

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>International Global Astronomy Month</b></p>	<p>10:30 Daily Chronicles <b>1</b> 10:45 Residents Floor meeting with treats</p> <p><u>2:30 Easter Mass on TV downstairs main room</u> 3:45 Discussion Group: April Fools' Day Around the World</p> <p>All Fools' Day</p>	<p>10:30 Morning Stretches <b>2</b> 11:00 Balloon Badminton</p> <p>2:15 Mindful Painting 3:15 The Crown Season 3 4:15 Creative Time</p>	<p>10:30 Daily Chronicles <b>3</b> 10:45 Noodle Stretches' 11:00 Balloon Noodles</p> <p>2:15 Documentary: Mysteries of the Universe (1.5hr) 3:45 BINGO!</p>	<p>10:45 Discussion Group: The Kilt; A Symbol of Freedom <b>4</b></p> <p><u>2:30 Spring Tea Downstairs</u> 3:45 Mind Joggers 4:15 Quality Time</p>	<p>10:30 Morning Stretches' <b>5</b> 10:45 Bean Bag Bingo!</p> <p>2:15 Mindful Colouring 3:15 Daily TV Mass 4:15 Creative Time</p>	 <p><b>6</b></p>
	<p>10:30 Daily Chronicles <b>8</b> 10:45 Morning Stretches 11:15 Music Therapy with Sarah &amp; Josh</p> <p>2:15 Destination Discussion: Scottish Highlands 3:30 Book Club: Signs 4:15 Creative Time</p>	<p>10:30 Walks and Talks <b>9</b> 10:45 Ball Bounce Game 11:00 Creative Time</p> <p>2:15 Mindful Painting 3:15 The Crown Season 3 4:15 Quality Time <u>3:30 Memorial Service Downstairs</u></p>	<p>10:30 Daily Chronicles <b>10</b> 10:45 Morning Stretches 11:00 Balloon Noodles</p> <p>Bus Trip - Wednesday May 10<sup>th</sup> 1:00-4:00pm Aquarium</p>	<p>10:30 Daily Chronicles <b>11</b> 10:45 Discussion Group: Newfoundland &amp; Labrador</p> <p>2:15 Ball Bounce Game 3:00 <b>Movie &amp; Popcorn - Indiana Jones and the Temple of Doom</b></p>	<p>10:30 Morning Stretches' <b>12</b> 10:45 Bean Bag Points Game</p> <p>2:15 Documentary: Black Holes 3:15 Daily TV Mass 4:15 Walks and Talks</p>	 <p><b>13</b></p>
 <p><b>14</b></p>	<p>10:30 Morning Stretches <b>15</b> 10:45 Bean Bag Bingo!</p> <p>2:15 Pictionary 3:30 Book Club: Signs 4:15 Creative Time</p>	<p>10:30 Walks &amp; Talks <b>16</b> 10:45 Bowling! 11:00 Quality Time</p> <p>2:15 Mindful Painting 3:15 The Crown Season 3 4:15 Creative Time</p>	<p>10:30 Daily Chronicles <b>17</b> 10:45 Morning Stretches' 11:00 Balloon Noodles</p> <p>2:15 Mini Putt 3:00 Documentary: The World in 2050(50 mins) 4:00 Quality Time</p>	<p>*PCA Student last day* <b>18</b> 10:30 Daily Chronicles 10:45 Ball Bounce Game</p> <p><u>2:30 SUPER BINGO!</u> 3:45 Pictionary 4:30 Quality Time</p>	<p>10:30 Lets' Bake! Aberdeen <b>19</b> Almond Cookies</p> <p><u>2:00 Resident Council Meeting</u> 3:15 Daily TV Mass 4:15 Creative Time</p>	 <p><b>20</b></p>
 <p><b>21</b></p>	<p>10:30 Daily Chronicles <b>22</b> 10:45 Morning Stretches 11:15 Music Therapy with Sarah &amp; Josh</p> <p><u>1:30 Special Event: Beyond Melodies</u> 3:00 Documentary: Earth Day</p> <p>Passover Begins Earth Day</p>	<p>10:30 Walks &amp; Talks <b>23</b> 10:45 Water Painting 11:00 Quality Time</p> <p>2:15 Pictionary 3:15 The Crown Season 3 4:15 Quality Time</p>	<p>10:30 Morning Stretches' <b>24</b> 10:45 Seated Chair Exercises 11:00 Penguin Town</p> <p>2:15 Documentary: International Space Station (45 mins) 3:15 Puzzles 4:00 Creative Art</p> <p>Administrative Professionals Day</p>	<p>10:30 Daily Chronicles <b>25</b> 10:45 Discussion Group: Great Scots! a tribute to Scottish Poetry</p> <p>2:15 <b>Movie &amp; Popcorn - Interstellar</b></p>	<p>10:30 Morning Stretches' <b>26</b> 11:00 Documentary: Trees/What is Arbor Day?</p> <p>2:15 Mindful Colouring 3:15 Daily TV Mass 4:15 Walks and Talks</p> <p>Arbor Day</p>	 <p><b>27</b></p>
 <p><b>28</b></p>	<p>10:30 Morning Stretches <b>29</b> 10:45 Seated Chair Exercise 11:00 Quality Time</p> <p><u>2:30 Resident Birthday Party! with musical guest</u></p>	<p>10:30 Morning Stretches' <b>30</b> 11:15 Discussion Group: Space</p> <p>2:15 Mindful Painting 3:15 The Crown Season 4 4:15 Creative Time</p>	 <p><b>April 2024</b></p> <p><u>All underlined activities will take place downstairs</u></p>			

Times and Programs are subject to change pending Staff and Residents needs. Seija( sounds like Sayeah) [sspence@kensingtonhealth.org](mailto:sspence@kensingtonhealth.org)