

| Sunday   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|--|---|---|---|--|--|--|
| <b>Locations Legend</b><br>Great Room (GR)<br>Activity Room (AR)<br>Theatre (TH)<br>Front Desk (FD)<br>Games Room (GAMR)<br>Tower Courtyard (COUR)   | <b>1</b><br>10:00 Crosswords & Activity Sheets* (GR)<br>10:30 Ukulele Lessons (AR)<br>3:00 Knitting Group* (GR)<br>7:00 DOCUMENTARY: Quincy (TH)<br><br>Easter Monday<br>Parkinson's Awareness Month  | <b>2</b><br>10:00 Exercise (AR)<br>10:45 You be the Judge NEW! (GR)<br>2:00 Armchair Travel: "The Netherlands" (TH)<br>3:15 Matching Cards Memory Game (GR)<br>6:30 History Presentation with Eric: "American Civil Rights Movement 1945-1968" (TH)             | <b>3</b><br>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD)<br>10:00 Gentle Fit & Stretch (AR)<br>10:45 Trivia (GR)<br>1:00 BUS: Shopping at Tillicum Mall (AR)<br>2:00 Bingo (GR)<br>3:15 Ping Pong (AR)<br>7:00 MOVIE: Maestro (TH)  | <b>4</b><br>10:00 Chair Pilates Exercise with Jenn (AR)<br>10:00 Walker/Scooter Safety Demo & Tune Up (GR)<br>2:30 Happy Hour ft. Victor Pasta (GR)<br>3:30 Pool Game* (GAMR)<br>7:00 SERIES: "Suits" (TH)   | <b>5</b><br>9:45 Chair Yoga with Kathy (AR)<br>11:00 Meditation (GR)<br>1:00 Crib Tournament* (GR)<br>1:30 Ted Talk (TH)<br>3:00 Knitting Group* (GR)<br>3:00 "The Space Between" Play (GR)<br>7:00 SERIES: "The Crown" (TH)   | <b>6</b><br>9:45 Drumfit Exercise (AR)<br>10:45 Fit Minds (AR)<br>1:00 BUS: Farms & Fields Scenic Drive (AR)<br>2:00 MOVIE MINISERIES: "Self Made" (TH)<br>3:00 Music Bingo (GR) |
| <b>7</b><br>9:30 United Church Service Video (TH)<br>10:30 Crosswords & Word Searches* (GR)<br>2:00 MATINEE: October Sky (TH)<br>3:00 Board Games* (GR)<br>7:00 SERIES: "The Ranch" (TH)                                   | <b>8</b><br>10:00 Chair Tai Chi with Brenda (AR)<br>10:30 Ukulele Lessons (AR)<br>10:45 Riddle Me This! Game (GR)<br>1:30 Horseracing (GR)<br>2:30 Bingo (GR)<br>3:00 Knitting Group* (GR)<br>7:00 DOCUMENTARY: The Volcano - Rescue from Whakaari (TH) | <b>9</b><br>10:00 Gentle Fit & Stretch (AR)<br>10:45 Did you know? Fun Facts Trivia (GR)<br>2:00 Wine & Cheese Social ft. Charlie Burton (GR)<br>3:15 A Picture is Worth a 1000 Words (GR)<br>6:30 Card Game Night* (GR)  | <b>10</b><br>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD)<br>10:00 Falls Prevention Exercise Program with Dr. McNeill (AR)<br>10:45 Trivia (GR)<br>1:00 BUS: View Royal Casino (AR)<br>2:00 Bingo (GR)<br>3:15 Colouring & Conversation (GR)<br>7:00 MOVIE: Notting Hill (TH) | <b>11</b><br>8:00 Hearing Aid Cleaning Pick Up (FD)<br>9:30 Spec Savers Complimentary Eye Glass Cleaning & Repair Service (GR)<br>10:00 Chair Pilates Exercise with Jenn (AR)<br>2:30 Happy Hour ft. Brian Porter (GR)<br>3:30 Shuffleboard* (GAMR)<br>7:00 SERIES: "Suits" (TH) | <b>12</b><br>9:45 Chair Yoga with Kathy (AR)<br>11:00 Meditation (GR)<br>1:00 Memoir Writing (AR)<br>2:00 Who or What Am I? Trivia (GR)<br>3:00 Knitting Group* (GR)<br>3:00 Music Bingo (GR)<br>7:00 SERIES: "The Crown" (TH) | <b>13</b><br>9:45 Balls & Bands (AR)<br>10:45 Fit Minds (AR)<br>1:00 Gardening Group: Tower Courtyard Spring Planting (COUR)<br>2:00 MOVIE MINISERIES: "Queen Cleopatra" (TH)    |
| <b>14</b><br>9:30 United Church Service Video (TH)<br>10:30 Crosswords & Word Searches* (GR)<br>2:00 MATINEE: The Holdovers (TH)<br>3:00 Board Games* (GR)<br>7:00 SERIES: "The Ranch" (TH)<br><br>National Volunteer Week | <b>15</b><br>10:00 Exercise (AR)<br>10:45 Word Games (AR)<br>1:30 Horseracing (GR)<br>2:30 Bingo (GR)<br>3:00 Knitting Group* (GR)<br>7:00 DOCUMENTARY: Becoming (TH)   | <b>16</b><br>9:30 - 3:30pm COVID Booster Clinic (TH)<br>10:00 Gentle Fit & Stretch (AR)<br>10:45 Matching Cards Memory Game (AR)<br>1:00 BUS: IMAX Theatre "Deep Sky" (AR)<br>2:45 P.A.T.S. Dog Visit (GR)<br>3:00 Ping Pong (AR)<br>6:30 Card Game Night* (GR) | <b>17</b><br>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD)<br>10:00 Falls Prevention Exercise with Dr. McNeill (AR)<br>10:45 Trivia (GR)<br>1:00 BUS: Shopping at Hillside Mall/Walmart (AR)<br>2:00 Bingo (GR)<br>7:00 Juan de Fuca Orchestra (GR)                            | <b>18</b><br>10:00 Chair Pilates Exercise with Jenn (AR)<br>1:30 Food Meeting with Kevin (GR)<br>2:15 Volunteer Recognition (GR)<br>2:30 Happy Hour ft. Joyz & the Boyz (GR)<br>3:30 Pool Game* (GAMR)<br>7:00 SERIES: "Suits" (TH)  | <b>19</b><br>9:45 Chair Yoga with Kathy (AR)<br>10:45 Spring Craft with Michelle (AR)<br>1:00 Crib Tournament* (GR)<br>3:00 Knitting Group* (GR)<br>7:00 SERIES: "The Crown" (TH)  | <b>20</b><br>9:45 Ping Pong* (AR)<br>10:45 Crosswords & Word Searches* (GR)<br>2:00 Arion Male Choir (GR)<br>3:00 DIY Name Tag Craft* (AR)                                       |

