

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Please make sure to check the activity boards each morning as they are subject to change!</p>	<p>1</p> <p>9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga – FH 9:45am Bread Making – Wing C 11:00am April Fools Game – FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in The Bistro 5:30pm Evening Activities - Kristen</p>	<p>2</p> <p>9:30am Taste the Nation - FH 10:30am Bible Study W/ John Klinck – FH 1:00pm Circus Special – FH 2:00pm Timeless Tales W/ Jan Draper – TR 5:30pm Evening Activities - Kristen</p>	<p><i>Happy Birthday Helen Matthews!</i> 3</p> <p>9:30am Chair Fitness – FH 10:00am Painting W/ Michelle – FH 10:00am Taste Test: Fruit Salad – Wings C & D 10:30am Exercise and Nutrition for Seniors Presentation w/ Bishops University – TR 2:00pm Mobile Cart – Wings A, B, C&D 2:30pm Sing-Along – FH 6:00pm Evening Activities - Maranda</p>	<p><i>Happy Birthday Elwin Barratt!</i> 4</p> <p>9:00am Potato Peeling Club – Bistro 9:30am Happiness Program – Wings C&D 9:30am What's in The News – Wing B 10:00am Giant Bowling – FH 2:30pm Teatime with The Grace Ladies – Bistro 3:30pm Grace Gives Back: Volunteers - FH</p>	<p><i>Happy Birthday Bernard Coté!</i></p> <p>02</p> <p>8:00am Spring Pancake Breakfast – FH 1:30pm Bingo! – FH 2:45pm Teatime in The Bistro</p> <p>This morning One-on-one activities</p> <p>2:00pm Saturday Cinema Movie- FH</p>	
<p>10:00am St. James Anglican Service 7</p> <p>2:00pm Church Service w/ Scott Dakin (Baptist)</p>	<p>8</p> <p>9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga– FH 9:45am Bread Making – Wing D 11:00am Happiness Program Games – FH 1:30pm Solar Eclipse Event – TR 3:30pm Carpet Bowling – FH 5:30pm Evening Activities – Kristen</p>	<p><i>Happy Birthday Dorothy Bown & Marc Gendron!</i> 9</p> <p>9:30am Taste the Nation - FH 10:30am Bible Study W/ John Klinck – FH 1:30pm Nail Spa – FH 3:30pm Armchair Travel to Greece – FH 5:30pm Evening Activities - Kristen</p>	<p>10</p> <p>9:30am Chair Fitness – FH 10:00am Taste Test: Iced Tea & Lemonade – Wings C & D 10:30am Cooking Club: Avocado Banana Chocolate Pudding – Bistro 2:00pm Mobile Cart – Wings A, B, C&D 2:30pm Sing-Along – FH 6:00pm Evening Activities - Maranda</p>	<p>11</p> <p>9:00am Potato Peeling Club – Bistro 9:30am Happiness Program - Wings C&D 9:30am What's in The News 10:00am Spring Carnival – FH 2:30pm Teatime with The Grace Ladies– Bistro</p>	<p><i>Happy Birthday Stephen Rocke!</i> 12</p> <p>9:30am Chair Fitness – FH 9:30am Springtime Reminiscing Activity – Wings C & D 10:30am Garden Club – FH 1:30pm Bingo! – FH 2:45pm Teatime in The Bistro</p> <p>This morning One-on-one activities</p> <p>2:00pm Saturday Cinema Movie- FH</p>	
<p>14</p> <p>10:00am St. James Anglican Service</p> <p>2:00pm Service W/ Don & Christine Doell</p>	<p>15</p> <p>9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga– FH 9:45am Bread Making – Wing C 11:00am Happiness Program Quiz – FH 1:30pm Carpet Bowling– FH 2:30pm Teatime in The Bistro 5:30pm Evening Activities - Kristen</p>	<p>16</p> <p>10:30am Bible Study W/ John Klinck – FH 2:00pm Timeless Tales W/ Jan Draper– TR 5:30pm Evening Activities - Kristen</p>	<p>17</p> <p>9:30am Chair Fitness – FH 10:00am Painting W/ Michelle – FH 10:00am Taste Test: Punches – Wings C & D 10:30am Cooking Club: Cookies – Bistro 12:00pm-2:30pm Volunteer Appreciation Luncheon – FH 1:30pm Nail Spa – TR 2:00pm Mobile Cart – Wings A, B, C&D 6:00pm Evening Activities - Maranda</p>	<p>18</p> <p>9:00am Potato Peeling Club 9:30am Happiness Program -Wings C&D 9:30am What's in The News 10:00am Trivia Game – FH 2:00pm Birthday Bash – FH</p>	<p>19</p> <p>9:30am Chair Fitness – FH 9:30am Poetry Reading – Wings C & D 10:00am Anglican Church Service – FH 1:30pm Bingo! – FH 2:45pm Teatime in The Bistro</p> <p>This morning One-on-one activities</p> <p>2:00pm Saturday Cinema Movie- FH</p>	
<p><i>Happy Margi Logan & Shirley Patton!</i> 21</p> <p>10:00am St. James Anglican Service – FH</p> <p>3:00pm Church Service w/ Frazer Family – FH</p>	<p>22</p> <p>9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga– FH 9:45am Bread Making – Wing D 11:00am Happiness Program Games – FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in The Bistro 5:30pm Evening Activities - Kristen</p>	<p>23</p> <p>9:30am Taste the Nation - FH 10:30am Bible Study W/ John Klinck– FH 1:30pm Nail Spa – FH 3:30pm Discover Paint by Numbers – FH 5:30pm Evening Activities - Kristen</p>	<p><i>Happy Birthday Caroline Marion!</i> 24</p> <p>9:30am Chair Fitness – FH 10:00am Taste Test: Moo Mobile – Wings C & D 10:30am Cooking Club: Strawberry Pretzel Parfait – Bistro 2:00pm Moo Mobile – Wings A & B 2:30pm Sing-Along – FH 6:00pm Evening Activities - Maranda</p>	<p>25</p> <p>9:00am Potato Peeling Club 9:30am Happiness Program -Wings C&D 9:30am What's in The News 10:00am Birds of April in Sherbrooke Presentation – FH 11:30am HCC Seniors Luncheon Outing (Sign Up & \$) 1:30pm United Church Prayer Service – FH 2:30pm Teatime with The Grace Ladies– Bistro</p>	<p>26</p> <p>9:30am Chair Fitness – FH 9:30am Birds of the World Matching Game – Wings C & D 10:30am Family Feud – FH 1:30pm Bingo! – FH 2:45pm Teatime in The Bistro</p> <p>This morning One-on-one activities</p> <p>2:00pm Saturday Cinema Movie- FH</p>	
<p>28</p> <p>10:00am St. James Anglican Service – FH</p> <p>2:00pm Rev Nigel Parker, Presbyterian – FH Sabrina-CD Courtney – FH</p>	<p>29</p> <p>9:00am Potato Peeling Club - Bistro 9:30am Chair Yoga– FH 9:45am Bread Making – Wing C 11:00am Happiness Program Quiz – FH 1:30pm Carpet Bowling – FH 2:30pm Teatime in The Bistro 5:30pm Evening Activities - Kristen</p>	<p><i>Happy Birthday Majorie Rivett!</i> 30</p> <p>9:30am Taste the Nation - FH 10:30am Bible Study W/ John Klinck – FH 1:30pm Nail Spa – FH 2:00pm Timeless Tales W/ Jan Draper – TR 5:30pm Evening Activities - Kristen</p>	<p>FH = Faith Hall TR = Training Room</p>			

