



Recreation Choices April 2019

Assisted Living/Independent Living • McConachie Gardens • Josie Leiter, Director of Recreation, Fitness Centre

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 10:00 Tiered Exercise Program -1 MR 11:00 Mindful Meditation MR 1:30 Garden Club AS 2:00 Paint with Wendy AS 3:00 Rev it Up FC 4:00 Dental Hygienist Presentation MR 6:30 Billiards P	2 10:00 Tiered Exercise Program – 2/3 MR 11:00 Calendar Reveal MR 12:00 Fort Bingo/Century Casino L 1:30 Widow to Widow TH 2:00 Knitting/Sewing Circle AS 3:00 Qigong MR 4:00 Spot the Difference*P 6:30 Canasta P	3 10:00 Tiered Exercise Program – 1 MR 10:30 Bear Hugs Daycare Visit MR 1:30 Shopping – Londonderry Mall L 2:00 Java Music Club AS 3:00 What’s Cooking-Raisin Cinnamon Bread DK 4:00 Pole Walking L 6:30 Cribbage P	4 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 1:30 Bible Study LB 2:00 Crafts–Spring Wreath AS 3:00 Youtube Chair Yoga* MR 4:00 Ukrainian Dance* MR 7:00 Pub Night – Troy & Teresa Gates	5 10:00 Tiered Exercise Program – 1 MR 11:00 Readers Theatre LB 1:30 Orchid Show L 2:00 Canasta P 4:00 Mix & Mingle P 4:30 Boys & Girls Club – Cultural Dance MR 6:30 Movie & Popcorn- The Best Marigold Hotel* AL	6 10:00 Tiered Exercise Program – 2/3 MR 11:00 Good News MR 2:00 Acrylic Pouring 3:00 Mini Golf CY 4:00 Elvis YouTube Concert* P 6:30 Games Night P
7 World Health Day 10:00 Strength & Mobility MR 11:00 Mindful Meditation MR 1:30 Spa Day WC 2:30 Church Service MR 3:30 Walking Club L 4:30 Healthy Snacks- Homemade Granola DK 6:30 Health Documentary-In Defense of Food* AL	8 National Volunteer Week 10:00 Tiered Exercise Program – 1 MR 11:00 Healthy Minds – Exercise & the Brain MR 1:00 Vegreville to visit Pysanka L 2:00 Paint with Wendy AS 3:00 Rev it UP FC 4:00 Sing-a-long P 6:30 Billiards P	9 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 1:30 Cinemax Theatre L 2:00 Travel Presentation- Canadian & US Bus Tours AL 3:00 Qigong MR 4:00 TED Talk- The Secret to Living Longer* P 6:30 Canasta P	10 10:00 Tiered Exercise Program – 1 MR 11:00 Easter Craft AS 12:00 Cribbage Tournament – River Ridge L 2:00 Kitchen Tour 3:00 What’s Cooking – Paska DK 4:00 Pole Walking L 6:30 Cribbage P	11 Spring Fling Formal 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 2:00 Crafts – Yarn Easter Eggs AS 3:00 Youtube Chair Yoga*MR 4:00 4 Picks 1 Word MR 6:30 Spring Fling Formal - Friends, Family & Volunteer Event Entertainment by Kayla Reid & Natalia Chai	12 10:00 Tiered Exercise Program – 1 MR 10:00 Pysanka Decorating AS 1:30 Shopping- Londonderry Mall L 2:00 Drive Happiness Presentation MR 3:00 Canasta P 3:00 Book Club LB 4:00 Jamming Session P 6:30 Movie & Popcorn – Late Bloomers*AL	13 10:00 McConachie Choir MR 11:00 Tiered Exercise Program – 2/3 MR 2:00 Craft –Yarn Easter Basket AS 3:00 Bowling CY 4:00 Neil Diamond - Youtube Concert* P 6:30 Bingo Night MC
14 10:00 Strength & Mobility MR 11:00 Mindful Meditation MR 1:30 Trivia* P 2:30 Church Service MR 3:30 Walking Club L 4:30 Horse Races P 6:30 Documentary- Ukraine the Land & Its People* AL	15 10:00 Tiered Exercise Program – 1 MR 11:00 Healthy Minds – Mind Alive Presentation MR 1:30 Shopping- Outlet Mall L 2:00 Paint with Wendy AS 3:00 Rev it Up FC 4:00 Sing-a-long P 6:30 Billiards P	16 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 1:30 Voting Station L 2:00 Knitting/Sewing Circle AS 3:00 Qigong MR 4:00 Family Feud* P 6:30 Canasta P	17 National Film Day 10:00 Tiered Exercise Program – 1 MR 11:00 Food For Thought with Chef Alyssa 1:00 St. Johns Cathedral/Museum L 2:00 Java Music Club AS 3:00 What’s Cooking – Perogies DK 4:00 Pole Walking L 6:30 Cribbage P 6:30 Film – A Bear Named Winnie* AL	18 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 1:30 Bible Study 2:00 Intro to Men’s Shed MR 2:00 Craft – Egg Shell Boxes AS 3:00 Youtube Chair Yoga* MR 7:00 Pub Night - Roy Marleau	19 Good Friday 10:00 Tiered Exercise Program – 1 MR 11:00 News & Views B 2:00 Craft- Egg Shell Boxes AS 3:00 Canasta P 4:00 Mix & Mingle P 6:30 Movie & Popcorn- Hope Springs* AL	20 10:00 Tiered Exercise Program – 2/3 MR 11:00 Good News 2:00 Bingo 3:00 Ladder Golf 4:00 John Denvor - Youtube Concert* P 6:30 Games Night MC

