

Fisayo and Pam are your Recreation Coordinators, please reach out if you have any questions or program ideas. All programs are subject to change at anytime.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 1:45pm Friendly Visits - SFDR 1:45pm Wisdom and Words - SFDR 2:30pm Hymn Sing - Chap 4:00pm Armchair Travel - SFDR 6:30pm Active Games - SFDR	2 10:15am 1.1s - SFDR 11:00am Seated Yoga - SFDR 1:45pm Art & Crafts - SFDR 3:00pm Active Games - SFDR	3 10:15am Friendly Visits - SFDR 11:00am Active Games - SFDR 1:15pm Healing Hands - SFDR 1:45pm Bistro Visits - RR 2:30pm Bingo - HWDR 3:00pm T.V. Classics Comedy Hour - SFDR 4:00pm Daily Chronicles - SFDR 6:30pm Baking - SFDR	4 9:15am Body Balance - SFDR 10:15am Friendly Visits - SFDR 11:00am Readers Corner - SFDR 1:45pm Drumming Circle - SFDR 2:00pm Chicken Soup for the Soul & Discussion - Lounge 4:00pm Manicures - RR 6:30pm Movie and Munchies - SFDR	5 9:15am Get Energized - SFDR 2:00pm Catholic Church Service - Chap 3:15pm 1:1 Visit - RR 4:00pm Ladder Ball - SFDR 6:30pm Name That Tune - SFDR	6 9:15am Stretching Class - SFDR 1:45pm Readers Corner - SFDR 3:00pm Bowling - QLDR 4:15pm Eye Glass Cleaning 1:1 - RR 6:30pm Karaoke - Chap	7 10:15am Friendly Visits - RR 11:00am Sing Along - SFDR 1:45pm 1.1 colouring - SFDR 2:30pm Bingo - GLDR
8 10:15am Hand Massages - SFDR 11:00am Baking - SFDR 1:45pm Friendly Visits - RR 2:30pm Hymn Sing - Chap	9 10:15am Friendly Visits - RR 11:00am Name That Tune - SFDR 1:45pm Balloon badminton - SFDR 3:00pm Card Games - SFDR	10 1:45pm Hand Massages - RR 3:15pm Axe Throwing - SFDR 4:00pm Word Fun - SFDR 6:30pm Community Bingo - HWDR	11 9:15am Body Balance - SFDR 10:45am Discussion Group with Chaplain Peggy - Chap 2:00pm Crafter's Corner - SFDR 3:15pm Daily Chronicles - SFDR 4:00pm Mindful Movement To Music - SFDR 6:00pm Trivia! - SFDR	12 10:15am Hand Massages - SFDR 11:00am Say the Word On the Beat - SFDR 1:45pm 1.1 Colouring - SFDR 3:00pm Movement To Music - SFDR	13 10:00am Shopping & Lunch at Lynden Park Mall - V 3:00pm Bowling - QLDR 6:30pm Movie and Munchies - SFDR	14 1:45pm Friendly Visits - SFDR 2:30pm Bingo - GLDR 4:00pm Baking - SFDR 6:30pm Sing Along - SFL
15 1:45pm Friendly Visits - SFDR 2:30pm Hymn Sing - Chap 4:00pm Readers Corner - SFDR 6:30pm Who Am I? - SFDR	16 10:15am Friendly Visits - RR 11:00am Balloon badminton - SFDR 1:45pm EZ Does it- Random Trivia - SFDR 3:00pm Say the word on the beat - SFDR	17 <i>St. Patrick's Day</i> 10:30am Bingo - HWDR 1:15pm Healing Hands - SFDR 2:30pm St. Patty's Birthday Party with Jack Coulson - V 6:30pm Mind Joggers! - SFDR	18 9:15am Body Balance - SFDR 10:15am Friendly Visits - RR 11:00am Baking Cookies & Delivery Cart 2:30pm Little Tracks Bunny Visits! - V 6:30pm Movie and Munchies - SFDR	19 9:15am Get Energized - SFDR 2:30pm Entertainment with the Melody Makers - Chap 4:00pm Floor Hockey - SFDR 6:30pm Youtube Concerts - SFDR	20 9:15am Stretching Class - SFDR 1:45pm Residents Council - HWDR 3:00pm Bowling - QLDR 6:30pm Irish Pub Song Karaoke - Chap	21 10:15am Friendly Visits - RR 11:00am Daily Chronicles - SFDR 1:45pm Jenga game - SFDR 2:30pm Bingo - GLDR
22 10:15am Manicures - RR 11:00am Around the Harvest Table - SFDR 1:45pm Friendly Visits - RR 2:30pm Hymn Sing - Chap	23 10:15am Friendly Visits - RR 10:30am Bingo - HWDR 11:00am Axe Throwing - SFDR 1:45pm 1.1 Colouring - SFDR 3:00pm Sing Along - SFDR	24 9:15am Get Energized - SFDR 10:00am Easter Photos with Katelyn - Chap 1:45pm Easter Photos with Katelyn - Chap 4:00pm Word Fun - SFDR 6:30pm Movie and Munchies - SFDR	25 9:15am Body Balance - SFDR 10:45am Church Service with Chaplain Peggy - Chap 1:45pm Craft & Bake Sale - Chap 6:30pm Hang Man - SFDR	26 10:15am Friendly Visits - RR 11:15am Lunch at The Bunkhouse - V 3:00pm Manicures - V	27 10:15am Friendly Visits - RR 11:00am Balloon badminton - SFDR 1:45pm Daily Chronicles - SFDR 3:00pm Bowling - QLDR 6:30pm Say the word on the beat - SFDR	28 1:45pm Friendly Visits - RR 2:30pm Bingo - GLDR 4:00pm Colouring Expression - SFDR 6:30pm Pub Night with Terry Carter - V
29 1:45pm Daily Chronicles - SFDR 2:30pm Hymn Sing - Chap 4:00pm Colouring - SFDR 6:30pm Name That Tune - SFDR	30 10:15am Manicures - V 11:00am Baking - SFDR 1:45pm Balloon Badminton - SFDR 3:00pm Movie and Munchies - SFDR	31 9:15am Pump it Up! - SFDR 10:15am God Cares with Wilma - Chap 2:30pm Bingo - HWDR 4:00pm 1.1s - RR 6:30pm Sing Along - SFL				

Chap - Chapel GLDR - Dining Room RR - Resident Rooms SFDR - Dining Room SFL - Lounge
V - Various Locations V - Various