

April 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
\$= Cost Associated with Event *= Sign-up Required for Event All events/programs happen in Selkirk Multi-Purpose Room unless noted otherwise.		1	2 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	3 1:30 Hymns & Praise with Darlene	4 10:00 Hybrid Fitness \$ 1:30 Bingo with Students from Unity Christian School * (Summit Dining Room)	5
6	7 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 1:00 Acrylic Painting Class- Hydrangeas (Summit Dining Room) * \$	8 9:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 2:00 Carpet Bowling	9 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	10 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	11 10:00 Hybrid Fitness \$ 2:00 Piano Entertainment with Greg Alcock * \$	12
13 2:30 Sunday Service Provided by Cornerstone Christian Reformed Church	14 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Easter Social (Summit Dining Room) * \$	15 9:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 1:30-4:30 Amplifon Hearing Aid Clean and Check Clinic * By Appointment Only*	16 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 11:00 Community Brunch- National Eggs Benedict Day (Summit Dining Room) * \$ 11:30 Catholic Mass Provided by St. Mary's Parish	17 10:30 Group Walk (meet at concierge desk) ^ 1:30 "Hope Secured"- Easter Reflection -Hymns & Praise with Darlene and John	18 GOOD FRIDAY *Note: There will be no Fitness Class today	19
20 EASTER	21 EASTER MONDAY *Note: There will be no Fitness Classes today	22 9:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 1:30 Movie Matinee- I Can Only Imagine	23 9:00 Functional Fitness \$ 10:00 Chair Fitness \$ 2:00 Musical Entertainment with Sue Breton * \$	24 10:00 Pet Therapy Dogs Visit 1:30 Hymns & Praise with Darlene	25 10:00 Hybrid Fitness \$ 2:00 Rebalance Rehab Education Session- Posture & Spine Health	26
27 2:30 Sunday Service Provided by River of Life Church	28 9:00 Functional Fitness \$ 10:00 Chair Fitness \$	29 9:00 Rebalance Rehab- Fall Prevention, Strength & Balance Exercise Series * \$ 10:30 Group Walk (meet at concierge desk) ^ 2:00 Carpet Bowling	30 9:00 Functional Fitness \$ 10:00 Chair Fitness \$			