

# APRIL

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| To join by <b>phone</b> , call: <b>1-855-703-8985</b><br>when prompted, enter Meeting ID: <b>225-573-6467#</b>  |   |  |  | <b>1</b><br><b>12:30pm:</b> Canadian Connections<br><br><b>1pm:</b> Amazing Elders  |
| <b>4</b><br><b>9:30am:</b> Program Review<br><b>11am:</b> Exercise<br><b>1pm:</b> Writing For Fun<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> Fact or Fiction        | <b>5</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> Cultural Exchange<br><b>3pm:</b> Readers' Corner<br><br><b>4:30pm:</b> Name That Tune            | <b>6</b><br><b>9:30am:</b> AB True Crime<br><br><b>11am:</b> Ramadan<br><b>1pm:</b> Garden Talk<br><br><b>3pm:</b> Exercise                    | <b>7</b><br><b>9:30am:</b> Gratitude<br><br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> Seniors Housing<br><b>3pm:</b> Who When Why?   | <b>8</b><br><b>9:30am:</b> Stories Behind the Songs<br><b>11am:</b> Exercise<br><br><b>1pm:</b> Amazing Elders<br><b>3pm:</b> Where in the World? |
| <b>11</b><br><b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> T&R Calls to Action<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> In the Headlines | <b>12</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> French Conversation<br><br><b>3pm:</b> Being Safe at Home<br><br><b>4:30pm:</b> BINGO    | <b>13</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Passover<br><br><b>1pm:</b> Let's Talk About...<br><br><b>3pm:</b> Exercise          | <div style="border: 1px solid black; padding: 5px; text-align: center; margin-bottom: 10px;"> <b>NO MORNING PROGRAMS</b> </div> <b>1pm:</b> Such Fascinating People<br><br><b>3pm:</b> Coffee Chat | <h2 style="margin: 0;">EASTER FRIDAY</h2>   |
| <b>18</b><br><b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><br><b>1pm:</b> Writing for Fun<br><br><b>3pm:</b> Who When Why?  | <b>19</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Sikh Heritage Month<br><br><b>4:30pm:</b> Dinner Music     | <b>20</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> Another Point of View<br><br><b>3pm:</b> Exercise     | <b>21</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> The Storyteller<br><br><b>1pm:</b> Animal Spotlight<br><br><b>3pm:</b> Heritage Moments  | <b>22</b><br><b>9:30am:</b> Classical Music Hour<br><br><b>11am:</b> Exercise<br><b>1pm:</b> Read Aloud Short Story<br><b>3pm:</b> Family Feud    |
| <b>25</b><br><b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><br><b>1pm:</b> T&R Calls to Action<br><br><b>3pm:</b> Armchair Travels   | <b>26</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> 20th Century Humourists<br><br><b>3pm:</b> Nutrition for Health<br><b>4:30pm:</b> Trivia | <b>27</b><br><b>9:30am:</b> AB True Crime<br><br><b>11am:</b> Did You Know?<br><br><b>1:30pm:</b> Across the Miles<br><br><b>3pm:</b> Exercise | <b>28</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> Brain Health<br><br><b>1pm:</b> Trauma & Health<br><br><b>3pm:</b> Staff of the Month  | <b>29</b><br><b>9:30am:</b> All Request Music<br><br><b>11am:</b> Exercise<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> BINGO                |

# MAY

|           | <b>Monday</b>   | <b>Tuesday</b>  | <b>Wednesday</b>   | <b>Thursday</b>   | <b>Friday</b>  |
|-----------|---|---|--|---|--|
| <b>2</b>  | <b>9:30am:</b> Check This Out!<br><br><b>11am:</b> Exercise<br><br><b>1pm:</b> Writing for Fun<br><b>3pm:</b> Heritage Moments  | <b>3</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Readers' Corner<br><b>4:30pm:</b> Trivia                        | <b>4</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Art of Listening to Music<br><b>1pm:</b> Garden Talk<br><br><b>3pm:</b> Exercise  | <b>5</b><br><b>9:30am:</b> Gratitude<br><br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> In the Headlines<br><b>3pm:</b> Cinco de Mayo   | <b>6</b><br><b>9:30am:</b> Music and Memories<br><b>11am:</b> Exercise<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> Mother's Day            |
| <b>9</b>  | <b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> T&R Calls to Action<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> Cats vs. Dogs | <b>10</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> French Conversation<br><br><b>3pm:</b> Animal Spotlight<br><b>4:30pm:</b> BINGO              | <b>11</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Art of Listening to Music<br><b>1pm:</b> Participant of the Month<br><b>3pm:</b> Exercise                                  | <b>12</b><br><div style="border: 1px solid black; padding: 2px; display: inline-block;">NO MORNING PROGRAMS</div><br><b>1pm:</b> Chronic Pain Management<br><br><b>3pm:</b> Who Why When? | <b>13</b><br><b>9:30am:</b> Hymn Concert<br><br><b>11am:</b> Space News<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> Family Feud            |
| <b>16</b> | <b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> Writing for Fun<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> Super Sleuths     | <b>17</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Jeopardy<br><b>4:30pm:</b> Peer Gynt, Part 1                   | <b>18</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Art of Listening to Music<br><b>1pm:</b> Another Point of View<br><b>3pm:</b> Exercise<br><b>4:30pm:</b> Peer Gynt, Part 2 | <b>19</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> The Storyteller<br><br><b>1pm:</b> Chronic Pain Management<br><b>3pm:</b> Coffee Chat   | <b>20</b><br><b>9:30am:</b> All Request Music<br><br><b>11am:</b> Exercise<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> Where in the World? |
| <b>23</b> | <b>VICTORIA DAY</b>   | <b>24</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> Such Fascinating People<br><b>3pm:</b> Nutrition for Health<br><b>4:30pm:</b> Name That Tune | <b>25</b><br><b>9:30am:</b> AB True Crime<br><br><b>11am:</b> Did You Know?<br><b>1pm:</b> Let's Talk About..<br><br><b>3pm:</b> Exercise  | <b>26</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> 20th Century Humourists<br><b>1pm:</b> Chronic Pain Management<br><b>3pm:</b> Staff of the Month                                    | <b>27</b><br><b>9:30am:</b> Classical Music Hour<br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> BINGO             |
| <b>30</b> | <b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> SCWW Advisory<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> Armchair Travels    | <b>31</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Senator Don Oliver<br><b>4:30pm:</b> Family Feud               | <p>To join by <b>phone</b>, call: <b>1-855-703-8985</b><br/>         when prompted, enter Meeting ID: <b>225-573-6467#</b></p>   |   |  |

