



April 2024

Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing</p>	<p>2</p> <p>10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga</p>	<p>3</p> <p>9 a.m. Active Fit 10 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir</p>	<p>4</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>5</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>6</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>8</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Drawing</p>	<p>9</p> <p>10 a.m. Mid Mobility 1 p.m. Let's get-fit-a-bit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga</p>	<p>10</p> <p>9 a.m. Active Fit 10 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong No choir today</p>	<p>11</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Walk 'n Talk 1 p.m. Bid Euchre</p>	<p>12</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>13</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>15</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>16</p> <p>9:30 am Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>	<p>17</p> <p>9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir 1:30 Book Club 5:30 p.m. Diner's Delight</p>	<p>18</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45 a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>19</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess 1 p.m. Wills & POA seminar</p>	<p>20</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>22</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk</p>	<p>23</p> <p>9:30 am Oil Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>	<p>24</p> <p>9 a.m. Active Fit 10 a.m. Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1 p.m. Choir</p>	<p>25</p> <p>8:30 a.m. Active Fit 10 a.m. Canasta 10:45a.m. Beg Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre</p>	<p>26</p> <p>8:30 a.m. Functional Fitness 9:30 a.m. Low Mobility 9:30 a.m. Beginner Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 p.m. Chess</p>	<p>27</p> <p>10:30 a.m. Kripalu Yoga</p>
<p>29</p> <p>9 a.m. Active Fit 9:30 a.m. Oil Painting 10:30 a.m. Line Dancing 1 p.m. Carpet Bowling 1 p.m. Darts</p>	<p>30</p> <p>9:30 am Painting 10 a.m. Mid Mobility 1 p.m. Bridge 1 p.m. Let's get fit a bit 4:30 p.m. Kripalu Yoga</p>				