

APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#</p>		<p>1</p> <ul style="list-style-type: none"> 9:30am: Coffee Chat 11am: Program Preview 1pm: Science Savvy 3pm: Exercise 	<p>2</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Ginger Rogers 1pm: Nice To Meet You 3pm: Pop Divas' Music 	<p>3</p> <p style="text-align: center;">Good Friday</p>
<p>6</p> <ul style="list-style-type: none"> 11am: Exercise 1pm: Next Stop 3pm: Life of Frederick Fife 4:30pm: Dinner Date 	<p>7</p> <ul style="list-style-type: none"> 9:30am: Ponder This 11am: Imagination Circle 1pm: Global Events 3pm: Recipe Club 	<p>8</p> <ul style="list-style-type: none"> 9:30am: Mystery Chronicles 11am: Cost of Living 1pm: In the Headlines 3pm: Exercise 	<p>9</p> <ul style="list-style-type: none"> 1pm: China: Past 3pm: Speakers' Corner 	<p>10</p> <ul style="list-style-type: none"> 9:30am: Classical Music 11am: Exercise- Chair Yoga 1pm: Coffee Chat 3pm: Animal Spotlight
<p>13</p> <ul style="list-style-type: none"> 11am: Exercise 1pm: Life Perspectives 3pm: Life of Frederick Fife 4:30pm: Relaxation 	<p>14</p> <ul style="list-style-type: none"> 9:30am: Let's Talk About 11am: Mindfulness 1pm: Crime & Justice 3pm: Readers' Corner 	<p>15</p> <ul style="list-style-type: none"> 9:30am: Some Good News 11am: Taylor Swift 1pm: Coffee Chat 1pm: Finding Your Joy 3pm: Exercise Q&A 	<p>16</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: China: Present & Future 1pm: For Your Body 3pm: Working Through Grief 	<p>17</p> <ul style="list-style-type: none"> 9:30am: 50's Music 11am: Exercise 1pm: Writing For Fun 3pm: Who Why When
<p>20</p> <ul style="list-style-type: none"> 11am: Exercise 1pm: SCWW Advisory Group 3pm: Life of Frederick Fife 4:30pm: Broadway Musicals 	<p>21</p> <ul style="list-style-type: none"> 9:30am: Name That Sound 11am: Imagination Circle 1pm: History Of 3pm: Nutrition For Health 	<p>22</p> <ul style="list-style-type: none"> 9:30am: Person Place or Thing 11am: Anti-Bullying 1pm: Our Power, Our Planet 1pm: Finding Your Joy 3pm: Exercise 	<p>23</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Next Stop 1pm: Story Lines 3pm: In the Headlines 	<p>24</p> <ul style="list-style-type: none"> 9:30am: Nature's Anthems 11am: Exercise 1pm: Coffee Chat 3pm: BINGO
<p>27</p> <ul style="list-style-type: none"> 11am: Exercise 1pm: Let's Talk About 3pm: Life of Frederick Fife 4:30pm: Jeopardy 	<p>28</p> <ul style="list-style-type: none"> 9:30am: Word Games 11am: Laughter Yoga 1pm: International Space Station 3pm: Open Mic 	<p>29</p> <ul style="list-style-type: none"> 9:30am: Coffee Chat 11am: Name That Bird 1pm: Don't Quote Me 1pm: Finding Your Joy 3pm: Exercise 	<p>30</p> <ul style="list-style-type: none"> 9:30am: Gratitude 11am: Alberta Road Trip 1pm: Crafting Circle 3pm: NPR Tiny Desk Concerts 	