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|--|---|--|--|--|---|--|
| <b>21</b><br>9:30 United Church Service Video (TH)<br>10:30 Crosswords & Word Searches* (GR)<br>2:00 MATINEE: The Cider House Rules (TH)<br>3:00 Board Games* (GR)<br>7:00 SERIES: "The Ranch" (TH)            | <b>22</b><br>10:00 Chair Tai Chi with Brenda (AR)<br>10:30 Ukulele Lessons (AR)<br>10:30 Parkinson Wellness Project Presentation (TH)<br>1:30 Horseracing (GR)<br>2:30 Bingo (GR)<br>3:00 Knitting Group* (GR)<br>7:00 DOCUMENTARY: Horizon (TH)<br>Earth Day | <b>23</b><br>10:00 Gentle Fit & Stretch (AR)<br>10:45 Did you know? Fun Facts Trivia (GR)<br>1:45 Town Hall Meeting (GR)<br>3:00 S'mores Social (COUR)<br>6:30 Card Game Night* (GR) | <b>24</b><br>9:00 BUS: Medical Appointments & Swimming at Crystal Pool (FD)<br>10:00 Falls Prevention Exercise with Dr. McNeill (AR)<br>10:45 Trivia (GR)<br>1:00 BUS: Shopping at Westshore Mall (AR)<br>2:00 Bingo (GR)<br>3:15 Colouring & Conversation (GR)<br>7:00 MOVIE: Devotion (TH) | <b>25</b><br>10:00 Chair Pilates Exercise with Jenn (AR)<br>10:45 BUS: Lunch at 10 Acres Restaurant in Sidney (AR)<br>2:30 Daffodil Campaign Happy Hour ft. Seabreeze (GR)<br>3:30 Shuffleboard* (GAMR)<br>7:00 SERIES: "Suits" (TH) | <b>26</b><br>9:45 Chair Yoga with Kathy (AR)<br>11:00 Meditation (GR)<br>1:00 Memoir Writing (AR)<br>2:00 What's In the Box? NEW! (GR)<br>3:00 Knitting Group* (GR)<br>3:00 Music Bingo (GR)<br>7:00 SERIES: "The Crown" (TH) | <b>27</b><br>9:45 Balls & Bands (AR)<br>10:45 Fit Minds (AR)<br>1:00 BUS: Sip & Stroll - Breakwater & Cafe (AR)<br>2:00 MOVIE MINISERIES: "Queen Cleopatra" (TH)<br>3:00 Gardening Group: Seedling Saturday (COUR) |
| <b>28</b><br>9:30 United Church Service Video (TH)<br>10:30 Crosswords & Word Searches* (GR)<br>2:00 DESCRIBED VIDEO MATINEE: Ford vs. Ferrari (TH)<br>3:00 Board Games* (GR)<br>7:00 SERIES: "The Ranch" (TH) | <b>29</b><br>10:00 Exercise (AR)<br>10:30 Ukulele Lessons (AR)<br>10:45 Word Games (AR)<br>1:30 Horseracing (GR)<br>2:30 Bingo (GR)<br>3:00 Knitting Group* (GR)<br>7:00 DOCUMENTARY: The Founder (TH)  | <b>30</b><br>10:00 Gentle Fit & Stretch (AR)<br>10:45 You be the Judge NEW! (GR)<br>2:00 Birthday Social ft. K-tones (GR)<br>3:15 Show & Share (GR)<br>6:30 Card Game Night* (GR)    |    |  |   |  |

**Locations Legend**

- Great Room (GR)
- Activity Room (AR)
- Theatre (TH)
- Front Desk (FD)
- Games Room (GAMR)
- Tower Courtyard (COUR)



**MEAL TIMES:**  
**Breakfast 7:30am - 9:00am**  
**Lunch 11:15am - 12:30pm**  
**Dinner 4:15pm - 5:30pm**  
**Courtyard Café**  
**7:30am - 3:00pm**  
**5:00pm-6:30pm**

**TUCK SHOP:**  
**Monday, Wednesday & Friday**  
**2:00 - 3:00pm**  
**ARLENE'S SALON:**  
**Wednesdays & Thursdays**  
**10:00am-5:00pm \*Closed until April 11th**  
**BINGO 25 cents a card**  
**HORSERACING 10 cents per game**  
**HAPPY HOUR \$2 drink donation**