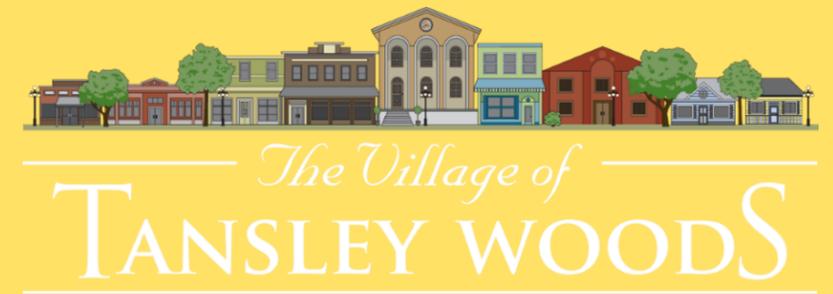




# April 2024

## Appleby



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Legend CC– Community Center FC– Fitness Center TH– Town Hall L– Library MS– Main Street</p>	<p><b>1 April Fools Day</b> 8:15 Breakfast 9:15 Fun &amp; Fit 12:00 Lunch 1:00 Neighbourhood Time 1:30 Circle of Friends 3:00 Express Yourself 4:00 You &amp; Me 5:00 Dinner 6:30 Brains and Banter-CC</p>	<p><b>2</b> 8:15 Breakfast 9:00 Neighbourhood Times 12:00 Lunch 2:00 Stepping Out 3:00 Brains &amp; Banter 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>3 National Walking Day</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Musical Moments 11:00 Total Body Fitness 11:00 You &amp; Me 12:00 Lunch 2:00 Neighbourhood Times 3:30 Stepping Out 5:00 Dinner</p>	<p><b>4</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Horticulture Therapy 11:00 Music Therapy 11:00 Stepping Out 12:00 Lunch 1:30 You &amp; Me 2:30 In the Kitchen-Smoothies 3:30 Brains &amp; Banter 5:00 Dinner</p>	<p><b>5</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of friends 10:00 Art Therapy 11:00 For The Fun of Fit 11:00 Burlington Humane Society Therapy Dog Visits-MS 12:00 Lunch 1:45 NT Drum Fit-Bronte Lounge 3:00 Meditation w/Elizabeth-L 3:00 Brains &amp; Banter 5:00 Dinner</p>	<p><b>6</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Express Yourself 12:00 Lunch 2:00 Total Body Fitness 3:00 Ron Tansley Performs-TH 4:00 You &amp; Me 5:00 Dinner</p>
<p><b>7</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Brains and Banter 11:00 Musical Moments 12:00 Lunch 2:30 Church-TH 3:00 Fellowship-CC 4:00 You &amp; Me 5:00 Dinner</p>	<p><b>8 Total Solar Eclipse</b> 8:15 Breakfast 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 1:00 Neighbourhood Time 1:30 Express Yourself 3:00 Total Solar Eclipse 4:00 You &amp; Me 5:00 Dinner 6:30 Brains and Banter-CC</p>	<p><b>9</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 For The Fun of Fit 12:00 Lunch 2:00 Soothing Sensations 3:00 Stepping Out 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>10</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 3:00 Cocktail Tasting-CC 4:00 Stepping Out 5:00 Dinner</p>	<p><b>11</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Brains and Banter 11:00 Music Therapy 12:00 Lunch 2:00 Stepping Out 2:30 Little Rays Reptile-MS 3:30 You and Me 5:00 Dinner</p>	<p><b>12</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 10:00 Art Therapy 11:00 You &amp; Me 12:00 Lunch 2:30 Sing ALong Melodies-TH 3:00 Meditation w/Elizabeth-L 4:00 Stepping Out 5:00 Dinner</p>	<p><b>13</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 In the Kitchen-CC 11:00 Scrabble Social-CC 12:00 Lunch 2:00 Stepping Out 3:00 Jay Franco Performs-TH 5:00 Dinner</p>
<p><b>14</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Pricilla Movie Matinee-TH 12:00 Lunch 1:30 Stepping Out 2:30 Church-TH 3:00 Fellowship-CC 5:00 Dinner</p>	<p><b>15</b> 8:15 Breakfast 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 1:00 Neighbourhood Time 1:30 In the Kitchen-Cinnamon Rolls-CK 3:00 Circle of Friends 4:00 You &amp; Me 5:00 Dinner 6:30 Brains and Banter-CC</p>	<p><b>16</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Stepping Out 3:00 Musical Moments 