

APRIL

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

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

JUNE

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

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