

April 2024



Suncrest Retirement Community 3rd Floor - Bay View (B) / Gabriola

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	Easter Monday 1 April Fools Day! 9:30 Gym Fit! (B) 10:30 Gym Fit! (G) 1:30 Casino (B) 3:00 Spring Quiz (G)	2 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Sing A Long (M) 3:00 Walk About	3 9:30 Sit Fit (B) 10:30 Sit Fit (G) 1:30 Badminton (B) 3:00 Price is Right! (G)	4 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 2nd "Allen Boolinoff" 3:00 Reminiscing	5 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Bingo (M) 3:00 Who Am I?	6 	
	8 9:30 Gym Fit! (B) 10:30 Gym Fit! (G) 1:30 Casino (B) 3:00 Reminiscing (G)	9 9:30 Fitness (O) 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 (B) 10:30 Sit Fit (G) 1:30 Music Therapy With Angela 3:00 Comedy Hour	11 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 3rd "Bruce Coughlan" 3:00 Reminiscing	12 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Bingo (M) 3:00 Pictionary	13 	
14 	15 9:30 Gym Fit! (B) 10:30 Gym Fit! (G) 1:30 Casino (B) 3:00 Croquet (G)	16 9:30 Fitness (O) 10:30 Fitness (P) 1:30 Afternoon Movie Matinee 4th Floor (M) 4:00 Walk About	17 10:00 Scenic Drive Bus Outing 3:00 Adult Colouring	18 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Concert on 4th "Shawn McKee" 3:00 Reminiscing	19 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Bingo (M) 3:00 Random Word Game	20 	
21 	Earth Day 22 9:30 Gym Fit! (B) 10:30 Gym Fit! (G) 1:30 Target Toss (B) 3:00 Trivia Hour (G)	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 (B) 10:30 Sit Fit (G) 1:30 Music Therapy With Angela 3:00 Give Me 5	25 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (G) 1:30 Soccer (B) 3:00 Brain Teasers (G)	26 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Bingo (M) 3:00 Proverbs	27 	
28 	29 9:30 Gym Fit! (B) 10:30 Gym Fit! (G) 1:30 Casino (B) 3:00 Resident Meeting	30 9:30 Fitness (B) 10:30 Fitness (G) 1:30 Bocce (B) 3:00 Hangman (G)					

April Showers
Bring May
Flowers