

APRIL 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:30am: Program Preview 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 1	2 11am: Mindfulness 1pm: Next Stop: Galapagos 3pm: Readers' Corner 4:30pm: Jeopardy	3 9:30am: Crime and Justice 11am: Prince of Wales Fort 1pm: Coffee Chat 3pm: Exercise	4 9:30am: Gratitude 11am: Edmonton Oilers 1pm: Some Good News 3pm: Global Agriculture 4:30pm: Dinner Theatre	5 9:30am: Classical Music Hour 11am: Exercise 1pm: Would You Rather? 3pm: Animal Spotlight
8 9:30am: Nostalgia Moment 11am: Exercise 1pm: In the Headlines 3pm: Secret Garden 2	9 11am: Mindfulness 1pm: Middle East History 3pm: Coffee Chat 4:30pm: Don't Quote Me	10 9:30am: Lost Cities 11am: Seniors Housing 1pm: Let's Talk About... 3pm: Exercise	11 <div style="border: 1px solid black; padding: 5px; text-align: center;">NO MORNING PROGRAMS</div> 1pm: Censorship 3pm: Mystery Chronicles	12 9:30am: All Request Music 11am: Exercise 11am: Canadian Connections 1pm: Writing for Fun 3pm: Who Why When
15 9:30am: Ponder This 11am: Exercise 1pm: Climate Change 3pm: Secret Garden 3	16 11am: Imagination Circle 1pm: Grief and Loss 3pm: Unexplained 4:30pm: Trivia	17 9:30am: Canada's Milestones 11am: EPL Presents! 1pm: Person Place or Thing 1pm: Estranged Relationships 3pm: Exercise	18 9:30am: Gratitude 11am: Marvelous Minds 1pm: For Your Body 3pm: Coffee Chat 4:30pm: Dinner Theatre	19 9:30am: Indigenous Artists 11am: Exercise 1pm: Name That Tune 3pm: Tommy Douglas
22 9:30am: The Art of Noticing 11am: Exercise 1pm: Let's Talk About... 3pm: Secret Garden 4	23 11am: Mindfulness 1pm: Grief and Loss 3pm: Readers' Corner 4:30pm: Brain Games	24 9:30am: Who Why When 11am: Tunnels of Moose Jaw 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise	25 9:30am: Gratitude 11am: Picture This 1pm: In the Headlines 3pm: Celtic Music History	26 9:30am: Celtic Music 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
29 9:30am: The Art of Noticing 11am: Exercise 1pm: Science Savvy 3pm: Secret Garden 5	30 11am: Music Meditation 1pm: Coffee Chat 3pm: The New Royal Family 4:30pm: Wheel of Fortune	<p>To join by phone, call: 1-855-703-8985</p> <p>enter meeting ID: 225-573-6467#</p>		



Pre-registration required



Special Events



Conversations



Health & Wellness



Learn & Discover



Just for Fun!

