







April 2024 Suncrest Retirement Community 2nd Floor - Ocean Park (O) / Pender (P)

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Easter Monday 1 April Fools Day! 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	9:30 Fitness (O) 2 10:30 Fitness (P) 1:30 Sing A Long (M) 3:00 Walk About (P)	9:30 Sit Fit (O) 3 10:30 Sit Fit (P) 1:30 Music Therapy With Angela 3:00 Adult Colouring (P)	9:30 Vitality! (O) 4 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 2nd "Allen Boolinoff" 3:00 Reminiscing	9:30 Fitness (O) 5 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)		
	7 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	8 9:30 Fitness (O) 9 10:30 Fitness (P) 1:30 Visits 2:30 Men's Pub Social 3rd Floor (M) 4:00 Walk About	10 9:30 Sit Fit (O) 10:30 Sit Fit (P) 1:30 Badminton (O) 3:00 Comedy Hour (P)	11 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 3rd "Bruce Coughlan" 3:00 Reminiscing	12 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)		
	14 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	15 9:30 Fitness (O) 16 10:30 Fitness (P) 1:30 Afternoon Movie Matinee 4th Floor (M) 4:00 Walk About	17 10:00 Scenic Drive Bus Outing  1:30 Music Therapy With Angela 3:00 Video Funnies (O)	18 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Concert on 4th "Shawn McKee" 3:00 Reminiscing	19 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)		
	21 Earth Day 22 9:30 Gym Fit! (O) 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:15 Cribbage	23 9:30 Fitness (O) 10:30 Fitness (P) 2:30 Women's Group High Tea Social 3rd Floor (M) 4:00 Walk About	24 9:30 Sit Fit (O) 10:30 Sit Fit (P) 1:30 Trivia Hour (O) 3:00 Indoor Tennis (P)	25 9:30 Vitality! (O) 10:00 Catholic Mass 10:30 Vitality! (P) 1:30 Adult Colouring (O) 3:00 Reminiscing	26 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Bingo (O) 3:00 Bingo (P)		
	28 9:30 Gym Fit! (O) 29 9:30 Gym Fit! (P) 1:30 Music Therapy Chime Choir (M) 3:00 Resident Meeting	30 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Pictionary (O) 3:00 Trivia Hour (P)	