

# April 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 <b>EASTER MONDAY</b> *Please note: There are no fitness classes today.	2	3 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	4 1:30 Hymns & Praise with Darlene	5 9:00 Hybrid Fitness \$ 1:30 Board Games with Unity Christian School Students * (Summit Dining Room)	6
7	8 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	9 1:30 Amplifon Hearing Clinic-Hearing Aid Cleaning *By Appointment Only* 2:30 Chocolate Delight Social (Summit Dining Room) * \$	10 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	11 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	12 9:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session: Spine Health & Posture	13
14	15 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	16 10:00 2KM Group Walk to Vedder River (meet at concierge desk)	17 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 5:00 Spring Community Dinner * \$	18 1:30 Hymns & Praise with Darlene	19 9:00 Hybrid Fitness \$	20
21	22 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	23 2:00 Chilliwack Harmony Chorus Performance * \$	24 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	25 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	26 9:00 Hybrid Fitness \$ 1:30 Classical Flute & Piano * \$	27
28 2:30 Sunday Service Provided by River of Life Church	29 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	30	ABBREVIATION KEY: \$=Cost associated with event *=Sign-up required for event Events/programs occur in the Selkirk Multipurpose room, unless noted otherwise			