

# CEDARCROFT PLACE RECREATION CHOICES

## APRIL 2016

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>ROOM LEGEND</b> <b>H-Harmony Hall</b> <b>W-Wentworth Way</b> <b>M-Main Floor</b> <b>D-Dining Room</b> <b>2,3,4,5 Resident Floors</b> <b>PT: Pet Therapy</b>		<b>Every Thursday: John Yates</b> <b>Lunchtime Piano</b>	<b>1</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Knit & Mingle-H * <b>10:45am</b> Air Cube Exercise-W <b>1:30</b> Bowling-H <b>2:45pm</b> Oshawa Museum-W <b>7:00pm</b> Entertainment <b>Art Lajambe -D</b>	<b>2</b> <b>10:00am</b> Light Stretch-W <b>10:30am</b> Colouring For Relaxation -H <b>1:30pm</b> Free Bingo-H <b>2:30pm</b> Reminiscing-H <b>7:00pm</b> Movie & Snacks-W
<b>3</b> <b>10:00am to 11am</b> Triple Points for Walking Club-D <b>2:00pm</b> Rhythm Makers Dance Studio- D <b>8:00</b> Call the Midwife-W <b>9:00pm</b> Grantchester-W	<b>4</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Horse Racing -H <b>10:45am</b> Gentle Stretch-W <b>1:30pm</b> Awesome Toss'em-H <b>2:30pm</b> Charades-H <b>3:15pm</b> Bible Study-H <b>7:00pm</b> Crib Night-H	<b>5</b> <b>9:30am</b> Farkle-H <b>10:30am</b> Parachute Exercise -H <b>11:00am</b> Humour Time-H <b>1:30pm</b> Bingo Bonanza-H <b>3:15pm</b> Fall Prevention Class-H <b>6:00pm</b> PT: Steph & Zita Visit-M <b>7:00pm</b> The Wheel & Jeopardy-H	<b>6</b> <b>8:30am</b> Physio Exercise-H <b>9:00am</b> Walmart Shopping-*E <b>9:15am</b> Cedarcroft Foot Spa-H <b>10:30am</b> Laughter Yoga-H <b>1:00pm</b> Judy & Daisy-M <b>1:30pm</b> Bowling-H <b>2:30pm</b> Beaded Jewelry Design-H <b>7:00pm</b> Sing-A-Long-M	<b>7</b> <b>9:30am</b> Catholic Mass-W <b>9:30am</b> Trivia With Cindy-H <b>10:30am</b> Exercise with Cindy-H <b>1:30pm</b> Awesome Toss'em-W <b>2:45pm</b> Gardening With Sean* W <b>3:15pm</b> Fall Prevention Class-H <b>5:30pm</b> PT: Sandra & Nicki-M <b>6:30pm</b> Family Feud-H	<b>8 Blue Jay Day</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Knit & Mingle-H <b>11:00am</b> 5 <sup>th</sup> Inning Stretch-W <b>1:30pm</b> Bowling-H <b>2:45pm</b> Blue Jay Trivia-H <b>3:30pm</b> Chalked Words-W <b>7:00pm</b> Toronto Blue Jay Season Opener-W	<b>9</b> <b>9:30am</b> Shape Up-H <b>10:30am</b> Artistic Painting-H <b>1:00pm</b> Blue Jay Baseball-W <b>1:30pm</b> Washer Toss-H <b>3:00pm</b> Drama Club-H <b>2:30pm</b> Hang Man-W <b>7:00pm</b> Movie & Snacks-W
<b>10</b> <b>10:00am to 11am</b> Double Points for Walking Club-D <b>1:30pm</b> Free Bingo-H <b>2:45</b> Travel Log Rick Steeves-Surprising Bulgaria-W <b>8:00</b> Call the Midwife-W <b>9:00pm</b> Grantchester-W	<b>11</b> <b>8:30am</b> Physio Exercise-H <b>9:15am</b> Cedarcroft Facial's-H <b>10:30am</b> Emma's Zumba -H <b>10:00am</b> Colouring Club -H <b>1:30pm</b> Awesome Toss'em-H <b>3:15pm</b> Bible Study-H <b>7:00pm</b> Yahtzee Night-H	<b>12</b> <b>9:30am</b> Manicures-H <b>10:30am</b> Air Cube Exercise-H <b>11:00am</b> Humour Time-H <b>1:30pm</b> Bingo Bonanza-H <b>2:45pm</b> Crafts: Falling Raindrops-H <b>6:00pm</b> PT: Steph & Zita Visit-M <b>3:15pm</b> Fall Prevention Class-H <b>6:30pm</b> Name That Tune-H	<b>13</b> <b>8:30am</b> Physio Exercise-H <b>9:15am</b> Cranium Crunches-H <b>10:30am</b> Laughter Yoga-H <b>1:00pm</b> Judy & Daisy-M <b>1:30pm</b> Wind Reach Farm Visit-M <b>3:30pm</b> Reminiscing-W <b>7:00pm</b> Weekly Chronicle-H	<b>14</b> <b>9:30am</b> Catholic Church-W <b>9:30am</b> Trivia With Cindy-H <b>10:30am</b> Balloon Racquet Ball-H <b>11:00am</b> Toronto Deli Trip*E <b>1:30pm</b> Awesome Toss'em-W <b>3:15pm</b> Fall Prevention Class-H <b>5:30pm</b> PT: Sandra & Nicki-M <b>6:30pm</b> Crossword Mania-H	<b>15</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Knit & Mingle-H <b>10:45am</b> Air Cube Exercise-W <b>11:15am</b> Chicken Soup-W <b>1:30pm</b> Bowling-H <b>2:45pm</b> Reading Club-4 <b>7:00pm</b> Toronto @ Boston-W	<b>16</b> <b>9:30am</b> Octoband Exercise-H <b>10:30am</b> Penny Ante-H <b>1:00pm</b> Blue Jay Baseball-W <b>1:30pm</b> Washer Toss-H <b>2:30pm</b> Hang Man-H <b>7:00pm</b> Domino Night-H