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#				1 9:30am: All Request Music 11am: Exercise 1pm: Writing For Fun 3pm: Cost of Living
4 11am: Exercise 1pm: Small Talk 3pm: Life of Frederick Fife 4:30pm: Relaxation	5 9:30am: Ponder This 11am: Imagination Circle 1pm: Journalling 3pm: Next Stop	6 9:30am: Who Why When 11am: Artful Minds 1pm: Brain Games 1pm: Finding Your Joy 3pm: Exercise	7 9:30am: Gratitude 11am: In the Headlines 1pm: Global Events 3pm: Trivia	8 9:30am: Canadian Folk Music 11am: Exercise- Chair Yoga 1pm: Author Spotlight 3pm: Stan Rogers
11 11am: Exercise 1pm: Life Perspectives 3pm: Life of Frederick Fife 4:30pm: Wheel of Fortune	12 9:30am: Who Sang It First 11am: Music Meditation 1pm: Science Savvy 3pm: Readers' Corner	13 9:30am: Mystery Chronicles 11am: Crime & Justice 1pm: Every Voice Matters 1pm: Finding Your Joy 3pm: Exercise	14 1pm: Animal Spotlight 3pm: Coffee Chat	15 9:30am: Songs of Faith 11am: Exercise 1pm: Writing For Fun 3pm: Let's Talk About
18 <p style="text-align: center;">Victoria Day</p>	19 9:30am: Coffee Chat 11am: Imagination Circle 1pm: Story Lines 3pm: Nutrition For Health	20 9:30am: Group Crossword 11am: Alberta Road Trip 1pm: Healthy Aging 1pm: Finding Your Joy 3pm: Exercise	21 9:30am: Gratitude 11am: In the Headlines 1pm: For Your Body 3pm: Working Through Grief	22 9:30am: Jazz Music 11am: Exercise 1pm: Tulipmania 3pm: Jeopardy
25 11am: Exercise 1pm: Would You Rather? 3pm: Life of Frederick Fife 4:30pm: Dinner Date	26 9:30am: Crystal Ball 11am: Malcolm X 1pm: Video Coffee Chat 3pm: SPCA Presents	27 9:30am: Name That Tune 11am: Health Social Determinants 1pm: Some Good News 1pm: Finding Your Joy 3pm: Exercise	28 9:30am: Gratitude 11am: Musical Memories 1pm: History Of 3pm: Let's Talk About	29 9:30am: Women of Rock Music 11am: Exercise 1pm: Writing For Fun 3pm: BINGO

JUNE 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  11am: Exercise  1pm: Who Why When  3pm: Life of Frederick Fife  4:30pm: Broadway Musicals	2  9:30am: Ponder This  11am: Imagination Circle  1pm: Becoming Conscious Allies  3pm: Celebrating Seniors	3  9:30am: All Request Music  11am: Next Stop  1pm: In the Headlines  1pm: Finding Your Joy  3pm: Exercise	4  9:30am: Gratitude  11am: Small Talk  1pm: Science Savvy  3pm: Wheel of Fortune	5  9:30am: Classical Music  11am: Exercise  1pm: Speakers' Corner  3pm: Superman
8  11am: Exercise  1pm: Life Perspectives  3pm: Life of Frederick Fife  4:30pm: Brain Games	9  9:30am: Animal Spotlight  11am: Music Meditation  1pm: Story Lines  3pm: Readers' Corner	10  9:30am: Mystery Chronicles  11am: Global Events  1pm: Coffee Chat  1pm: Finding Your Joy  3pm: Exercise	<p style="text-align: center;">No Programs</p>	12  9:30am: Queer Anthems  11am: Exercise- Chair Yoga  1pm: Writing For Fun  3pm: Crime & Justice
15  11am: Exercise  1pm: Save the Seeds  3pm: Life of Frederick Fife  4:30pm: Dinner Date	16  9:30am: Coffee Chat  11am: Imagination Circle  1pm: Literary Reflections  3pm: History Of	17  9:30am: Crystal Ball  11am: EPL Presents!  1pm: Next Stop  3pm: Exercise	18  9:30am: Gratitude  11am: Person Place or Thing  1pm: For Your Body  3pm: Working Through Grief	19  9:30am: Name That Tune  11am: Exercise  1pm: Cost of Living  3pm: BINGO
22  11am: Exercise  1pm: Let's Talk About  3pm: Life of Frederick Fife  4:30pm: Vinyl Cafe	23  9:30am: In the Headlines  11am: Laughter Yoga  1pm: David Thompson  3pm: Nutrition For Health	24  11am: Coffee Chat  1pm: Scandals of Royal Families	25  11am: Gratitude  1pm: Some Good News	26  11am: Exercise  1pm: Accidental Inventions
29  11am: Exercise  1pm: Life of Frederick Fife	30  11am: Coffee Chat  1pm: A Place to Belong	To join by phone, call: 1-855-703-8985 and enter meeting ID: 225-573-6467#		