









April 2024 Suncrest Retirement Community Independent & Assisted Living Residence

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><u>Easter Monday 1</u> <u>April Fools Day!</u></p> <p>10:30 Fun & Fitness</p> <p>1:30 Knitting Club</p>	<p>10:30 ² Drum Fit</p> <p>1:30 Afternoon Bingo</p>	<p>10:30 ³ “Silver Sneakers”</p> <p>1:30 Sing A Long</p> <p><u>Wine Wednesday!</u></p>	<p><u>10:30 Hearing Clinic 4</u></p> <p>10:30 Move 2 Music</p> <p>3:00 Afternoon Bingo</p>	<p>10:30 ⁵ Chair Fit</p> <p>1:30 Happy Hour with “John Elton”</p>	<p>1:30 Afternoon Fun with Courtney</p>
	<p>7 10:30 Fun & Fitness⁸</p> <p>1:00 Manicures & Mimosas (\$25.00) (Sign-Up required)</p>	<p>10:30 ⁹ Drum Fit</p> <p>1:30 Afternoon Bingo</p>	<p>10:30 ¹⁰ “Silver Sneakers”</p> <p>1:30 Ladder Ball In the Rec. Room</p>	<p>10:30 ¹¹ <u>Town Hall Meeting</u></p> <p>3:00 Happy Hour with “Bruce Coughlan”</p>	<p>10:30 ¹² Chair Fit</p> <p>1:30 Afternoon Bingo</p>	<p>1:30 Afternoon Fun with Courtney</p>
	<p>14 10:30 ¹⁵ Fun & Fitness</p> <p>1:30 Shuffleboard In the Rec. Room</p>	<p>10:30 ¹⁶ Drum Fit</p> <p>3:00 “April Showers” High Tea Social </p>	<p>10:30 ¹⁷ “Silver Sneakers”</p> <p>1:30 Scenic Drive Bus Outing </p>	<p>10:30 ¹⁸ Move 2 Music</p> <p>3:00 Afternoon Bingo</p>	<p>10:30 ¹⁹ Chair Fit</p> <p>1:30 Happy Hour with “Gordon Oliver”</p>	<p>1:30 Afternoon Fun with Courtney</p>
	<p>21  ²²</p> <p>10:30 Fun & Fitness</p> <p>1:30 Trivia Hour</p>	<p>10:30 ²³ Drum Fit</p> <p>1:30 Afternoon Bingo</p>	<p>10:30 ²⁴ “Silver Sneakers”</p> <p>1:30 Spring Adult Colouring</p>	<p>10:30 ²⁵ Move 2 Music</p> <p>3:00 Afternoon Bingo</p>	<p>10:30 ²⁶ Chair Fit</p> <p>1:30 Birthday Bash with “True Blue”</p>	<p>1:30 Afternoon Fun with Courtney</p>
	<p>28 10:30 ²⁹ Fun & Fitness</p> <p>1:30 Targets In the Rec. Room</p>	<p>10:30 ³⁰ Drum Fit</p> <p>1:30 Afternoon Bingo</p>	