2:30 Entertainment: Bernie Gilmore B/PL 7:00 TV Show: The Crown LL 	9:45 Trip to Cherryhill Mall 30 10:00 Rick Steves' Europe: The Best of Sicily AJC 12:30 Volunteer Appreciation TBA 3:00 Book Club LL 7:00 Pepper Game TBA	Anytime Activity Booklet ² 2:30 Board Games AJC 9:45 In-Person Zumba LL 2:00 Movie: Moneyball LL 7:00 Movie: Moneyball LL 7:00 Hockey Night In CAN E Canada B
21 9:00 Sunday RC Mass Livestream –St. George LL 1:00—3:00 Open House 2:30 Entertainment: Craig Manning B/PL 2:30 In-Person Zumba LL 7:00 Andre Rieu Concert AJC	EARTH DAY WEAR GREEN ²² 9:45 VON Exercise Class LL 10:00 Community Clean UpO 1:30 Pet Therapy w Calla 2:00 Arborist Dave Serraglio 3:00 Earth Day Bingo LL 4:00 Trivial Pursuit B 7:00 Disney Nature Earth LL	10:00 Fun Fitness Larry LL 23 11:00 Tech Talk LL 2:00 Different Strokes B 2:00 Euchre LL 2:30 Tim Bit Tuesday C 3:15 Cranium Crunches AJC 7:00 Scrabble AYJ 7:00 Pet Therapy with Hank	9:45 VON Exercise Class LL ²⁴ 11:30 Trip to Chick-fil-A SU 2:00 Women's Can. Club LL 3:00 Scoops B 4:00 Longworth Pub: Glenn Miller B 7:00 Netflix Night LL	 10:15 Heels & Wheels B 11:00 Trivia LL 2:00 Happy Appies B/PL 2:30 Entertainment: Dunphy Smith B/PL 	ARBOR DAY269:45 Trip to Cherryhill Mall su10:00 PBS Presents: Trees AJC2:00 Arbor Day Puzzles LL2:30 What Tree Am I ? LL3:00 Tree Tunes LL7:00 Pepper Game LL	Anytime Activity Booklet ² 2:30 Board Games AJC 2:00 Movie: The Natural LL 7:00 Movie: The Natural LL 7:00 Hockey Night In Canada B
9:00 Sunday RC Mass 28 Livestream –St. George LL 10:00 Church Service Channel 12—On TV 10:30 Hymn Sing PL 2:00 TVShow:Downton Abbey (S1 E.13,14)LL 7:00 Andre Rieu Concert AJC	 11:00 Balloon Ball B 1:30 Cribbage C 2:00 Relaxation Colouring LH 1:30 Pet Therapy w Calla PL 3:00 Bingo LL 	10:00 Fun Fitness Larry LL ³⁰ 11:00 Instagram LL 2:00 Different Strokes B 2:00 Bridge LL 2:30 Tim Bit Tuesday C 3:15 Cranium Crunches AJC 7:00 Scrabble AYJ 7:00 Pet Therapy with Hank				