



April 2025

Mon	Tue	Wed	Thu	Fri	Sat
	1 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	2 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahj	3 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Series: Dental Hygiene 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	4 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 9:30 a.m. Watercolours 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Chartwell Open House	5 10:30 a.m. Kripalu Yoga Chartwell Open House
7 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk 1:30 p.m. Chess	8 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	9 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	10 8:30 a.m. Active Fit 9:30 a.m. Watercolours 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	11 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10 am– Wellness Series: Dental Hygiene 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre Deadline to register for Diner's Delight	12 10:30 a.m. Kripalu Yoga
14 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 p.m. SnowWalk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1 p.m. Walk 'n Talk 1:30 p.m. Chess	15 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	16 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong 1:30 p.m. Book Club 5:30 p.m. Diner's Delight	17 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre 1 p.m. Tech Talk 1 p.m. Crokinole	18 Good Friday Centre Closed	19 10:30 a.m. Kripalu Yoga
21 Easter Monday Centre Closed	22 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 1:30 pm Chess 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	23 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong Venvi Heritage Springtime in Paris	24 8:30 a.m. Active Fit 10 a.m. Canasta 10 am– Wellness Series: Foot Care 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	25 8:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre	26 10:30 a.m. Kripalu Yoga
28 9 a.m. Active Fit 9:30 a.m. Acrylic/Oil 10:30 Line Dancing 1 pm Walk 'n Talk 1 p.m. Drawing 1 p.m. Carpet Bowling 1 p.m. Darts 1:30 p.m. Chess	29 9:30 a.m. Acrylic/Oil 10 a.m. Mid Mobility 11:15 a.m. Qi-Gong 1 p.m. Let's get-fit 1 p.m. Bridge 4:30 p.m. Kripalu Yoga 6:30 p.m. - Chair & Standing Yoga	30 9 a.m. Active Fit 10:15 am Bridge lessons 1 p.m. Cribbage 1 p.m. Mahjong	May 1 8:30 a.m. Active Fit 10 a.m. Canasta 10:30 a.m. Beg. Tai Chi 12:30 p.m. Peer Watercolours 1 p.m. Bid Euchre	May 2 9:30 a.m. Functional Fit 9:30 a.m. Low Mobility 10:30 a.m. Tai Chi 1 p.m. 4 Hand Euchre 1 pm Needle Felting	May 3 10:30 a.m. Kripalu Yoga