MAY 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 enter meeting ID: 225-573-6467#</p>		<p>1</p> <ul style="list-style-type: none"> 9:30am: Crime and Justice 11am: Mystery Chronicles 1pm: Would You Rather? 1pm: Estranged Relationships 3pm: Exercise 	<p>2</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: SCWW Advisory Group 1pm: Funny Bone 3pm: Sigmund Freud 4:30pm: Dinner Theatre 	<p>3</p> <ul style="list-style-type: none"> 9:30am: Classical Music Hour 11am: Exercise 1pm: Animal Spotlight 3pm: Story Slam
<p>6</p> <ul style="list-style-type: none"> 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 6 	<p>7</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: In the Headlines 3pm: Next Stop: Patagonia 4:30pm: Jeopardy 	<p>8</p> <ul style="list-style-type: none"> 9:30am: Vinyl Café 11am: Science Savvy 1pm: Let's Talk About... 1pm: Estranged Relationships 3pm: Exercise 	<p>9</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>NO MORNING PROGRAMS</p> </div> <ul style="list-style-type: none"> 1pm: Coffee Chat 3pm: Middle East History 	<p>10</p> <ul style="list-style-type: none"> 9:30am: All Request Music 11am: Exercise 1pm: Writing for Fun 3pm: Who Why When
<p>13</p> <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Exercise 1pm: Government 101 3pm: Secret Garden 7 	<p>14</p> <ul style="list-style-type: none"> 11am: Mindfulness 1pm: Marvelous Minds 3pm: Readers' Corner 4:30pm: Don't Quote Me 	<p>15</p> <ul style="list-style-type: none"> 9:30am: Lost Cities 11am: EPL Presents! 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise 	<p>16</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Acadian Music History 1pm: For Your Body 3pm: Person Place or Thing 	<p>17</p> <ul style="list-style-type: none"> 9:30am: Acadian Music 11am: Exercise 1pm: Some Good News 3pm: Next Stop: Baffin Island
<p>20</p> <p style="text-align: center;">VICTORIA DAY</p>	<p>21</p> <ul style="list-style-type: none"> 11am: Imagination Circle 1pm: Julie Andrews 3pm: Nutrition for Health 4:30pm: Trivia 	<p>22</p> <ul style="list-style-type: none"> 9:30am: From John to Justin 11am: Waste Management 1pm: Unexplained 1pm: Estranged Relationships 3pm: Exercise 	<p>23</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Hoarding Disaster 1pm: In the Headlines 3pm: Who Why When 4:30pm: Phantom of the Opera 1 	<p>24</p> <ul style="list-style-type: none"> 9:30am: Name That Tune 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat
<p>27</p> <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Exercise 1pm: Global Agriculture 3pm: Secret Garden 8 	<p>28</p> <ul style="list-style-type: none"> 11am: Mindfulness 1pm: Censorship 3pm: Stories of the Sky 4:30pm: Brain Games 	<p>29</p> <ul style="list-style-type: none"> 9:30am: Canada's Milestones 11am: Wheel of Fortune 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise 	<p>30</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Guinness World Records 1pm: Climate Change 3pm: Let's Talk About... 4:30pm: Phantom of the Opera 2 	<p>31</p> <ul style="list-style-type: none"> 9:30am: Middle Eastern Music 11am: Exercise 1pm: Seniors' Benefits 3pm: BINGO



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Special Events



Conversations



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JUNE 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30am: Nostalgia Moment 11am: Exercise 1pm: The Big Picture 3pm: Secret Garden 9	4 11am: Imagination Circle 1pm: In the Headlines 3pm: Paul McCartney 4:30pm: Jeopardy	5 9:30am: Crime and Justice 11am: Let's Talk About... 1pm: Middle East History 1pm: Estranged Relationships 3pm: Exercise	6 9:30am: Gratitude 11am: Who Why When 1pm: Would You Rather? 3pm: Person Place or Thing 4:30pm: Phantom of the Opera 3	7 9:30am: Classical Music Hour 11am: Exercise 1pm: Writing for Fun 3pm: Coffee Chat
10 9:30am: Funny Bone 11am: Exercise 1pm: Global Agriculture 3pm: Secret Garden 10	11 11am: Mindfulness 1pm: Science Savvy 3pm: Readers' Corner 4:30pm: Name That Tune	12 9:30am: Lost Cities 11am: Marvelous Minds 1pm: Coffee Chat 1pm: Estranged Relationships 3pm: Exercise	<p style="text-align: center;">NO PROGRAMS</p>	14 9:30am: All Request Music 11am: Exercise 1pm: Animal Spotlight 3pm: Some Good News
17 9:30am: Ponder This 11am: Exercise 1pm: Let's Talk About... 3pm: Next Stop: Iceland	18 11am: Imagination Circle 1pm: Indigenous Activists 3pm: Nutrition for Health 4:30pm: Trivia	19 9:30am: Canada's Milestones 11am: EPL Presents! 1pm: In the Headlines 1pm: Estranged Relationships 3pm: Exercise	20 9:30am: Gratitude 11am: Unexplained 1pm: For Your Body 3pm: Coffee Chat	21 9:30am: Songs of Faith 11am: Exercise 1pm: Writing for Fun 3pm: BINGO
24 11am: Finish the Phrase	25 11am: Mindfulness	26 11am: Animal Spotlight	27 11am: Gratitude	28 11am: Coffee Chat

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