

# APARTMENT SOCIAL & RECREATIONAL ACTIVITIES - APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>10:30</b> Show and Tell <b>SL</b> <b>11:00</b> Parkinson's Society of South-western Ontario Presentation <b>CN</b> <b>1:00</b> Trip to Byron Village Shopping Center <b>L</b> <b>1:00</b> Shuffleboard <b>KVR</b> <b>1:45</b> Dominoes <b>SL</b> <b>2:00</b> Roman Catholic Rosary Service <b>CN</b> <b>7:00</b> Evening Euchre <b>CN</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>3:00</b> Happy Hour <b>OTR</b>	<b>10:00</b> Morning Walk <b>L</b> <b>11:00</b> Western Fair Casino <b>L</b> <b>1:00</b> Ageless Grace <b>FR</b> <b>2:00</b> Bridge <b>SL</b> <b>2:00</b> Bowling <b>OTR</b> <b>7:00</b> Movie Night <b>CH</b>	<b>10:15</b> Coffee Social <b>SL</b> <b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:30</b> Euchre <b>SL</b> <b>2:00</b> Corn Hole Tournament <b>OTR</b> <b>3:00</b> Riverbend Family Church Service <b>CH</b>	<b>1:00</b> Bridge Tips with Sandy <b>SL</b> <b>1:00</b> Chair Yoga <b>FR</b> <b>1:30</b> Bridge <b>SL</b> <b>2:00</b> Movie Matinee <b>CH</b> <b>2:00</b> Jane on the Piano <b>OTR</b>
<b>1:30</b> Knit & Stich <b>NK</b> <b>2:00</b> Trivia <b>SL</b> <b>3:00</b> Happy Hour <b>OTR</b> <b>7:00</b> TV Series: A Man on the Inside— Episode 1 <b>CH</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00-3:00</b> Mobility 1st <b>CN</b> <b>1:30</b> Qi Gong Exercises <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b>	<b>10:30</b> Grief, Loss & Support Group <b>SL</b> <b>1:00</b> Trip to Cherryhill Mall <b>L</b> <b>1:00</b> Shuffleboard <b>KVR</b> <b>1:45</b> Dominoes <b>SL</b> <b>7:00</b> Evening Euchre <b>CN</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>3:00</b> Happy Hour <b>OTR</b>	<b>10:00</b> Morning Walk <b>L</b> <b>11:00</b> Riverstone Readers <b>SL</b> <b>2:00</b> Bridge <b>SL</b> <b>2:00</b> Huff & Puff Entertainment: The Merry Makers & The Jazzy Tappers <b>OTR</b> <b>7:00</b> Movie Night <b>CH</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>11:00</b> TaiChi Class <b>FR</b> <b>1:30</b> Euchre <b>SL</b> <b>3:00</b> Riverbend Family Church Service <b>CH</b>	<b>2:00</b> Putting for Parkinson's Fundraiser <b>SR</b> <b>2:00</b> Movie Matinee <b>CH</b> <b>2:00</b> Board Games <b>SL</b>
<b>1:30</b> Knit & Stich <b>CN</b> <b>1:30</b> L.I.F.E Group <b>CH</b> <b>3:00</b> Happy Hour <b>OTR</b> <b>7:00</b> TV Series: A Man on the Inside— Episode 2 <b>CH</b>	<b>10:00-12:00</b> Alterations with Misao <b>BL</b> <b>10:30</b> Hasfit Exercises <b>FR</b> <b>10:30</b> Lunch at Anna Mae's Bakery & Restaurant <b>L</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b>	<b>10:30</b> Conversation Cafe <b>SL</b> <b>1:00</b> Trip to Sherwood Forest Mall <b>L</b> <b>1:00</b> Shuffleboard <b>KVR</b> <b>1:45</b> Dominoes <b>SL</b> <b>2:00</b> Puter's R Us <b>SL</b> <b>7:00</b> Evening Euchre <b>CN</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>1:30</b> Riverstone Wellness Afternoon <b>CN</b> <b>2:00</b> Reiki Presentation with Sylvia and Gail <b>CN</b> <b>3:00</b> Sound Healing with Melissa <b>CN</b>	