

MONDAYS: Textures Hair Salon (in the Hair Salon)

TUESDAYS: Store to Door Orders Due

WEDNESDAYS: Blood Pressure Clinic on April 9th (in the Wellness Centre)

THURSDAYS: Textures Hair Salon (in the Hair Salon)

FRIDAYS: Blood work appointments (in the Wellness Centre)

Foot Care Clinic: Friday, April 12—Sign up in Wellness

Kitchen Tours: Wednesday, April 16th, Tour #1 3:00pm, Tour #2 3:30pm—Sign up required

Audiology Clinic: Monday, April 1st in Wellness Center—Please make an appointment with Wellness

UPCOMING

Poetry Corner—Thursday Mornings at 10:30am. “ You can find poetry in your everyday life, your memory, in what people say on the bus, in the news, or just what’s in your heart.”-Carol Ann Duffy. For April Journaling corner is going to change into Poetry Corner! Come and practice your creative writing with a Limerick, a Haiku, an Ode or a Sonnet.

Solar Eclipse Day—Monday April 8th On this day a total eclipse of the sun will cross southern Ontario for the first time in 400 years. Waterloo Region will witness 84% coverage at approximately 3:20pm. 60 pairs of Eclipse glasses have been purchased to allow residents to get a look at this once in a lifetime event.

Rainbow Theme Day-Friday, April 19th. The best thing about all this rain is the rainbow! Lets commemorate the day with some colourful outfits, decorations and music. How many colours can you wear at once?

Grow With Us-Spring Open House Sunday April 21st 1:00-3:00pm If you know anyone who is interested in learning more about the Westhill have them attend our Open House.



JOIN AN OUTING!

Tuesday, April 2—Salvation Army Thrift Store

Friday, April 5—Blyth Creek Sugar Bush

Tuesday, April 9—City Of Waterloo Museum: Waterloo

Wednesday, April 10—Colour Of Paradise Garden Center

Tuesday, April 23—Garden Walk-Rockway Gardens

Wednesday, April 24—Gorge Country Kitchen & Wellington County Museum

Tuesday, April 30— Cambridge Butterfly Conservatory (\$15.00)



The Westhill defiantly has a lot of spirit! Thank you to everyone who participated in Purple Palooza Month! It has been fun!



Submit your poetry this month and have it put in our Westhill Poetry Book. It is a great way to show off your special talent. All poets are welcome to submit! All poems will be reformatted on the computer by Recreation, so don't worry if you have messy writing! All submissions are due to Emma (recreation Manager) by April 19th

Kitchen Creations

Thursday, April 4th

Musical Bingo

Friday, April 5th

Horse Races (Adjusted Time)

Monday, April 8th

Age of Majority Singers

Saturday, April 6th

Chocolate Meditation Workshop

Tuesday, April 9th

Chinese Folk Dancers

Thursday, April 11th

Happy Appy Event

Friday, April 12th

Movie Matinee: The Unlikely Pilgrimage of Harold Fry (Book Club Book)