<b>17</b> <b>10:00am to 11am</b> Triple Points for Walking Club-D <b>1:30pm</b> Free Bingo-H <b>3:30pm</b> Reverend Denhold & Friends-H <b>8:00</b> Call the Midwife-W <b>9:00pm</b> Grantchester-W	<b>18</b> <b>8:30am</b> Physio Exercise-H <b>9:15am</b> Colouring Club-H <b>10:45am</b> Emma's Zumba -H <b>1:30pm</b> Awesome Toss'em-H <b>3:00pm</b> Eye Glass Cleaning-H <b>3:15pm</b> Bible Study-H <b>7:00pm</b> Crib Night-H	<b>19</b> <b>9:30am</b> Farkle-H <b>10:30am</b> Racquet Ball-H <b>1:00pm</b> Out To The Movies*E <b>1:30pm</b> Bingo Bonanza-H <b>3:15pm</b> Fall Prevention Class-H <b>6:00pm</b> PT: Steph & Zita Visit-M <b>7:00pm</b> New Band-The Bristol's-D	<b>20 Hungarian Day</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Baking Time-H <b>10:30am</b> Laughter Yoga-H <b>1:30pm</b> Bowling-H <b>2:30pm</b> Culinary Meeting-W <b>3:00pm</b> Recreation Meeting-W <b>7:00pm</b> Sing-A-long-M	<b>21</b> <b>9:30am</b> Catholic Church-W <b>9:30am</b> Trivia With Darlene-H <b>10:30am</b> Revera Exercises-H <b>1:30pm</b> Awesome Toss'em-H <b>3:15pm</b> Fall Prevention Class-H <b>5:30pm</b> PT: Sandra & Nicki-M <b>6:45pm</b> Fondue Night-H	<b>22 Earth Day</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Knit & Mingle-H <b>10:45am</b> Parachute-W <b>11:15am</b> Chicken Soup-W <b>1:30pm</b> Bowling-H <b>2:45pm</b> Self Water Planter-H <b>7:00pm</b> Movie & Snacks-W	<b>23</b> <b>9:30am</b> Shape Up-H <b>10:30am</b> Artistic Painting-H <b>1:30pm</b> Washer Toss-H <b>2:30pm</b> Organ Donation Awareness Day <b>7:00pm</b> Domino's Night-H
<b>24</b> <b>10:00am to 11am</b> Double Points for Walking Club-D <b>1:30pm</b> Free Bingo-H <b>2:30pm</b> John Wiloughby-D <b>8:00</b> Call the Midwife-W <b>9:00pm</b> Grantchester-W	<b>25</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Facial & Herb Tea-H <b>10:45am</b> Emma's Zumba -H <b>1:30pm</b> Awesome Toss'em-H <b>2:30pm</b> Ice-Cream Social-M <b>3:15pm</b> Bible Study-H <b>7:00pm</b> Yahtzee Night-D	<b>26</b> <b>9:30am</b> Dice Games-H <b>10:30am</b> Volleyball-H <b>11:00am</b> Humour Time-H <b>1:00pm</b> Ajax Casino-*E <b>1:30pm</b> Bingo Bonanza-H <b>3:15pm</b> Fall Prevention Class-H <b>6:00pm</b> PT: Steph & Zita Visit-M <b>6:30pm</b> Family Feud-H	<b>27</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Cedarcroft Foot Spa-H <b>10:30 am</b> Laughter Yoga-H <b>11:30am</b> April Birthday Lunch-R <b>1:00pm</b> Judy & Daisy-M <b>1:30pm</b> Bowling-H <b>2:45pm</b> Herbal Soap With Sean*-H <b>7:00pm</b> Weekly Chronicle -H	<b>28 National Day of Mourning</b> <b>9:30am</b> Catholic Church-W <b>9:30am</b> Trivia With Darlene -H <b>10:30am</b> Revera Exercises-H <b>1:30pm</b> Town Hall Meeting-W <b>1:30pm</b> Awesome Toss'em-H <b>3:15pm</b> Fall Prevention Class-H <b>5:30pm</b> PT: Sandra & Nicki-M <b>6:30pm</b> Who or What?-H	<b>29</b> <b>8:30am</b> Physio Exercise-H <b>9:30am</b> Knit & Mingle-H <b>10:45am</b> Air Cube Exercise-W <b>11:15am</b> Chicken Soup-W <b>1:30pm</b> Bowling-H <b>2:45pm</b> Cappuccino Social-H <b>7:00pm</b> Movie & Snacks-W	<b>30</b> <b>9:30am</b> Noodle Exercise-H <b>10:30am</b> Penny Ante-H <b>1:30pm</b> Craig Entertains-D <b>2:45pm</b> New York Egg Creams-H <b>3:30pm</b> Memo Math-W New <b>7:00pm</b> Domino's Night-H