









Recreation Therapy Calendar- April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p>10:00 Sit Fit – Avonmore 10:30 Sit Fit- Balmoral 11:00 Movement to Music - Cambridge 2:30 Music Appreciation – Easter songs 4:15 Sol Club - Carlton</p> <p>April Fool's Day</p>	<p>1 10:00 Sit Fit – Avonmore 10:30 Sit Fit- Balmoral 11:00 Movement to Music - Cambridge 2:30 Music Appreciation – Easter songs 4:15 Sol Club - Carlton</p>	<p>2 10:00 Brain Teasers- Avonmore 11:00 Trivia Games-Dover 4:15 Sol Club - Cambridge 6:30 Social on 2nd Floor</p>	<p>3 10:00 Green Thumbs 10:00 Sit Fit - Ascot/Hampton 10:45 Sit Fit – Doulton/Hampton 2:00 Crafting – Henley Hall 4:15 Afternoon Tea - Doulton</p> 	<p>4 1:15 Reminisce - Avonmore 2:30 Birthday in Henley Hall with Young at Heart 4:15 Sol Club - Balmoral 6:30 Bingo in Henley Hall</p> <p>International Carrot Day</p>	<p>5 10:00 Budgie Care 10:00 Sit Fit – Dover 10:30 Movement to Music - Brighton 11:00 Sit Fit - Carlton 2:00 Zainab's Kitchen- Doulton (Creamy Grape Salad) 4:15 Afternoon Tea - Ascot</p> 	<p>6 10:00 Brain Teasers - Doulton 11:15 Coffee & Current Events in Activity Room 2:00 Baking in Century Room 4:15 Sol Club - Cambridge</p>
<p>7 10:00 Silly Jokes- Brighton 11:00 Who in the World? - Avonmore 2:00 Sunday Tea in Henley Hall 4:15 Sol Club - Brighton</p>	<p>8 10:00 Sit Fit – Avonmore 10:30 Sit Fit- Balmoral 11:00 Movement to Music - Cambridge 2:30 Music Appreciation (Female Country Artists) 4:15 Sol Club - Dover</p>	<p>9 10:00 Brain Teasers-Avonmore 11:00 Games (puzzles/ word search) -Activity Room 2-5 Grand Re-Opening Treats & Treasures 6:30 Social in Henley Hall</p>	<p>10 10:00 Fitness - Ascot/Hampton 10:45 Fitness – Doulton/Hampton 2:00 Eid celebration– Henley Hall 4:15 Afternoon Tea - Avonmore</p> <p>Eid</p>	<p>11 2:30 Green Thumbs 4:15 Sol Club - Doulton 6:30 Bowling in Henley Hall</p> 	<p>12 10:40 Catholic Mass – Henley Hall 2:00 Zainab's Kitchen-Avonmore (Blueberry Angel Dessert) 4:15 Afternoon Tea - Balmoral</p> <p>Day of Silence</p>	<p>13 10:00 Budgie Care 11:15 Coffee & Current Events in Activity Room 2:00 Movie / HH Patio Social 4:15 Sol Club - Cambridge</p>
<p>14 10:30 Hymn Sing in Henley Hall 2:00 Sunday Tea in Henley Hall 4:15 Sol Club – Cambridge</p> <p>Volunteer Appreciation Week</p> <p>National Gardening Day</p>	<p>15 10:30 Resident and Family Council in Henley Hall 2:30 Music Appreciation (Male Country Artists) 4:15 Sol Club - Brighton</p>	<p>16 10:00 This Day in History-Ascot 11:00 This Day in History- Avonmore 2:30 All about Orchids – Activity Room 4:15 Sol Club - Dover 6:30 - Volunteer Appreciation Social – Henley Hall</p> <p>National Orchid Day</p>	<p>17 10:00 Green Thumbs 10:00 Sit Fit - Ascot/Hampton 10:45 Sit Fit – Doulton/Hampton 2:00 Henley Hall/Patio Social with frozen peach Bellini Mocktail 4:15 Sol Club - Carlton</p>	<p>18 2:30 Pub with Great West Canadian Country 4:15 Sol Club - Avonmore 6:30 Bingo in Henley Hall</p>	<p>19 10:00 Sit Fit – Dover 10:30 Movement to Music - Brighton 11:00 Sit Fit - Carlton 2:00 Zainab's Kitchen- Balmoral (Orange Carrot Ginger Smoothie) 4:15 Afternoon Tea - Doulton</p>	<p>20 10:00 Budgie Care 11:15 Coffee & Current Events in Activity Room 2:00 Baking in Century Room 4:15 Sol Club - Balmoral</p>
<p>21 10:00 Hand Massages-Hampton 11:00 Who in the World? -Carlton 2:00 Sunday Tea in Henley Hall 4:15 Sol Club – Ascot</p>	<p>22 10:00 Sit Fit – Avonmore 10:30 Sit Fit- Balmoral 11:00 Movement to Music - Cambridge 2:30 Music Appreciation – Spring songs 4:15 Sol Club - Cambridge</p> <p>Earth Day</p>	<p>23 10:30 Catholic Liturgy 2:30 Green Thumbs 4:15 Sol Club - Brighton 6:30 Social – 2nd floor</p>	<p>24 10:00 Fitness - Ascot/Hampton 10:45 Fitness – Doulton/Hampton 2:00 Henley Hall Patio Social with Iced Tea 4: Sol Club - Dover</p>	<p>25 11:00 United Church 2:15 Neighborhood Social Doulton & Carlton 4:15 Sol Club - Carlton 6:30 Bowling in Henley Hall</p>	<p>26 10:00 Sit Fit – Dover 10:30 Movement to Music - Brighton 11:00 Sit Fit - Carlton 2:00 Zainab's Kitchen-Dover (Berry Blue Smoothie) 4:15 Afternoon Tea - Avonmore</p> <p>Administrative Professionals' Day</p>	<p>27 10:00 Budgie Care 11:15 Coffee & Current Events in Activity Room 2:00 Henley Hall/ Patio Social (with ice cream) 4:15 Sol Club - Doulton</p>
<p>28 10:00 Hand Massages- Balmoral 11:00 Who in the World? - Dover 2:00 Sunday Tea in Henley Hall with Music Semplice 4:15 Sol Club - Balmoral</p>	<p>29 International Dance Day</p> 	<p>30 10:30 Catholic Liturgy 2:30 Neighborhood Social Ascot/Brighton 4:15 Sol Club - Cambridge 6:30 Wine and Cheese with the Old Crusty Minstrels in Henley Hall</p> 		<p>1st Floor Neighbourhoods Avonmore Balmoral Cambridge Dover</p> <p>2nd Floor Neighbourhoods Ascot Brighton Carlton Doulton Hamptons</p>		<p>PLEASE NOTE:</p> <p>All programming is subject to last minute changes. Please check the Daily Sheets on each floor for any updates.</p> <p>Please contact the Recreation Department with any questions.</p>