



# A P R I L

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>9:30am:</b> Program Preview <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 1	<b>4</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Coffee Chat <b>3pm:</b> Reader’s Corner <b>4:30pm:</b> Trivia	<b>5</b> <b>9:30am:</b> True Crime PT 1 <b>11am:</b> Who Why When <b>1pm:</b> Next Stop, Mount Everest <b>3pm:</b> Exercise	<b>6</b> <b>9:30am:</b> Gratitude <b>11am:</b> Brain Games <b>1pm:</b> Relaxation <b>3pm:</b> William Shakespeare	<b>7</b> <b>GOOD FRIDAY</b> <b>NO PROGRAMS</b> 
<b>10</b> <b>9:30am:</b> A Week in History <b>11am:</b> Let’s Talk About... <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 2	<b>11</b> <b>11am:</b> Mindfulness-Being Ourselves <b>1pm:</b> Elton John <b>3pm:</b> In the Headlines <b>4:30pm:</b> Family Feud	<b>12</b> <b>9:30am:</b> True Crime PT 2 <b>11am:</b> What a Word <b>1pm:</b> From John to Justin: Prime Ministers of Canada <b>3pm:</b> Exercise	<b>13</b> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin: 10px auto;"> <b>NO MORNING PROGRAM</b> </div> <b>1pm:</b> <b>Happiness Basics</b> <b>3pm:</b> Pet Tales	<b>14</b> <b>9:30am:</b> Classical Music Hour <b>11am:</b> Exercise <b>1pm:</b> It’s All Canada <b>3pm:</b> Where in the World
<b>17</b> <b>9:30am:</b> A Week in History <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 3	<b>18</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Old Souls & Protest Songs <b>3pm:</b> Balanced Meals <b>4:30pm:</b> Name that Tune	<b>19</b> <b>9:30am:</b> True Crime PT 3 <b>11am:</b> Who Why When <b>1pm:</b> Fire Safety AB <b>3pm:</b> Exercise	<b>20</b> <b>9:30am:</b> Gratitude <b>11am:</b> A Storytelling <b>1pm:</b> <b>Happiness Basics</b> <b>3pm:</b> Working Through Grief	<b>21</b> <b>9:30am:</b> All Request Music <b>11am:</b> Exercise <b>1pm:</b> A Call To Action - Earth <b>3pm:</b> Mystery Chronicles
<b>24</b> <b>9:30am:</b> A Week in History <b>11am:</b> Coffee Chat <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 4	<b>25</b> <b>11am:</b> Mindfulness-Being Ourselves <b>1pm:</b> TED Talk <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Spring Migration <b>4:30pm:</b> Jeopardy	<b>26</b> <b>9:30am:</b> True Crime PT 4 <b>11am:</b> EPL Presents! <b>1pm:</b> Personal Directives <b>3pm:</b> Exercise	<b>27</b> <b>9:30am:</b> Gratitude <b>11am:</b> Animal Spotlight <b>1pm:</b> <b>Happiness Basics</b> <b>3pm:</b> R U ONLINE?	<b>28</b> <b>9:30am:</b> Vinyl Café <b>11am:</b> Exercise <b>1pm:</b> Muscle Tone <b>3pm:</b> BINGO
		To join by <b>phone</b> , call: <b>1-855-703-8985</b> When prompted, enter Meeting ID: <b>225-573-6467#</b>		