More recreational choices on the next page >



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
21 Easter Sunday 10:00 Strength & Mobility MR 11:00 Mindful Meditation MR 1:30 Easter Egg Toss CY 2:30 Church Service MR 3:30 Walking Club L 4:30 How Well do You know Your Music? P 6:30 The Celebration of Easter Documentary* AL	22 Easter Monday/Earth Day 10:00 Tiered Exercise Program – 1 MR 11:00 Easter Trivia* MR 2:00 Painting AS 3:00 Rev it Up FC 4:00 Sing-a-long P 6:30 Billiards P	23 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 12:30 Edmonton Waste Management Centre L 2:00 Knitting/Sewing Circle AS 3:00 Qigong MR 4:00 True or False* P 6:30 Canasta P 6:30 Care Givers Coffee Group TH	24 10:00 Tiered Exercise Program – 1 MR 11:00 Crafts with Arsh AS 1:00 Bronx Bowling L 2:00 Java Music Club AS 3:00 What's Cooking-Spring Rolls DK 3:30 Writers Circle AS 4:00 Pole Walking L 6:30 Cribbage P	25 World Penguin Day 10:00 Tiered Exercise Program – 2/3 MR 11:00 Garden Club AS 1:30 Shopping – Sherwood Park Outlet Mall L 2:00 Crafts with Arsh AS 3:00 March of the Penguins* AL 7:00 Pub Night -Celebrating Newfoundland with Cassie Finn	26 10:00 Tiered Exercise Program – 1 MR 11:00 Readers Theatre 2:00 Birthday Party – Morinville Minstrels DR 4:00 Karaoke P 6:30 Movie & Popcorn Grace & Frankie*AL	27 10:00 McConachie Choir MR 11:00 Tiered Exercise Program – 2/3 MR 1:30 Barbershop Quartet @ Riverbend L 2:00 Soap Making AS 3:00 Lawn Darts CY 4:00 Youtube Dean Martin* 6:30 Bingo Night MC
28 10:00 Strength & Mobility MR 11:00 Mindful Meditation MR 1:30 Horserace Game P 2:30 Church Service MR 3:30 Walking Club L 4:30 Card Games 6:30 Comedy Hour with Carol Burnette* AL	29 10:00 Tiered Exercise Program – 1 MR 11:00 Resident Council MR 1:30 Antique Mall L 2:00 Paint with Lisa AS 3:00 Rev it Up FC 4:00 Sing-a-long P 6:30 Billiards	30 10:00 Tiered Exercise Program – 2/3 MR 11:00 Apollo Pharmacy Presentation MR 12:00 Fort Bingo/Century Casino L 2:00 Knitting/Sewing Circle AS 3:00 Qigong MR 4:00 Name that Tune* P 6:00 Canasta P				
		ROOM LEGEND AL Assisted Living AS Art Studio B The Dash - Bistro DK Demo Kitchen DR Northern Lights Dining Room FC Fitness Centre L Lobby LB Library	ROOM LEGEND MC Memory Care MR Multipurpose Room P The Hub - Pub TH The Hanger - Private Dining Room WC Wellness Clinic CY Court Yard	CALENDAR LEGEND Highlights Outings *IPad/Apple Tv Programs	IMPORTANT DATES April 7 – World Health Day April 8 – 13 Volunteer Appreciation Week April 11 – Spring Fling Formal April 19 – Good Friday April 21 – Easter Sunday April 22 – Easter Monday/Earth Day April 26 – Birthday Party	