Saturday, April 13th

Blue Jay Club: Watch Party

Saturday, April 13th and 27th

Tuesday Travelogue: Scottish Highlands

Tuesday, April 16th

Little Tracks: Pocket Pets

Thursday, April 18th

Spiritual Study Group

Saturday, April 20th

Horticulture Workshop

Sunday, April 21st

Rockway Senior Choir Performance

Tuesday, April 23rd

Volunteer Appreciation Luncheon

Thursday, April 25th

So Long Sarah Social

Friday, April 26th

Tuesday Travelogue: Dominican Republic

Tuesday, April 30th

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SOCIAL & RECREATIONAL ACTIVITIES - APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	EASTER MONDAY APRIL FOOLS DAY 9:30 Westhill FIT Exercise (FC) 10:30 Recreation Planning Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday Happy Hour: April Fools (PP) 6:45 Euchre Club (DK)	9:30 Excursion: Salvation Army Thrift Store (SU) 9:30 Westhill FIT Strength Training (FC) 10:00 Tech Support with Shelley (DK) 1:30 Excursion: Fairview Mall (SU) 1:30 Toonie Bingo (DK) 3:00 Craft Club: Tea Light Planets (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 9:30 Excursion: Waterloo Public Library (SU) 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11:45 March Birthday Luncheon (RC) 1:30 Brain Connect: Technology Education Sessions (DK) 1:30 Excursion: Elmira Deli & Doughnuts (SU) 3:15 News & Views (DK) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Balance (FC) 10:30 Poetry Corner (DK) 1:30-4:30 Pool League (SU) 1:30 Excursion: Dollar Tree (SU) 3:00 Kitchen Creations (DK) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (PP)	9:30 SMART Exercises (FC) 10:00 Catholic Communion (CH) 10:30 Excursion: Blythe Creek Sugar Bush (SU) 10:30 Tidbits and Timbits (WC) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Musical Bingo(PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 10:00 Manicures with Lori (SU)(DK) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2-4:00 Drop in Euchre (DK) 3:00 Age of Majority Singers (PP) 6:45 Card Night Drop In (All are Welcome) (DK)
10:15 Brain Game: Pick-Up at Reception 2:00 Movie Matinee: "Singing In The Rain" (CH) 2:00 Bridge Club (UB) 2:00 Dominos (PP) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL,WC, UB) 2:30 Snooker Club (BL)	9:30 Westhill FIT Exercise (FC) 10:30 Solar Eclipse Craft (DK) 1:30 Horse Races (PP)**NEW TIME 3:00 Total Eclipse Viewing (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training(FC) 10:30 Chocolate Meditation Workshop (CH) 1:30 Excursion: City of Waterloo Museum-Waterloo from Above 200 Years of Change Exhibit (SU) 1:30 Toonie Bingo (DK) 3:00 Paint Club: Watercolour Techniques (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises (FC) 1:30 Brain Connect: Technology Education Sessions (DK) 2:30 Anglican Church Service (CH) 2:00 Exercise with Sarah (FC) 2:00 Excursion: Colour of Paradise Garden Center (SU) 3:30 Pickwick's Pub (PP) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Balance (FC) 10:30 Poetry Corner (DK) 1:30-4:30 Pool League (SU) 2:00 Chinese Folk Dance Performance (PP) 3:30 Wii Bowling (CH) 4:00 Pet Visits with Ember (PP) 6:45 Toonie Bingo (PP)	9:30 SMART Exercises (FC) 10:30 Tidbits and Timbits (WC) 10:30 Presbyterian Worship Service (CH) 11:00 Exercise with Sarah (FC) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Happy Appy Event (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 10:00 Cribbage (UB) 10:00 Personal Exercise Training Session with Sarah (PT) (SU) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "The Unlikely Pilgrimage of Harold Fry" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Blue Jays Club: Watch Party(PP) 6:45 Card Night Drop In (All are Welcome) (DK)