# JUNE

| Monday   | Tuesday   | Wednesday   | Thursday   | Friday  |
|--|---|---|--|---|
|  |   | <b>1</b><br><b>9:30am:</b> AB True Crime<br><br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> Garden Talk<br><b>3pm:</b> Exercise                   | <b>2</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> Read Aloud Short Story<br><b>1pm:</b> Chronic Pain Management<br><b>3pm:</b> Who Why When?          | <b>3</b><br><b>9:30am:</b> Acapella Music<br><b>11am:</b> Exercise<br><br><b>1pm:</b> Russian History<br><br><b>3pm:</b> Family Feud                      |
| <b>6</b><br><b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> Writing for Fun<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> In the Headlines     | <b>7</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Jeopardy<br><br><b>4:30pm:</b> BINGO               | <b>8</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Space News<br><br><b>1pm:</b> Participant of the Month<br><br><b>3pm:</b> Exercise       | <b>9</b><br><br><b>STAFF APPRECIATION DAY</b><br><br><b>NO PROGRAMS</b>  | <b>10</b><br><b>9:30am:</b> Name That Tune<br><br><b>11am:</b> Heritage Moments<br><br><b>1pm:</b> Russian History<br><br><b>3pm:</b> Where in the World? |
| <b>13</b><br><b>9:30am:</b> Check This Out!<br><b>11am:</b> Exercise<br><b>1pm:</b> Another Point of View<br><b>2:30pm:</b> Parents of Estranged Children<br><b>3pm:</b> Who Why When? | <b>14</b><br><b>11am:</b> Relaxation<br><br><b>1pm:</b> French Conversation<br><br><b>3pm:</b> Readers' Corner<br><b>4:30pm:</b> Dinner Music         | <b>15</b><br><b>9:30am:</b> AB True Crime<br><b>11am:</b> Let's Talk About..<br><br><b>1pm:</b> Another Point of View<br><br><b>3pm:</b> Exercise | <b>16</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> The Storyteller<br><br><b>1pm:</b> Chronic Pain Management<br><b>3pm:</b> Social Media Basics      | <b>17</b><br><b>9:30am:</b> Classical Music Hour<br><b>11am:</b> Exercise<br><br><b>1pm:</b> Russian History<br><b>3pm:</b> Father's Day                  |
| <b>20</b><br><b>9:30am:</b> Check This Out!<br><br><b>11am:</b> Exercise<br><b>2:30pm:</b> Parents of Estranged Children<br><br><b>3pm:</b> Armchair Travels                           | <b>21</b><br><b>11am:</b> Beyond Meditation<br><br><b>1pm:</b> Cultural Exchange<br><br><b>3pm:</b> Nutrition for Health<br><br><b>4:30pm:</b> Trivia | <b>22</b><br><b>9:30am:</b> AB True Crime<br><br><b>11am:</b> Did You Know?<br><br><b>1pm:</b> 20th Century Humourists<br><b>3pm:</b> Exercise    | <b>23</b><br><b>9:30am:</b> Gratitude<br><b>11am:</b> Such Fascinating People<br><br><b>1pm:</b> Chronic Pain Management<br><b>3pm:</b> Animal Spotlight | <b>24</b><br><b>9:30am:</b> All Request Music<br><br><b>11am:</b> Coffee Chat<br><br><b>1pm:</b> Russian History<br><br><b>3pm:</b> BINGO                 |

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