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>17</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Musical Moments 11:00 Total Body Fitness 11:00 Stepping Out 12:00 Lunch 1:30 Horticulture Therapy 2:00 In the Kitchen-Curry 3:00 Circle of Friends 4:00 You &amp; Me 5:00 Dinner</p>	<p><b>18 Switch Neighborhood Bronte</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Music Therapy 12:00 Lunch 2:00 In the Kitchen-CK 3:00 Brains &amp; Banter 4:00 You &amp; Me 5:00 Dinner</p>	<p><b>19</b> 8:15 Breakfast 9:00 Neighbourhood Times 9:30 Soothing Sensation 10:00 Art Therapy 11:00 For the Soul 12:00 Lunch 1:45 NT Drum Fit-Bronte Lounge 3:00 Meditation w/Elizabeth-L 3:00 Brains &amp; Banter 5:00 Dinner</p>	<p><b>20</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 For the Soul 11:00 Express Yourself 12:00 Lunch 2:00 Total Body Fitness 3:00 Tyrsa Ukrainian Dance School-TH 4:00 You &amp; Me 5:00 Dinner</p>
<p><b>21</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 For the Soul 11:00 For the Fun of Fit 12:00 Lunch 2:00 Parang Group-TH 3:00 Stepping Out 4:00 Circle of Friends 5:00 Dinner</p>	<p><b>22 Earth Day</b> 8:15 Breakfast 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 1:00 Neighbourhood Time 1:00 Express Yourself-Bird Houses 2:30 Church Service-TH 3:00 Circle of Friends 4:00 You &amp; Me 5:00 Dinner 6:30 Brains and Banter-CC</p>	<p><b>23</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 You and Me 12:00 Mc Donald's Diners Club Lunch 2:00 Stepping Out 3:00 Musical Moments 4:15 Spiritual Visits 5:00 Dinner</p>	<p><b>24</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Musical Moments 11:00 Total Body Fitness 12:00 Lunch 1:30 Horticulture Therapy 2:00 Soothing Sensations 2:30 In the Kitchen-Pretzels w/cheese dip 4:00 You &amp; Me 5:00 Dinner</p>	<p><b>25</b> 8:15 Breakfast Club 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Music Therapy 11:00 You &amp; Me 12:00 Lunch 2:00 For the Fun of Fit 3:00 Neighbourhood Times 5:00 Dinner</p>	<p><b>26</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 10:00 Art Therapy 11:00 Stepping Out 12:00 Lunch 1:45 NT Drum Fit-Bronte Lounge 2:30 Cookie Decorating with Tee-CC 3:00 Meditation w/Elizabeth-L 4:00 You and Me 5:00 Dinner</p>	<p><b>27</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 For the Fun of Fit 12:00 Lunch 2:00 You &amp; Me 3:00 Gerry Larkin Performs-TH 4:00 Stepping Out 5:00 Dinner</p>
<p><b>28</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Brooklyn Movie Matinee-TH 12:00 Lunch 1:30 Stepping Out 2:30 Church-TH 3:00 Fellowship-CC 5:00 Dinner</p>	<p><b>29</b> 8:15 Breakfast 9:15 Fun &amp; Fit 10:30 Mother Goose-TH 12:00 Lunch 1:00 Neighbourhood Time 1:30 In the Kitchen-Rice Crispy-CK 3:00 Circle of Friends 4:00 You &amp; Me 5:00 Dinner 6:30 Brains and Banter-CC</p>	<p><b>30 Jazz Day</b> 8:15 Breakfast 9:00 Neighbourhood Times 10:00 Circle of Friends 11:00 Brains &amp; Banter 12:00 Lunch 2:00 Stepping Out 3:00 Wine Time Social-CC 4:15 Spiritual Visits 5:00 Dinner</p>				<p><b>Residents Bill Of Rights</b> 23. Every Resident Has The Right To Pursue Social, Cultural, Religious, Spiritual Or Other Interests, To Develop His Or Her Potential And To Given Reasonable Assistance By The Licensee To Pursue These Interests And To Develop Their Potential.</p>