10:00 Zumba Gold w/ Jessie (FC) 10:15 Brain Game: Pick-up at Reception 2:00 Movie Matinee: "National Velvet" (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2:30 Snooker Club (BL)	BOOK BAG RETURN TO RECEPTION 9:30 Westhill FIT Exercise (FC) 10:30 Town Hall Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Wheel Of Fortune (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 10:30 Travelogue Tuesday: Scottish Highlands (CH) 12:30 Excursion: Hamilton Family Theatre: Jersey Boys (SU) 1:30 Toonie Bingo (DK) 3:00 Craft Club: Sun Catchers (DK) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Horse Races (PP) 6:45 Card Club (DK)	9:30 SMART Exercises (FC) 10:00 Excursion: LCBO/ Bank Run (SU) 10:30 Vendor: KMW Clothing (PP) 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11:45 April Birthday Luncheon (SU)(RC) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Exercise with Sarah (FC) 3:15 News & Views (CH) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Balance (FC) 10:30 Poetry Corner (DK) 1:30 Parkinson's Support Group (CH) 1:30-4:30 Pool League (SU) 2:00 Little Tracks—Pocket Pets Visits (PP) 1:30 Excursion: Country Drive (SU) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (PP)	RAINBOW THEME DAY BOOK BAG DELIVERY 9:30 SMART Exercises (FC) 10:30 Tidbits and Timbits (WC) 10:00 Catholic Communion (CH) 10:30 Book Club (BL) 11:00 Exercise(FC) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Rainbow Party(PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 10:00 Manicures with Lori (SU)(DK) 10:00 Cribbage (UB) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "April In Paris" (CH) 2-4:00 Drop in Euchre (DK) 3:00 Spiritual Study Group (DK) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 1-3:00 Westhill Open House 1:30 Horticulture Presentation (CH) 2:00 Dominos (PP) 2:00 Bridge Club (UB) 2:15 Horticulture Workshop (DK) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	EARTH DAY 9:30 Excursion: Brantford Casino (SU) 9:30 Westhill FIT Exercise (FC) 10:30 Earth Day Activity (DK) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Jeopardy (PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 10:00 Excursion: Garden Walk-Rockway Gardens (SU) 1:30 Toonie Bingo (DK) 2:00 Excursion: Vincenzo's (SU) 2:30 Rockway Senior Choir Performance (PP) 3:30 Wii Bowling (CH) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)	9:30 SMART Exercises (FC) 10:30 Healthy Balance Discussion and Smoothies with Lori (WC) 11:30 Gorge Country Kitchen and Wellington County Museum 11:45 New Comers Luncheon (RC) (Meet at Reception at 11:15am) 1:30 Brain Connect: Technology Education Sessions (DK) 2:00 Exercise with Sarah (FC) 3:15 News & Views (CH) 6:30 Shuffleboard (PP)	9:00-12:00 Boardwalk Loop (SU) 9:30 Westhill FIT Balance (FC) 10:30 Poetry Corner (DK) 12:00 Volunteer Appreciation Luncheon (DK) 1:30-4:30 Pool League (BL) 1:30 Excursion: St.Jacobs Outlet (SU) 3:00 Flower Arrangement Workshop (DK) 3:30 Pet Visits with Ember (PP) 3:30 Wii Bowling (CH) 6:45 Toonie Bingo (DK)	9:30 SMART Exercises (FC) 10:00 So Long to Sarah Social (FC) 2:00 Bocce Ball (FC) 3:00 Pickwick's Pub: Martin Wall and Hot Appetizers (PP) 6:45 Euchre Club (UB)	9:30 Westhill Exercises (FC) 10:00 Cribbage (UB) 10:30 Morning Manicures (SU)(DK) 10:30 Shuffleboard (PP) 2:00 Movie Matinee: "Rain Man"(CH) 2-4:00 Drop in Euchre (DK) 3:00 Blue Jays Club: Watch Party(PP) 6:45 Card Night Drop In (All Are Welcome) (DK)
10:15 Brain Game: Pick-up at Reception 2:00 Movie Matinee: "Rainbow Valley" (CH) 2:00 Bridge Club (UB) 2-4:00 Euchre Club (UB/DK) 2-4:00 Meet a Friend for Coffee or Tea (FL, WC, UB) 2:30 Snooker Club (BL)	9:30 Westhill FIT Exercise (FC) 10:15 Active Games (PP) 10:30 Culinary Meeting (CH) 2:00 Horse Races (PP) 3:15 Mocktail Monday: Games People Play(PP) 6:45 Euchre Club (DK)	9:30 Westhill FIT Strength Training (FC) 10:30 Travelogue Tuesday: Dominican Republic(CH) 1:30 Toonie Bingo (DK) 2:00 Excursion: Cambridge Butterfly Conservatory (SU) 3:00 Paint Club (DK) 3:30 Wii Bowling (CH) 4:30 Excursion: Mandarin Restaurant (SU) 5:30 Pet Therapy: with Eddie (SU) 6:45 Card Club (DK) 6:45 Horse Races (PP)				

1st Floor: FL: Fireplace Lounge GB: Gazebo UB: Upper Balcony WC: Westhill Cafe SU: Sign-up at Reception Events in Purple: Sign Up
Garden Level: BL: Breakers Lounge CH: Century Hall DK: Demo Kitchen EP: Empress Dining Patio FC: The Fit Club Fitness Centre
 MS: Men's Shed Workshop PP: Pickwick's Pub PT: Physiotherapy Room RC: Rosecourt TE: The Empress Dining Room