# MAY

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>9:30am:</b> A Week in History <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 5	<b>2</b> <b>11am:</b> Imagination Circle <b>1pm:</b> The Raging Grannies <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Reader's Corner <b>4:30pm:</b> Conspiracy Theories	<b>3</b> <b>9:30am:</b> True Crime PT 5 <b>11am:</b> Who Why When <b>1pm:</b> AB Election <b>3pm:</b> Exercise	<b>4</b> <b>9:30am:</b> Gratitude <b>11am:</b> May the 4th Be With You <b>1pm:</b> <b>Happiness Basics</b> <b>3pm:</b> Bears in Jasper	<b>5</b> <b>9:30am:</b> Classical Music Hour <b>11am:</b> Exercise <b>1pm:</b> Ocean Adventures <b>3pm:</b> Where in the World
<b>8</b> <b>9:30am:</b> A Week in History <b>11am:</b> Jane Goodall <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 6	<b>9</b> <b>11am:</b> Mindfulness-Being Ourselves <b>1pm:</b> Animal Spotlight <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Japanese Internment AB <b>4:30pm:</b> Jeopardy	<b>10</b> <b>9:30am:</b> True Crime PT 6 <b>11am:</b> SCWW Advisory Group <b>1pm:</b> AB Election <b>3pm:</b> Exercise	<b>11</b> <div style="border: 1px solid black; padding: 5px; text-align: center; margin: 10px auto; width: fit-content;">NO MORNING PROGRAM</div> <b>1pm:</b> Let's Talk About... <b>3pm:</b> From John to Justin: Prime Ministers of Canada	<b>12</b> <b>9:30am:</b> Music of the Maritimes <b>11am:</b> Exercise <b>1pm:</b> Thank You Nurses! <b>3pm:</b> Trivia
<b>15</b> <b>9:30am:</b> A Week in History <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 7	<b>16</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Coffee Chat <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Heart Healthy Eating <b>4:30pm:</b> Name that Tune	<b>17</b> <b>9:30am:</b> Innocence Files <b>11am:</b> Old Souls & Protest Songs <b>1pm:</b> AB Election <b>3pm:</b> Exercise	<b>18</b> <b>9:30am:</b> Gratitude <b>11am:</b> A Storytelling <b>1pm:</b> Relaxation <b>3pm:</b> Working Through Grief	<b>19</b> <b>9:30am:</b> All Request Music <b>11am:</b> Exercise <b>1pm:</b> Ocean Adventures <b>3pm:</b> Mystery Chronicles
<b>22</b> <div style="text-align: center;"> <b>VICTORIA DAY</b>   </div>	<b>23</b> <b>11am:</b> Mindfulness-Being Ourselves <b>1pm:</b> TED Talk <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Skills Training for Dogs <b>4:30pm:</b> Trivia	<b>24</b> <b>9:30am:</b> True Crime <b>11am:</b> EPL Presents! <b>1pm:</b> AB Election <b>3pm:</b> Exercise	<b>25</b> <b>9:30am:</b> Gratitude <b>11am:</b> Brain Games <b>1pm:</b> Coffee Chat <b>3pm:</b> Next Stop, Paddling Nahanni River	<b>26</b> <b>9:30am:</b> Vinyl Café <b>11am:</b> Exercise <b>1pm:</b> Digestion Process <b>3pm:</b> BINGO
<b>29</b> <b>9:30am:</b> A Week in History <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 8	<b>30</b> <b>11am:</b> Body Scan Meditation <b>1pm:</b> What a Word <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Let's Talk About... <b>4:30pm:</b> Conspiracy Theories	<b>31</b> <b>9:30am:</b> Innocence Files <b>11am:</b> Who Why When <b>1pm:</b> AB Election <b>3pm:</b> Exercise	To join by <b>phone</b> , call: <b>1-855-703-8985</b> When prompted, enter Meeting ID: <b>225-573-6467#</b>	

# JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> <b>9:30am:</b> Gratitude <b>11am:</b> Stephen Hawking <b>1pm:</b> In the Headlines <b>3pm:</b> Container Gardening	<b>2</b> <b>9:30am:</b> Songs of Faith <b>11am:</b> Exercise <b>1pm:</b> Pet Tales <b>3pm:</b> Where in the World
<b>5</b> <b>9:30am:</b> A Week in History <b>11am:</b> Old Souls & Protest Songs <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 9	<b>6</b> <b>11am:</b> Imagination Circle <b>1pm:</b> Stonewall Rebellion <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Reader's Corner <b>4:30pm:</b> Family Feud	<b>7</b> <b>9:30am:</b> True Crime <b>11am:</b> Brain Games <b>1pm:</b> From John to Justin: Prime Ministers of Canada <b>3pm:</b> Exercise	<b>8</b> <b>STAFF APPRECIATION DAY</b> <b>NO PROGRAMS</b>	<b>9</b> <b>9:30am:</b> Big Band Music <b>11am:</b> Exercise <b>1pm:</b> Coffee Chat <b>3pm:</b> Trivia
<b>12</b> <b>9:30am:</b> A Week in History <b>11am:</b> Writing for Fun <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 10	<b>13</b> <b>11am:</b> Mindfulness-Being Ourselves <b>1pm:</b> Jane Fonda <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Beringia Landbridge <b>4:30pm:</b> Name that Tune	<b>14</b> <b>9:30am:</b> Innocence Files <b>11am:</b> What a Word <b>1pm:</b> Elder Abuse Awareness <b>3pm:</b> Exercise	<b>15</b> <b>9:30am:</b> Gratitude <b>11am:</b> A Storytelling <b>1pm:</b> Relaxation <b>3pm:</b> Working Through Grief	<b>16</b> <b>9:30am:</b> All Request Music <b>11am:</b> Exercise <b>1pm:</b> It's All Canada <b>3pm:</b> Mystery Chronicles
<b>19</b> <b>9:30am:</b> A Week in History <b>11am:</b> Coffee Chat <b>1pm:</b> Exercise <b>3pm:</b> Anne of Green Gables PT 11	<b>20</b> <b>11am:</b> Imagination Circle <b>1pm:</b> In the Headlines <b>2:30pm:</b> <b>Estranged Children</b> <b>3pm:</b> Seasonal Foods <b>4:30pm:</b> Jeopardy	<b>21</b> <b>9:30am:</b> True Crime <b>11am:</b> EPL Presents! <b>1pm:</b> Indigenous People's Day <b>3pm:</b> Exercise	<b>22</b> <b>9:30am:</b> Gratitude <b>11am:</b> Animal Spotlight <b>1pm:</b> R U Online? <b>3pm:</b> Next Stop, Pacific Crest Trail	<b>23</b> <b>9:30am:</b> Vinyl Café <b>11am:</b> Exercise <b>1pm:</b> Brain Changes <b>3pm:</b> BINGO
<p>To join by phone, call: <b>1-855-703-8985</b></p> <p>When prompted, enter Meeting ID: <b>225-573-6467#</b></p>			