April Birthdays:

- April 3rd - Helen Matthews
- April 4th - Elwin Barratt
- April 5th - Bernard Côté
- April 9th - Dorothy Bown's 100th & Marc Gendron
- April 12th - Stephen Rocke
- April 13th - Audrey Bowker & Janet Draper
- April 21st - Margi Logan & Shirley Patton
- April 24th - Caroline Marion
- April 30th - Marjorie Rivett

Important Dates:

- Mondays 11:00am Happiness Program
- Tuesdays 1:30-3:30 Nail Spa
- Wednesdays 10:30 am Cooking Club

Wednesday April 3rd at 10:30am
Exercise and Nutrition Presentation w/
Bishops University - Training Room

Friday April 5th at 8:00am
Spring Pancake Breakfast - Faith Hall

Monday April 8th at
Solar Eclipse Event - Training Room & Outside

Thursday April 11th at 10:00am
Spring Carnival - Faith Hall

Thursday April 18th at 2:00pm
Birthday Bash - Faith Hall

Tuesday April 23rd at 3:30pm
Discover Paint by Numbers - Faith Hall

Wednesday April 24th
Moo Mobile (ice cream treat) - All Wings

Thursday April 25th at 10:00am
Birds of April in Sherbrooke Presentation - Faith Hall



🌸 Welcome to April! 🌸

As we bid farewell to winter and embrace the warmth of spring, we're thrilled to kick off the month with a delightful Spring Pancake Breakfast, perfect for gathering with family and friends. But that's just the beginning of the excitement!

🌿 March Recap 🌿

As the vibrant days of March unfolded, our community embraced a tapestry of enriching experiences.

We embarked on an awe-inspiring journey through national parks via a captivating docuseries, fostering a deeper appreciation for nature's wonders.

Every Wednesday, our culinary adventures soared as the Cooking Club concocted delectable sweet treats, igniting joy and creativity in the kitchen.

In celebration of our Irish heritage and St. Patrick's Day, we immersed ourselves in the charm of Limerick poems and spirited leprechaun races, infusing our days with laughter and whimsy.

Spring's arrival brought opportunities for growth as we lent our hands to transplanting geraniums and peppers for our upcoming seedling sale—stay tuned for details on how to bring these botanical delights home!

Our taste buds danced with delight during our annual Maple Sugar Celebration, courtesy of Parkside Ranch, indulging in the exquisite flavors of the season.

The return of our Garden Club filled our hearts with anticipation for the blossoming beauty to come, while a joyful Easter egg hunt delighted little ones amidst the greenery.

Wrapping up the month with warmth and companionship, we welcomed the soothing presence of animal friends through the therapeutic embrace of Toutous Poilus.

As March bids adieu, we reflect on the memories shared and eagerly anticipate the adventures that April holds. Thank you for being a cherished part of our community journey! 🌸

Get ready for a celestial spectacle as we witness a once-in-a-lifetime Solar Eclipse, a breathtaking reminder of the wonders of our universe. And if pampering is what you seek, rejoice!

Nail Spa is back every Tuesday afternoon for some well-deserved self-care.

Intrigued by the pursuit of happiness? Join us for the Happiness Program Games and Activities, where we'll explore interactive light projection technology to spark joy and connection. Or perhaps you're looking for a new creative outlet? Discover the soothing art of Paint by Numbers as a fulfilling hobby.

Please note that Jennifer will be taking a break from her Thursday Bible Studies this month, but fear not, as there's plenty more fun in store! Don't miss out on our Spring Carnival, featuring games, prizes, snacks, and endless laughter.

And as April draws to a close, treat yourself to a special ice cream delight courtesy of our beloved Moo Mobile, and join us in celebrating National Audubon Day by spotting local birds in our beautiful surroundings.

With so much to look forward to, April promises to be a month of joy, discovery, and cherished moments. We can't wait to share it all with you!

