

# Rymal Neighbourhood

# April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Easter Monday/April Fools' Day</b> 1 8:15am Breakfast 9:30am Greeting the Day 12:00pm Lunch 2:00pm Bingo - CC 3:30pm Stepping Out 5:00pm Dinner	<b>National Peanut Butter &amp; Jelly Day</b> 2 8:15am Breakfast 9:30am Greeting the Day 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm You and I 2:00pm Travelling Cart: PB&J Sandwiches 3:00pm Soothing Sensations 5:00pm Dinner	<b>3</b> 8:15am Breakfast 9:30am Greeting the Day 11:00am Brains and Banter 12:00pm Lunch 2:00pm Tai Chi with Dan - FC 5:00pm Dinner	<b>Happy Birthday Olive!</b> 4 8:15am Breakfast 9:30am Greeting the Day 9:45am Java Music Club with Janet - Lib 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:15pm Residents' Council 5:00pm Dinner 6:30pm Musical Moments - CC	<b>5</b> 8:15am Breakfast <b>8:30am Men's Breakfast - CC</b> 9:30am Greeting the Day 11:00am Express Yourself 11:00am Stay Strong - FC 12:00pm Lunch <b>2:00pm Spring Cookie Workshop - CC</b> 3:30pm For the Fun of Fit 5:00pm Dinner	<b>6</b> 8:15am Breakfast 9:30am Greeting the Day 10:30am Soothing Sensations 12:00pm Lunch 2:00pm Pub with Filipa Sousa - MS 3:30pm Stepping Out 5:00pm Dinner
<b>7</b> 8:15am Breakfast 9:30am Greeting the Day 9:30am Neighbourhood Time 11:00am Circle of Friends 12:00pm Lunch 2:30pm Church Service with Ankit - CH 3:15pm Fellowship - CC 5:00pm Dinner 8:25pm You and I	<b>Solar Eclipse</b> 8 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Musical Moments 12:00pm Lunch 2:00pm Bingo - CC 5:00pm Dinner	<b>9</b> 8:15am Breakfast 10:00am Read-A-Thon with Oak Hill Academy - CC 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm You and I 2:30pm For the Soul with Janet 3:30pm Soothing Sensations 5:00pm Dinner	<b>10</b> 8:15am Breakfast 12:00pm Lunch 2:00pm Tai Chi with Dan - FC 2:30pm Circle of Friends 5:00pm Dinner	<b>Barbershop Quartet Day</b> 11 8:15am Breakfast 9:45am Java Music Club with Janet - Lib 10:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Knit & Chat - CC 2:30pm Golden Horseshoe Chorus - TH 3:00pm Express Yourself 5:00pm Dinner 6:30pm Bingo - CC	<b>12</b> 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Music Therapy with Jen 11:00am Express Yourself 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Circle of Friends 3:30pm For the Fun of Fit 5:00pm Dinner	<b>Happy Birthday Jon!</b> 13 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Entertainment with Gerry Larkin on Stonechurch 5:00pm Dinner
<b>National Volunteer Week</b> 14 8:15am Breakfast 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 12:00pm Lunch <b>1:00pm Canadian Warplane Heritage Museum Outing</b> 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner	<b>15</b> 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Musical Moments 12:00pm Lunch 2:00pm Bingo - CC 3:30pm Stepping Out 5:00pm Dinner	<b>16</b> 8:15am Breakfast 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm You and I 2:30pm For the Soul with Janet 3:00pm Soothing Sensations 5:00pm Dinner 5:00pm Volunteer Appreciation Dinner in the Ruby	<b>17</b> 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Roman Catholic Mass - CH 11:00am Brains and Banter 12:00pm Lunch 2:00pm Movie with Janet: Born Free - TH 2:00pm Tai Chi with Dan - FC 5:00pm Dinner <b>5:00pm Diner's Club: Roma Bakery - MS</b>	<b>18</b> 8:15am Breakfast 9:45am Java Music Club with Janet - Lib 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 5:00pm Dinner 6:30pm International Snack Battle: India vs. UK - CC	<b>19</b> 8:15am Breakfast 9:30am Neighbourhood Time <b>10:00am Walmart Outing</b> 11:00am Express Yourself 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Circle of Friends 3:00pm Happy Hour with Cheryl Dickson - MS 3:30pm For the Fun of Fit 5:00pm Dinner	<b>20</b> 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Bowling - MS 5:00pm Dinner
<b>21</b> 8:15am Breakfast 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 12:00pm Lunch 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner 8:25pm You and I	<b>Earth Day</b> <b>Cruise Week: Barcelona, Spain</b> 22 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - FC 11:00am Musical Moments 12:00pm Lunch 2:00pm Earth Day Bingo - CC 3:30pm Stepping Out 5:00pm Dinner	<b>National Picnic Day</b> <b>Cruise Week: Marseille, France</b> 23 8:15am Breakfast 11:00am Stay Strong - FC 12:00pm Lunch <b>12:00pm Picnic at T.B McQuesten Park</b> 1:30pm You and I 2:30pm Armchair Travel: France - TH 2:30pm For the Soul with Janet 3:00pm Soothing Sensations 5:00pm Dinner 6:30pm Brains and Banter - CC	<b>Cruise Week: Athens, Greece</b> 24 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Brains and Banter 12:00pm Lunch 2:00pm In the Kitchen 2:00pm Tai Chi with Dan - FC 3:30pm Circle of Friends 5:00pm Dinner <b>5:00pm Captain's Table Dinner - MS</b>	<b>Happy Birthday Eileen!</b> <b>Cruise Week: Naples, Italy</b> 25 8:15am Breakfast 9:45am Java Music Club with Janet - Lib 10:30am Neighbourhood Time 11:00am Fit to Function with Dan - FC 12:00pm Lunch 1:30pm Stepping Out 2:00pm Knit & Chat - CC 3:00pm Express Yourself 5:00pm Dinner 6:30pm Musical Moments - CC	<b>Cruise Week: Lisbon, Portugal</b> 26 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Music Therapy with Jen 11:00am Express Yourself 11:00am Stay Strong - FC 12:00pm Lunch 2:00pm Birthday Bash - CC 2:00pm Circle of Friends 3:30pm For the Fun of Fit 5:00pm Dinner	<b>27</b> 8:15am Breakfast 9:30am Neighbourhood Time 11:00am Soothing Sensations 12:00pm Lunch 2:00pm Entertainment with John & Sheila Ludgate on Carrington 5:00pm Dinner
<b>Superhero Day</b> 28 8:15am Breakfast 9:30am Neighbourhood Time 10:00am Church Service with Ankit - CH 11:00am Circle of Friends 12:00pm Lunch 2:30pm Church Service with Janet - CH 3:15pm Fellowship - CC 5:00pm Dinner	<b>29</b> 8:15am Breakfast 9:30am Neighbourhood Time 10:30am Intergenerational Jamboree Music Therapy - FC 11:00am Musical Moments 12:00pm Lunch 2:00pm Bingo - CC 3:30pm Stepping Out 5:00pm Dinner	<b>International Jazz Day</b> 30 8:15am Breakfast 11:00am Stay Strong - FC 12:00pm Lunch 1:30pm You and I 2:00pm Entertainment with Antonella Vizzini - MS 2:30pm For the Soul with Janet 3:00pm Soothing Sensations 5:00pm Dinner 6:30pm For the Fun of Fit - MS		<b>Legend</b> CC - Community Centre MS - Main Street CH - Chapel TH - Town Hall FC - Fitness Centre Lib - Library		