





APRIL 2021



SUN	MON	TUE	WED	THU	FRI	SAT		
<p>Phone Extensions Nurse - ext 2101 Reception - ext 2000 Pastor Lorin - ext 2018 Wellness Supervisor - ext 2011 Wellness Team - ext 2025 or 2004</p>		<p>Need Technology Help? Telus TV help: call reception at ext. 2000 Computer/tablet help: Thursdays from 3-5 pm. Call Wellness (2025) for technology requests regarding your computer/tablet.</p>		<p>Abbreviation Key MPR = Multi-Purpose Room CK = Country Kitchen LL = Lower Lounge * = Sign-Up Required (call 2025)</p>		<p>1 10:00 Easter Egg Hunt (LL) 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) 2:00 & 3:15 Armchair Travel (MPR) 6:45 Bingo Night (LL)</p>	<p>2 GOOD FRIDAY 9:30 & 10:30 Good Friday Worship Services (MPR) 10:30 Walking Group (LL) 2:30 Cranium Crunches (LL) 3:15 Uplifting Videos (MPR) 6:45 Movie Night: The Walton's (MPR)</p>	<p>3 10:30 Balance Class (MPR) 10:30 Walking Group (LL) 2:00 Shuffleboard (MPR)</p>
<p>4 EASTER SUNDAY 9:00 & 10:00 Easter Sunday Worship Services (MPR) 2:00 Walking Group (LL)</p>	<p>5 EASTER MONDAY <i>(No Bible Study or Evening Social today)</i> 10:30 Walking Group (LL) 1:30 Chair Fit (MPR) 2:00 Crafter's Corner (LL) 3:30 & 4:00 Virtual Reality (CK) *</p>	<p>6 10:30 Stretch & Strength (MPR) 2:00 Walking Group (LL) 3:15 Cranium Crunches (LL) 6:45 Movie Night: Dr. Quinn (MPR)</p>	<p>7 10:30 Tai Chi Exercise (MPR) 10:30 & 11:00 Virtual Reality (CK) * 2:00 Walking Group (LL) 6:30 JEOPARDY! Night (MPR)</p>	<p>8 10:30 Chair Fit (MPR)  1:30 Scenic Drive: Cherry Blossoms * 2:00 Walking Group (LL) 2:00 & 3:15 Armchair Travel (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>9 10:30 Stretch & Strength (MPR) 10:30 Walking Group (LL) 2:30 Cranium Crunches (LL) 3:15 Funny Videos (MPR) 6:45 Movie Night: The Walton's (MPR)</p>	<p>10 10:30 Balance Class (MPR) 10:30 Walking Group (LL) 2:00 Shuffleboard (MPR)</p>		
<p>11 9:00 & 10:00 Worship Services (MPR) 2:00 Walking Group (LL)</p>	<p>12 9:30 & 10:30 Bible Study (MPR) 10:30 Walking Group (LL) 1:00 - 3:00 Hearing Clinic (MPR) * 2:00 Crafter's Corner (LL) 3:30 & 4:00 Virtual Reality (CK) * 6:30 Evening Social (MPR)</p>	<p>13 10:30 Stretch & Strength (MPR) 2:00 Walking Group (LL) 3:15 Cranium Crunches (LL) 6:45 Movie Night: Dr. Quinn (MPR)</p>	<p>14 10:30 Tai Chi Exercise (MPR) 10:30 & 11:00 Virtual Reality (CK) * 2:00 Walking Group (LL) 2:15 Praise & Worship Videos (MPR) 6:45 Bingo Night (LL)</p>	<p>15 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) 2:00 & 3:15 Armchair Travel (MPR) 6:45 Bingo Night (LL)</p>	<p>16 10:30 Stretch & Strength (MPR) 10:30 Walking Group (LL) 2:30 Cranium Crunches (LL) 3:15 Uplifting Videos (MPR) 6:45 Movie Night: The Walton's (MPR)</p>	<p>17 10:30 Balance Class (MPR) 10:30 Walking Group (LL) 2:00 Shuffleboard (MPR)</p>		
<p>18 9:00 & 10:00 Worship Services (MPR) 2:00 Walking Group (LL)</p>	<p>19 9:30 & 10:30 Bible Study (MPR) 10:30 Walking Group (LL) 1:30 Chair Fit (MPR) 2:00 Crafter's Corner (LL) 3:30 & 4:00 Virtual Reality (CK) * 6:30 Evening Social (MPR)</p>	<p>20 10:30 Stretch & Strength (MPR) 2:00 Walking Group (LL) 3:15 Cranium Crunches (LL) 6:45 Movie Night: Dr. Quinn (MPR)</p>	<p>21 10:30 Tai Chi Exercise (MPR) 10:30 & 11:00 Virtual Reality (CK) * 2:00 Walking Group (LL) 2:30 Resident Council (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>22 10:30 Chair Fit (MPR)  1:30 Scenic Drive: Fort Langley * 2:00 Walking Group (LL) 2:00 & 3:15 Armchair Travel (MPR) 6:30 JEOPARDY! Night (MPR)</p>	<p>23 10:30 Stretch & Strength (MPR) 10:30 Walking Group (LL) 2:30 Cranium Crunches (LL) 3:15 Funny Videos (MPR) 6:45 Movie Night: The Walton's (MPR)</p>	<p>24 10:30 Balance Class (MPR) 10:30 Walking Group (LL) 2:00 Shuffleboard (MPR)</p>		
<p>25 9:00 & 10:00 Worship Services (MPR) 2:00 Walking Group (LL)</p>	<p>26 9:30 & 10:30 Bible Study (MPR) 10:30 Walking Group (LL) 1:30 Chair Fit (MPR) 2:00 Crafter's Corner (LL) 2:30 Christmas Craft Market Brainstorm (MPR) 3:30 & 4:00 Virtual Reality (CK) * 6:30 Evening Social (MPR)</p>	<p>27 10:30 Stretch & Strength (MPR) 2:00 Walking Group (LL) 3:15 Cranium Crunches (LL) 6:45 Movie Night: Dr. Quinn (MPR)</p>	<p>28 10:30 Tai Chi Exercise (MPR) 10:30 & 11:00 Virtual Reality (CK) * 2:00 Walking Group (LL) 2:15 Praise & Worship Videos (MPR) 6:45 Bingo Night (LL)</p>	<p>29 10:30 Chair Fit (MPR) 2:00 Walking Group (LL) 2:00 & 3:15 Armchair Travel (MPR) 6:45 Bingo Night (LL)</p>	<p>30 10:30 Stretch & Strength (MPR) 10:30 Walking Group (LL) 2:30 Cranium Crunches (LL) 3:15 Uplifting Videos (MPR) 6:45 Movie Night: The Walton's (MPR)</p>			