

Carrington Neighbourhood

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Easter Monday/April Fools' Day 8:15am Breakfast 9:30am Greeting the Day 10:30am Soothing Sensations 12:00pm Lunch 2:00pm Musical Moments 2:00pm Bingo - CC 3:30pm You and I 5:00pm Dinner	2 National Peanut Butter & Jelly Day 8:15am Breakfast 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Travelling Cart: PB&J Sandwiches 5:00pm Dinner 6:00pm Neighbourhood Time	3 8:15am Breakfast 9:30am Greeting the Day 11:00am Express Yourself 12:00pm Lunch 2:00pm Tai Chi with Dan - FC 5:00pm Dinner	4 8:15am Breakfast 9:30am Greeting the Day 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 3:15pm Residents' Council 5:00pm Dinner 6:00pm Neighbourhood Time	5 8:15am Breakfast 8:30am Men's Breakfast - CC 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Spring Cookie Workshop - CC 3:00pm Brains and Banter 5:00pm Dinner 6:00pm Neighbourhood Time	6 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:00pm In the Kitchen 2:00pm Pub with Filipa Sousa - MS 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
7 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:30pm Church Service with Ankit - CH 2:30pm For the Fun of Fit 3:15pm Fellowship - CC 3:30pm You and I 5:00pm Dinner 6:00pm Neighbourhood Time	8 Solar Eclipse 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Musical Moments 2:00pm Bingo - CC 3:30pm You and I 5:00pm Dinner	9 8:15am Breakfast 9:30am For the Soul with Janet 10:00am Read-A-Thon with Oak Hill Academy - CC 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 3:00pm For the Fun of Fit 5:00pm Dinner 6:00pm Neighbourhood Time	10 8:15am Breakfast 12:00pm Lunch 2:00pm Tai Chi with Dan - FC 2:30pm Musical Moments 3:30pm Brains and Banter 5:00pm Dinner	11 Barbershop Quartet Day 8:15am Breakfast 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Express Yourself 2:30pm Golden Horseshoe Chorus - TH 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 5:00pm Dinner 6:00pm Neighbourhood Time	12 8:15am Breakfast 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 2:15pm Music Therapy with Jen 3:00pm Brains and Banter 5:00pm Dinner	13 8:15am Breakfast 12:00pm Lunch 2:00pm Entertainment with Gerry Larkin on Stonechurch 2:00pm In the Kitchen 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
14 National Volunteer Week 8:15am Breakfast 10:00am Church Service with Ankit - CH 12:00pm Lunch 1:00pm Canadian Warplane Heritage Museum Outing 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner	15 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Musical Moments 2:00pm Bingo - CC 3:30pm You and I 5:00pm Dinner 6:00pm Neighbourhood Time	16 8:15am Breakfast 9:30am For the Soul with Janet 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm For the Fun of Fit 5:00pm Dinner 5:00pm Volunteer Appreciation Dinner in the Ruby	17 Happy Birthday Charles! 8:15am Breakfast 10:30am Neighbourhood Time 10:30am Roman Catholic Mass - CH 12:00pm Lunch 2:00pm Movie with Janet: Born Free - TH 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:30pm Brains and Banter 5:00pm Dinner 5:00pm Diner's Club: Roma Bakery - MS	18 Happy Birthday Nancy! 8:15am Breakfast 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 5:00pm Dinner	19 8:15am Breakfast 10:00am Walmart Outing 11:00am Stay Strong - FC 12:00pm Lunch 3:00pm Brains and Banter 3:00pm Happy Hour with Cheryl Dickson - MS 5:00pm Dinner 6:00pm Neighbourhood Time	20 8:15am Breakfast 12:00pm Lunch 2:00pm Bowling - MS 2:00pm In the Kitchen 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
21 8:15am Breakfast 10:00am Church Service with Ankit - CH 12:00pm Lunch 2:30pm Church Service with Janet - CH 2:30pm For the Fun of Fit 3:15pm Fellowship - CC 3:30pm You and I 5:00pm Dinner 6:00pm Neighbourhood Time	22 Earth Day Cruise Week: Barcelona, Spain 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - FC 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Musical Moments 2:00pm Earth Day Bingo - CC 3:30pm You and I 5:00pm Dinner 6:00pm Neighbourhood Time	23 National Picnic Day Cruise Week: Marseille, France 8:15am Breakfast 9:30am For the Soul with Janet 11:00am Stay Strong - FC 12:00pm Lunch 12:00pm Picnic at T.B McQuesten Park 1:30pm Stepping Out 2:30pm Armchair Travel: France - TH 3:00pm For the Fun of Fit 5:00pm Dinner 6:00pm Neighbourhood Time	24 Cruise Week: Athens, Greece 8:15am Breakfast 10:30am Neighbourhood Time 12:00pm Lunch 2:00pm Musical Moments 2:00pm Tai Chi with Dan - FC 3:30pm Brains and Banter 5:00pm Dinner 5:00pm Captain's Table Dinner - MS 6:00pm Neighbourhood Time	25 Cruise Week: Naples, Italy 8:15am Breakfast 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Express Yourself 2:30pm Java Music Club with Janet 3:00pm Circle of Friends 5:00pm Dinner	26 Cruise Week: Lisbon, Portugal 8:15am Breakfast 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Birthday Bash - CC 2:15pm Music Therapy with Jen 3:00pm Brains and Banter 5:00pm Dinner 6:00pm Neighbourhood Time	27 8:15am Breakfast 12:00pm Lunch 2:00pm Entertainment with John & Sheila Ludgate on Carrington 3:30pm Musical Moments 5:00pm Dinner 6:00pm Neighbourhood Time
28 Superhero Day 8:15am Breakfast 10:00am Church Service with Ankit - CH 12:00pm Lunch 2:30pm Church Service with Janet - CH 2:30pm For the Fun of Fit 3:15pm Fellowship - CC 5:00pm Dinner	29 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - FC 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Musical Moments 2:00pm Bingo - CC 3:30pm You and I 5:00pm Dinner 6:00pm Neighbourhood Time	30 International Jazz Day 8:15am Breakfast 9:30am For the Soul with Janet 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Entertainment with Antonella Vizzini - MS 3:00pm For the Fun of Fit 5:00pm Dinner 6:00pm Neighbourhood Time		Legend CC - Community Centre MS - Main Street CH - Chapel TH - Town Hall FC - Fitness Centre Lib - Library		