

# April 2024



## Suncrest Retirement Community Amble Green

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>Easter Monday 1</b> <b>April Fools Day!</b> 9:30 Gym Fit! 1:30 Music Therapy Chime Choir (2nd Flr) 3:00 Word Games	2 9:30 Move 2 Music 3:00 Croquet	3 9:30 Sit Fit 2:30 Music Therapy With Angela	4 9:30 Fitness 1:30 <b>Concert on 2nd</b> <b>"Allen Boolinoff"</b>	5 9:30 Vitality! 3:00 Afternoon Bingo!	
	7 9:30 Gym Fit! 1:30 Music Therapy Chime Choir (2nd Flr) 3:00 Target Toss	8 9:30 Move 2 Music 3:00 Basketball	9 9:30 Sit Fit 3:00 Sing A Long	10 9:30 Fitness 1:30 <b>Concert on 3rd</b> <b>"Bruce Coughlan"</b>	11 9:30 Vitality! 3:00 Afternoon Bingo!	
	14 9:30 Gym Fit! 1:30 Music Therapy Chime Choir (2nd Flr) 3:00 Indoor Tennis	15 9:30 Move 2 Music 1:30 Spring Colouring	16 10:00 <b>Scenic Drive</b> <b>Bus Outing</b> 2:30 Music Therapy With Angela	17 9:30 Fitness 1:30 <b>Concert on 4th</b> <b>"Shawn McKee"</b>	18 9:30 Vitality! 3:00 Afternoon Bingo!	
	<b>Earth Day 21</b> 22 9:30 Gym Fit! 1:30 Music Therapy Chime Choir (2nd Flr) 3:00 Trivia Hour	23 9:30 Move 2 Music 3:00 Soccer	24 9:30 Sit Fit 2:30 <b>"April Showers"</b> <b>High Tea</b> <b>Social</b>	25 9:30 Fitness 1:30 Indoor Frisbee	26 9:30 Vitality! 3:00 Afternoon Bingo!	
	28 9:30 Gym Fit! 1:30 Music Therapy Chime Choir (2nd Flr) 3:00 <b>Resident Meeting</b>	29 9:30 Move 2 Music 3:00 Badminton				

April Showers  
Bring May  
Flowers