<b>10:00</b> Morning Walk <b>L</b> <b>1:00</b> Ageless Grace <b>FR</b> <b>2:00</b> Bridge <b>SL</b> <b>2:00</b> Happy Hour & Entertainment with Tunes & Tales <b>OTR</b> <b>7:00</b> Movie Night <b>CH</b>	<b>Good Friday</b> <b>10:15</b> Coffee Social <b>SL</b> <b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:30</b> Euchre <b>SL</b> <b>3:00</b> Riverbend Family Church Service <b>CH</b>	<b>1:00</b> Bridge Tips with Sandy <b>SL</b> <b>1:00-3:00</b> Spring into the Square at Legacy Park (West 5) <b>1:30</b> Bridge <b>SL</b> <b>2:00</b> Movie Matinee <b>CH</b>
<b>Happy Easter</b> <b>1:30</b> Knit & Stich <b>CN</b> <b>2:00</b> Trivia <b>SL</b> <b>3:00</b> Happy Hour <b>OTR</b> <b>7:00</b> TV Series: A Man on the Inside— Episode 3 <b>CH</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> Easter BINGO <b>CR</b>	<b>10:30</b> Bible Study <b>SL</b> <b>1:00</b> Trip to No Frills & Shoppers <b>L</b> <b>1:00</b> Shuffleboard <b>KVR</b> <b>1:45</b> Dominoes <b>SL</b> <b>2:00</b> West 5 Optometry Presentation: Macular Degeneration & Eye Diseases <b>CN</b> <b>7:00</b> Evening Euchre <b>CN</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>3:00</b> Happy Hour & Entertainment with Tara Dunphy <b>OTR</b>	<b>10:00</b> Morning Walk <b>L</b> <b>2:00</b> Bridge <b>SL</b> <b>3:00</b> Men's Club <b>OTR</b> <b>7:00</b> Guest Speaker: Kamini Vasudev and recognizing Earth Day <b>CN</b> <b>7:00</b> Movie Night <b>CH</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:30</b> Euchre <b>SL</b> <b>3:00</b> Riverbend Family Church Service <b>CH</b> <b>7:00</b> Sip and Shake Mixology with Ryan <b>OTR</b>	<b>2:00</b> Board Games <b>SL</b> <b>2:00</b> Movie Matinee <b>CH</b>  <b>SL BOOKING FOR PASTOR PAUL</b>
<b>1:30</b> Knit & Stich <b>CN</b> <b>1:30</b> L.I.F.E Group <b>CH</b> <b>1:00-3:00</b> Grow with Us Open House <b>3:00</b> Happy Hour <b>OTR</b> <b>7:00</b> TV Series: A Man on the Inside— Episode 4 <b>CH</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:30</b> Qi Gong Exercises <b>FR</b> <b>1:30</b> Ping Pong Club <b>P</b> <b>2:30</b> BINGO <b>CR</b>	<b>10:30</b> Bible Study <b>SL</b> <b>1:00</b> Trip to Giant Tiger & Dollar Tree <b>L</b> <b>1:00</b> Shuffleboard <b>KVR</b> <b>1:45</b> Dominoes <b>SL</b> <b>7:00</b> Evening Euchre <b>CN</b>	<b>10:30</b> Hasfit Exercises <b>FR</b> <b>1:00</b> Billiards <b>NK</b> <b>1:30</b> Art with Bill <b>CR</b> <b>2:00</b> In Home Hearing <b>BL</b> <b>3:00</b> Happy Hour & Entertainment with the KOM Trio <b>OTR</b>			

**Locations in Apartment:**

- FR— Fitness Room (Main Floor)
- SL— Social Lounge (Main Floor)
- OTR— On the Rocks Pub (8th Floor)
- SR— Skylight Restaurant (8th Floor)

**Locations in Retirement**

- FR- Fitness Room (Main Floor)
- BL- Bloom (Main Floor)
- CH— Century Hall (4th)
- CR— Creations (5th)

- CN— Connections (2nd)
- NK— The Nook (3rd)
- KVR— Kains View Restaurant (8th)
- L— Lobby

- OTR— On the Rocks Pub (8th)
- CA— Cafe (Main Floor)
- P— Physio Room (Main Floor)

Events in **Purple**: Sign Up Required  
 Sign up Sheets are available on the  
 1st of every month

riverstone

