

Activities on 2nd Floor APRIL 2018

*Activities

subject to change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Easter 1</p> <p>10:00 Morning snack</p> <p>2:30 Visit with Dave & Riley</p> <p>3:00 Afternoon Tea</p>	<p>2</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fairy Tales</p> <p>11:00 Fairy Tale Games</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 BINGO</p> <p>3:00 Afternoon Tea</p>	<p>3</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fitness</p> <p>11:00 Golf</p> <p>1:15 Word Games</p> <p>2:00 Spencer Scharf -sings popular music (ML)</p> <p>3:15 Afternoon Tea</p>	<p>4</p> <p>9:45 Morning Visit with Dewey & Karen</p> <p>10:00 Morning Snack</p> <p>10:30 Yoga with Cathy</p> <p>10:45 Individual Activities</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Manicures & Music</p> <p>3:15 Afternoon Tea</p>	<p>5</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Bake a Healthy snack</p> <p>1:30 Fun & Fit with Dianne</p> <p>3:15 Afternoon Tea</p>	<p>6</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 Today's News & Snack</p> <p>10:30 World Health Day Activities</p> <p>1:30 ProPhysio Exercise with VJ</p> <p>2:00 BINGO</p> <p>3:15 Afternoon Tea Social</p>	<p>7</p> <p>WORLD HEALTH DAY</p> <p>10:00 Morning Snack & Chat</p> <p>10:30 Art Project</p> <p>1:30 Fitness for Balance</p> <p>2:00 Stretch your Mind-Numbers</p> <p>2:45 Individual Activities</p> <p>3:15 Afternoon Tea</p> <p>7:00 "Lawrence Welk Show"</p>
<p>8</p> <p>10:00 Morning snack</p> <p>3:00 Afternoon Tea</p>	<p>9</p> <p>VIMY RIDGE DAY</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fitness</p> <p>11:00 Nascar Game</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Scrabble *</p> <p>3:15 Afternoon Tea</p>	<p>10</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fitness</p> <p>11:00 Roll-a-Face Game</p> <p>1:45 Bus Outing</p> <p>3:15 Afternoon Tea</p>	<p>11</p> <p>9:45 Morning Visit with Dewey & Karen</p> <p>10:00 Morning Snack</p> <p>10:30 Yoga with Cathy</p> <p>10:45 Individual Activities</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Manicures & Music</p> <p>3:15 Afternoon Tea</p>	<p>12</p> <p>Happy Birthday Anne MacDonald</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Hangman, Word Games</p> <p>11:00 Pirate Game</p> <p>1:30 Fun & Fit with Dianne</p> <p>3:15 Afternoon Tea</p>	<p>13</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 Today's News & Snack</p> <p>10:30 Bean Bag Toss</p> <p>11:15 Mary Cook Stories</p> <p>1:30 ProPhysio Exercise with VJ</p> <p>2:00 BINGO</p> <p>3:15 Afternoon Tea Social</p>	<p>14</p> <p>10:00 Morning Snack & Chat</p> <p>10:30 Purple Ball Fitness</p> <p>11:00 Bowling</p> <p>2:00 Entertainment in Main Lounge with POP SHOP All Stars</p> <p>3:15 Afternoon Tea</p> <p>7:00 "Lawrence Welk Show"</p>
<p>15</p> <p>10:00 Morning snack</p> <p>2:30 Visit with Dave & Riley</p> <p>3:00 Afternoon Tea</p>	<p>16</p> <p>ASTRONOMY WEEK BEGINS</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Constellations Art</p> <p>11:00 Astronomy Trivia</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Ladder Ball</p> <p>3:00 Afternoon Tea</p>	<p>17</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fitness</p> <p>11:00 Remember When...</p> <p>11:30 Paul Revere Game</p> <p>1:45 Bus Outing</p> <p>3:15 Afternoon Tea</p>	<p>18</p> <p>9:45 Morning Visit with Dewey & Karen</p> <p>10:00 Morning Snack</p> <p>10:30 Yoga with Cathy</p> <p>10:45 Individual Activities</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Manicures & Music</p> <p>3:15 Afternoon Tea</p> <p>7:30 Chapman Mills Sound (ML)</p>	<p>19</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Earth Day Collage</p> <p>11:00 Category Game</p> <p>1:30 Fun & Fit with Dianne</p> <p>3:15 Afternoon Tea</p>	<p>20</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 Today's News & Snack</p> <p>10:30 Beanbag Shuffleboard</p> <p>11:15 Earth Day Bulletin Board</p> <p>1:30 ProPhysio Exercise with VJ</p> <p>2:00 BINGO</p> <p>3:15 Afternoon Tea Social</p>	<p>21</p> <p>10:00 Morning Snack & Chat</p> <p>10:30 Art Project</p> <p>2:00 Entertainment in Main Lounge with 'Concert Docs'</p> <p>3:15 Afternoon Tea</p> <p>7:00 "Lawrence Welk Show"</p>
<p>EARTH DAY</p> <p>22</p> <p>10:00 Morning snack</p> <p>3:00 Afternoon Tea</p>	<p>23</p> <p>8-5:00 Dental Hygienist</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Celebrate Shakespeare</p> <p>11:15 Bean Bag Shuffleboard</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Musical BINGO</p> <p>3:00 Afternoon Tea</p> <p>7:30 Ottawa Woodwinds (M L)</p>	<p>24</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9-10 Wheelchair-Walker Clinic</p> <p>9:45 News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Fitness</p> <p>11:00 Penny Ante</p> <p>1:15 Tangrams</p> <p>2:00 Birthday Party with Dmitry</p> <p>3:15 Afternoon Tea</p>	<p>25</p> <p>9:45 Morning Visit with Dewey & Karen</p> <p>10:00 Morning Snack</p> <p>10:30 Yoga with Cathy</p> <p>10:45 Individual Activities</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Manicures & Music</p> <p>3:15 Afternoon Tea</p>	<p>26</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Ball Games</p> <p>11:00 Hot Potato</p> <p>1:30 Fun & Fit with Dianne</p> <p>3:15 Afternoon Tea</p>	<p>27</p> <p>8-5:00 Beauty Salon by Appt.</p> <p>9:45 Today's News & Snack</p> <p>10:30 Ball Fun</p> <p>11:15 Bowling</p> <p>1:30 ProPhysio Exercise with VJ</p> <p>2:00 BINGO or Guitar Guest</p> <p>3:15 Afternoon Tea Social</p>	<p>28</p> <p>10:00 Morning Snack & Chat</p> <p>10:30 Art Project</p> <p>1:30 Fitness for Balance</p> <p>2:00 Stretch your Mind-Numbers</p> <p>2:45 Individual Activities</p> <p>3:15 Afternoon Tea</p> <p>7:00 "Lawrence Welk Show"</p>
<p>29</p> <p>10:00 Morning Snack</p> <p>2:30 Visit with Dave & Riley</p> <p>3:00 Afternoon Tea</p>	<p>30</p> <p>9:45 Today's News & Discussion</p> <p>10:00 Morning snack</p> <p>10:30 Bean Bag Toss</p> <p>11:15 Mary Cook Stories</p> <p>1:30 ProPhysio Exercise</p> <p>2:00 Bowling</p> <p>3:00 Afternoon Tea</p>					