

April 2024 Suncrest Retirement Community 4th Floor - Buena Vista (B) & Savary

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	Easter Monday 1 April Fools Day! 9:30 Gym Fit! (B) 10:30 Gym Fit! (S) 1:30 Volleyball (B) 3:00 Sing A Long (S)	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 (S) 1:30 Trivia (B) 3:00 Badminton (S)	4 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (S) 1:30 Concert on 2nd "Allen Boolinoff" 3:00 Reminiscing	5 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Bingo (B) 3:00 Good Ol' Days (S)	6 		
	7 9:30 Gym Fit! (B) 8 10:30 Gym Fit! (S) 1:30 Ladder Ball (B) 3:00 Adult Colouring (S)	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 (S) 1:30 Volleyball (B) 2:30 Music Therapy With Angela	11 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (S) 1:30 Concert on 3rd "Bruce Coughlan" 3:00 Reminiscing	12 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Tennis (B) 3:00 Music Appreciation (S)	13 		
	14 9:30 Gym Fit! (B) 15 10:30 Gym Fit! (S) 1:30 Target Toss (B) 3:00 Anagrams (S)	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 1:30 Bingo (B) 3:00 Price is Right (S)	18 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (S) 1:30 Concert on 4th "Shawn McKee" 3:00 Reminiscing	19 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Bingo (B) 3:00 Trivia Hour (S)	20 		
	21 Earth Day 22 9:30 Gym Fit! (B) 10:30 Gym Fit! (S) 1:30 & 3:00 Earth Day Adult Colouring	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 (S) 1:30 Bocce (B) 2:30 Music Therapy With Angela	25 9:30 Vitality! (B) 10:00 Catholic Mass 10:30 Vitality! (S) 1:30 Soccer (B) 3:00 Give Me 5 (S)	26 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Badminton (B) 3:00 Reminiscing (S)	27 		
	28 9:30 Gym Fit! (B) 29 10:30 Gym Fit! (S) 1:30 Bocce (B) 3:00 Resident Meeting	30 9:30 Fitness (B) 10:30 Fitness (S) 1:30 Bingo (B) 3:00 Hymn Sing (S)						