

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Room Legend	Room Legend		Hair by Inky 1	Hair by Annette 2	3
*Calendar is subject to change, please see daily activity sheets in elevator for accurate program listings.	(G) Gym (P) Piano Lounge (T) Theatre (L) Library (B) Bayview Room	(Bi) Billiards Area (S) Skyline Lounge (C) Coffee Bistro (SU) Sign Up at Front Desk (Te) Terrace		10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Michelle Carlisle (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: The Impossible (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 7:00 Movie Night: Mamma Mia! (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Becoming Jane (T)
4	5	6	7	Hair by Inky 8	Hair by Annette 9	Daylight Savings 10
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Travler Ep: 1 – Scotland: The Water of Life (T)	9:45 Dollarama/Liquor Store (SU) 10:00 PERK Activities w/ Shelby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Stretch and Balance (G) 2:00 Self-Led Bridge Group (B) 3:00 Presentation by David Darling - St. Patrick Theme (T) 7:30 Self-Led Wizard Card Game (B)	9:30 Discuss the Book You're Reading (L) 10:30 Current Events (L) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 1:00 Casino Outing 2:30 Digital Literacy w/Daryl (SU) 7:30 Self-Led Sequence (B)	10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making 2:00 Word in a Word 1 (B) 3:00 Art Series – Zentangle	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 2:00 Performance by Lester Soo (P) 3:00 Wine and Cheese (C) 7:00 Movie Night: Grumpier Old Men (T)	10:30 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Games (B) 2:00 Fitness w/ Prabh (G) 7:00 Movie Night: Cocoon (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Beyond Borders (T)
11	12	13	14	Hair by Inky 15	Hair by Annette 16	St.Patrick's Day 17
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Travler Ep: 2 – The Sparkle of France	10:00 Fitness Techniques (SU) 10:00 PERK Activities w/ Gabby (B) 11:15 Stretch & Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Seated Dance w/ Beryl (G) 2:00 Self-Led Bridge Group (B) 3:00 Falls Prevention w/ Josh (T) 7:30 Self-Led Wizard Card Game (B)	10:00 Welcome to Spring Festival 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Jennifer Lauren (P) 2:30 Digital Literacy w/Daryl (SU) 3:00 Birthday Party (C) 7:30 Self-Led Sequence (B)	9:45 Shoppers Drug Mart at Kingsgate Mall (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 St. Patrick's Day Trivia (L)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Recreation Workshop (B) 1:00 Stretch and Balance (G) 2:00 Health Arts Performance (P) 3:00 St Patrick's Day Wine and Cheese (C) 7:00 Movie Night: The Tourist (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Chess (B) 7:00 Movie Night: A Good Year (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: Because I Said So (T)
18	Footcare by Evelyn 19	20	World Poetry Day 21	Hair by Inky 22	Hair by Annette 23	24
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Travler Ep: 3 – Black Gold, Irish Nector	9:15 Gardening Committee (Te) 10:00 PERK Activities w/Shelby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Walking Group (C) 2:00 Self-Led Bridge Group (B) 2:00 Health Talks w/ Vlad (T) 7:30 Self-Led Wizard Card Game (B)	10:00 Public Library Rentals (P) 11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Brockhouse Jazz Band (P) 2:30 Digital Literacy w/ Daryl (SU) 3:00 Trivia (L) 7:30 Self-Led Sequence (B)	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 10:30 Creative Card Making 11:00 Alta Vida Fashion (P) 2:00 Word in a Word 1 (B) 3:30 Town Hall Meeting (P)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Seated dance w/ Beryl (G) 3:00 Wine and Cheese (C) 7:00 Movie Night: Far and Away (T)	10:00 Zumba w/ Eric (G) 11:00 Self-Led Scrabble (B) 1:30 Self-Led Games (B) 2:00 Fitness w/ Prabh (G) 7:00 Movie Night: Mary Poppins (T)	9:15 Stretch and Balance (G) 10:30 Word in a Word 2 (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: The Rocket 9 (T)
25	26	27	28	Hair by Inky 29	Hair by Annette 30	Happy Easter 31
10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 11:00 Singing Group (P) 11:15 Mexican Train (B) 2:00 Life Talks w/ Lois (L) 3:30 BINGO (B) 7:00 TV Night: The Thirsty Travler Ep: 4 – Belgium – Beer Practice	10:00 PERK Activities w/ Gabby (B) 11:15 Stretch and Balance (G) 1:00 In Stitch Us: Knitting (P) 1:30 Walking Group (C) 2:00 Self-Led Bridge Group (B) 2:30 Q & A w/ Lara (S) 3:00 Welcoming High Tea (S) 7:30 Self-Led Wizard Card Game (B)	11:00 Zumba w/ Eric (G) 1:00 Wii Bowling (P) 2:00 Performance by Luke Sandford 2:30 Digital Literacy w/ Daryl (SU) 3:15 Silver Spoon (S) 7:30 Self-Led Sequence (B)	9:45 Music in the Morning (SU) 10:00 Fitness w/ Prabh (G) 2:00 Word in a Word 1 (B) 3:30 Floral Arrangement w/ Aimee (B)	10:00 Chair Yoga w/ Christie 1 (G) 10:35 Chair Yoga w/ Christie 2 (G) 1:00 Stretch and Balance (G) 3:00 Wine and Cheese (C) 7:00 Movie Night: Men In Black (T)	10:00 Zumba w/ Eric (G) 10:30 Word in a Word 2 (B) 1:00 Current Events (L) 1:30 Self-Led Games (B) 2:00 Fitness w/ Prabh (G) 3:00 Trivia (L) 7:00 Movie Night: Tom Hanks is Forrest Gump (T)	11:00 Self-Led Scrabble (B) 1:30 Self-Led Cribbage (B) 3:00 Self-Led Pool (Bi) 7:00 Movie Night: RV (T)

